

## From the Health Clinic



Mrs. Maureen Earner (mearner@stambroseschool.org)

**The temperature is changing inside/outside our homes – the nosebleeds begin!**

**What should I do when my child has a nosebleed?**



Nosebleeds are common in children 3 to 10 years old and most are caused by nose-picking or dry air. They can be scary but are rarely a cause for alarm. Most will stop without much intervention and can be easily managed at home.

### **What to Do:**

- Stay calm and reassure your child.
- Have your child sit upright in a chair or on your lap then tilt his or her head slightly forward.
- Do **NOT** have your child lean back. This may cause blood to flow down the back of the throat which tastes bad and may cause gagging, coughing, or vomiting.
- Gently pinch the soft part of the nose (just below the bony ridge) with a tissue or clean washcloth.
- Keep pressure on the nose for about 10 minutes; if you stop too soon the bleeding may start again.
- Have your child relax a while after a nosebleed. Discourage nose-blowing, picking or rubbing and any rough play.

**Call the Doctor If Your Child:**

- has nosebleeds often
- may have put something in his or her nose
- tends to bruise easily
- has heavy bleeding from minor wounds or bleeding from another place such as the gums
- recently started taking new medicine

**Seek Emergency Care or Call the Doctor if Bleeding:**

- is heavy or accompanied by dizziness or weakness
- is the result of a fall or blow to the [head](#)
- continues after two attempts of applying pressure for 10 minutes each

A nosebleed once in a while is common, and can happen in children for many reasons (including having a dry nose or nose picking).

**To help prevent nosebleeds:**

- Keep your child's nails short to prevent injuries from nose picking.
- Keep the inside of your child's nose moist with saline (saltwater) nasal spray or dab a light coating of petroleum jelly gently around the opening of the nostrils.
- Keep the air moist in your child's bedroom with a cool-mist humidifier (clean it often to prevent mildew buildup).

However, if your child has frequent, heavy, or hard-to-stop nosebleeds, call your doctor. Having a lot of nosebleeds sometimes can be a sign of a problem, such as a bleeding disorder. Even if your child only has occasional nosebleeds but also bruises easily or bleeds easily from other areas, like the gums, let the doctor know.