*Parent Information
School Age Children*

Nosebleeds

Sometimes, children have nosebleeds.

The nose may bleed:

- When it is punched or hit

- When nasal passages are very dry

- From nose picking

- If your child has a cold or allergy

When your child's nose bleeds:

- Have your child sit so their head is higher than their heart.

- DO NOT tilt their head backwards. Blood may collect in your child's throat and cause choking.

- Press the middle of the nose firmly, close to where the soft part of the nose meets the bone. Do this for at least 10 minutes. Have your child breathe through his/her mouth.

- Do not look to see if the nose has stopped bleeding for 10 minutes. If you check too soon, it may start to bleed again.

- If your child's nose is still bleeding a lot, or does not stop bleeding, call your child's doctor or nurse practitioner.

If your child has frequent nosebleeds, ask your child's doctor or nurse practitioner to check your child. Some children have health problems that can cause nosebleeds.

Child's Name _____

School Nurse _____

Date _____

School _____

School Phone Number (_____) _____