

Bloody Nose Procedure

1. Pinch nose for **5 minutes** keeping head level or with chin slightly down.
Do not recline or tilt head back.
2. **Blow nose**. Clot may or may not come out.
3. Pinch nose for another **5 minutes**.
4. If another clot comes out, repeat steps #2 & #3 until bleeding stops.
5. Have student wash hands.

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