

## **What should I do if I have bleeding from the nose (Epistaxis) ?**

1. Do not panic
2. Please sit down calmly in a chair, pinch your nose between the thumb and index finger for 5 mins continuously
3. While doing this, breathe through your mouth and keep a basin to spit out any blood that comes out through the mouth.
4. Bleeding from the nose in children is usually induced by finger nail trauma, so make sure your child is not picking his/her nose.
5. Bleeding in adults can be due to high blood pressure, it is good to have a monitoring of blood pressure
6. Do not make the patient lie down during active bleeding.