



Standard Health Plan for Nosebleeds

Student: _____ DOB: _____ Grade: _____ Student ID: _____

Causes	Action
Nosebleeds are common, especially during dry winter months. Causes include: • Dry air • Dry heat • Heaters, furnaces, etc • Nose-picking • Allergies • Blowing nose too hard • Low humidity • Inserting object into nose • Chemical irritants • Deviated septum	1. Remain calm. 2. Apply gloves. 3. Have student sit upright and lean their body and head slightly forward. 4. Have student breathe through their mouth. 5. Use tissue or a damp paper towel to catch blood. 6. Have student hold thumb and index finger to pinch the soft part of nose; may use nose clip if available. 7. Maintain pressure for 10 minutes. 8. Apply ice to bridge of nose, if available. 9. If bleeding continues after 10 minutes, repeat process. 10. If bleeding continues after 30 minutes, notify parent or guardian, send child home as they may need further medical intervention. <i>**If nose clips or pressure are not tolerated, please discontinue. Wipe away blood as tolerated, use a soothing voice, stay calm, reassure student.</i>

Emergency:

Symptom	Action
• Bleeding continues for at least 30 minutes. • Bleeding is rapid or large amount of blood loss. • Student is having difficulty breathing. • Blow to the head or serious injury.	1. Notify parents and admin. 2. Stay with and monitor student 3. Perform CPR if student stops breathing or if heart stops beating.

Students may only carry and self-administer medication with a permission form signed by an administrator & parent/guardian. Medication must be brought to school with a current pharmacy label. I agree to this Standard Health Care Plan for Nosebleeds.

Parent/Guardian Signature

Date