**SYMPTOMATIC MANAGEMENT GUIDELINES FOR NON-HEALTH STAFF**

**NOSEBLEED**

Authorized non-health staff may manage nosebleeds as follows:

1. Instruct the student to sit upright and hold a clean towel or basin under the chin.
2. Instruct the student to tilt the head slightly forward to prevent blood from pooling in the back of the throat.
3. Instruct the student to grasp and pinch both sides of the entire nose, maintaining continuous pressure for at least 10 minutes.
4. Instruct the student not to blow the nose or to insert tissue or cotton into the nose as this will disrupt the blood clot.
5. If bleeding is severe or causing the student to have difficulty breathing or maintaining an airway, call 911.
6. If the student is having recurrent nosebleeds, refer to the Health and Wellness Center for a follow up appointment.

# WHEN TO CONTACT THE ON-CALL HEALTH AND WELLNESS STAFF

* If bleeding has not stopped after 10 minutes of continuous pressure
* If the student has a history of high blood pressure
* If there is preceding facial trauma with concern regarding fracture
* If there is concern regarding a foreign body in the nose