



Emergency Action Plan



Nosebleed

School Year: _____ School: _____ Teacher(s): _____

Student: _____ Date: _____ Grade: _____ DOB: _____

Bus # _____ Car Rider _____ Parent/Legal Guardian: _____

Cell: _____ Home: _____ Work: _____

*Nosebleeds are common. * Most often they are a nuisance and not a true medical problem* But they can be both. [Mayo Clinic](http://www.mayoclinic.org)

Nosebleed care without a nose-aid clip	
1. Sit upright, lean forward, and do not tilt head.	* Reduces blood pressure in the veins of the nose. * Discourages further bleeding * Helps avoid swallowing blood, which can irritate the stomach
2. Gently blow nose	* This will remove clots
3. Pinch the nose.	* Use thumb and index finger to pinch the nostrils (soft portions of nose) shut. * Tell student to breathe through his/her mouth * Continue to pinch for five to 10 minutes * Pinching sends pressure to the bleeding point on the nasal septum and often stops the flow of blood.
4. To prevent re-bleeding	* Sit quietly for 30 minutes; avoid strenuous activity for 6-8 hours. * Student must not pick or blow nose * Tell student to not bend down for several hours after bleeding episode; and, to keep head higher than the level of heart
5. If re-bleeding occurs	* Student should blow out forcefully to clear the nose of blood clots * If ordered/med. Authorization form on file, student may spray both sides of your Nose with a decongestant nasal spray containing oxymetazoline (Afrin, Mucinex Moisture Smart, others). * Pinch nose again as described above. * Call parent/legal guardian and school nurse. * Healthcare provider needs to be called
Nosebleed care with a nose-aid clip	
1. Sit up while using the nose-aid clip. Do not tilt head. 2. Gently blow nose to remove blood clots. 3. Open the pads by squeezing the arms together. 4. Place the nose-aid clip on the soft part of the nose. 5. Sit quietly for 10 minutes with Nose-aid clip in place. 6. If bleeding continues, reposition nose-aid clip. If bleeding does not stop (with clip in place) seek medical attention. 7. After 10 minutes, remove Nose-aid clip and continue to sit quietly for 20 minutes or more. 8. If bleeding restart, repeat steps 2 through 7. 9. Seek further medical attention, if bleeding does not stop after three attempts. 10. Avoid physical activity for 4 hours.	
When to seek emergency care	* The bleeding last more than 20 minutes * The nosebleed follows as accident, fall or injury to the head, including a punch in the face that may have broken the nose.

To be completed by parent/legal guardian

What causes the nosebleed? _____

What is usually done to help with this problem? _____

How often does your child have nosebleeds? _____ Date of last nosebleed _____

Does your child have seasonal allergies? ___Yes ___No If yes, does your child take medication? ___Yes ___No

List medications _____ Please provide additional information and/or instructions, if needed. _____

Parent/Guardian Signature _____ Date _____

School Nurse Signature _____ Date _____

Attach Medication Authorization Form, if indicated * File original in health record* Copies to appropriate staff and EAP Notebook.



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