If a nosebleed happens, pinch the soft part of the nose and tilt the head slightly forward.

Pinch here

Bony ridge

Blood vessels

Nosebleeds

- Have the person sit leaning **forward (not back!)**
- Pinch firmly but gently just below the bone on the nose.
- Hold a compress against the nose and surrounding area.
- After 10 minutes, instruct the person to slowly release the nose pinch.
- See if the bleeding has stopped. If it has not, have them pinch the nose and apply pressure.