

# Bloody nose know-how

Maybe you blew your nose too hard or bumped your nose. Causes aren't always known. But when the blood starts gushing, nosebleeds can be frightening.

Experts at eMedicineHealth tell what to do: Remain calm. Sit up straight and lean your head forward. Contrary to what some people think, do not lean your head back, you'll only swallow the blood.

Ice packs do not help either. Pinch your nostrils tightly together with your thumb and index finger for 10 minutes. Just hold it. Breathe through your mouth, of course. Do not release your grip.



That should stop the blood flow, usually from an artery in the front of your nose. Then be nice to your tender nose for the rest of the day. Think about adding humidity to the air when you sleep, especially in dry winter weather.