"The Nosebleed Woes!"

Project CACA
www.projectcaca.org

During the summer, the air is often drier due to the hot weather, which can cause the nasal passages to dry out and become more susceptible to nosebleeds.

Step 1: Sit upright and lean forward. This way, you reduce blood pressure in the veins of your nose, which stops further bleeding.

Step 2: Gently blow your nose and avoid foreign objects. Blow your nose to clear it of any blood clots. Tissues or handkerchiefs should not be used to stuff the nose because doing so may increase the bleeding.

Step 3: Pinch your nose. Use your thumb and index finger to pinch your nostrils shut. Breathe through your mouth. Continue to pinch for 10 to 15 minutes.

Step 4: Take a rest. Rest after a nosebleed to avoid a recurrence. You should avoid sports, running, and other activities that cause your blood pressure to increase."

You can take steps to prevent nosebleeds during the summer:
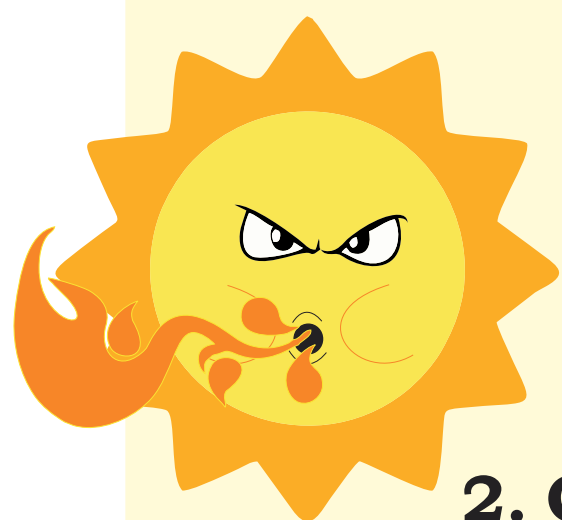
1. You should **avoid being outdoors** when the heat is at its peak in the late morning and during the afternoon.

2. **Cover** your head with a cap or a stole when outdoors. Also, cover your nose with a handkerchief to avoid hot air drying the insides of the nose.

3. Drink **plenty of fluids and water** in summer to stay hydrated and prevent the nose from drying.

4. Keep the **inside of your nose moist**, as dryness can cause a nosebleed. Nasal saline sprays or gels like petroleum jelly moisten the nasal cavity.

5. **Don't** pick your nose too often, and don't blow or rub it too hard.

6. **Steam inhalation** prevents nose bleeding by moistening and protecting the nasal cavity.