

How to stop a nosebleed

1. Verb - Base Form
2. Part Of Body
3. Part Of Body
4. Liquid
5. Verb - Base Form
6. Part Of Body
7. Verb - Base Form
8. Liquid
9. Part Of Body
10. Verb - Present Ends In Ing
11. Verb - Present Ends In Ing
12. Part Of Body
13. Verb - Present Ends In Ing
14. Adjective
15. Part Of Body
16. Adjective
17. Noun - Plural
18. Adjective
19. Verb - Base Form
20. Verb - Base Form
21. Verb - Present Ends In Ing
22. Number
23. Sec Min Hrs Day Ect

24. Noun _____

25. Verb - Base Form _____

26. Number _____

27. Number _____

28. Adjective _____

29. Adjective _____

30. Verb - Present Ends In Ing _____

31. Noun - Plural _____

32. Liquid _____

33. Adjective _____

34. Part Of Body _____

35. Number _____

36. Sec Min Hrs Day Ect _____

37. Adverb _____

38. Sec Min Hrs Day Ect _____

How to stop a nosebleed

Follow these steps to stop a nosebleed:

Verb - Base Form up straight and tip your Part of Body slightly forward.

Note: Do not tilt your Part of Body back. This may cause liquid to Verb - Base Form down

the back of your Part of Body, and you may Verb - Base Form it. Swallowed liquid can

irritate your Part of Body and cause Verb - Present ends in ING. And Repeat Last Verb - Present ends in ING may

make the Verb - Present ends in ING worse or cause it to start again. Spit out any blood that gathers in your

Part of Body and throat rather than Verb - Present ends in ING it.

Use your thumb and forefinger to firmly pinch the Adjective part of your Part of Body shut. The

Repeat Last Part of Body consists of a Adjective, bony part and a softer part made of Noun - Plural.

Nosebleeds usually occur in the Adjective part of the nose. Spraying the nose with a medicated nasal

spray (such as Afrin) before applying pressure may help Verb - Base Form a nosebleed. You will have to

Verb - Base Form through your mouth.

Apply an ice pack to your nose and cheeks. Cold will constrict the blood vessels and help stop the

Verb - Present ends in ING.

Keep pinching for a full Number sec min hrs day ect. Use a Noun to time the Repeat Last

Number minutes. It can seem like a long time. Resist the urge to Verb - Base Form after a few minutes to

see if your nose has stopped bleeding.

Check to see if your nose is still bleeding after Number minutes. If it is, hold it for Number more minutes.

Most nosebleeds will stop after 10 to 20 minutes of _____ Adjective pressure.

Put a _____ Adjective coating of a _____ Verb - Present ends in ING _____ Noun - Plural _____ (such as _____ liquid _____) or

an _____ Adjective nasal cream inside your _____ Part of Body _____. Do not blow your nose or put anything else inside your nose for at least _____ Number _____ sec min hrs day ect _____ after the bleeding has stopped.

Rest _____ Adverb _____ for a few _____ sec min hrs day ect _____.