

# 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 \_\_\_\_\_.