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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_____.

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