

**Nosebleed
Emergency Action Plan**

STUDENT:			Parent /Guardian:
SY:			
Teacher:	Grade:	Car#	Home/Cell:
			Work:
If you See this:			Do this:
Bright Red Drainage from the nose/nostrils If nosebleed lasts more than 20 minutes, or if more than one nosebleed happens during any day, call the parent /guardian.			<p>Teacher> Take the time to put on your gloves, give student dry paper towel or tissue.</p> <ul style="list-style-type: none"> ● Have student pinch the tip end of the nose for at least 10 minutes ● Keep student's head up straight or slightly forward ● Send student to the nurse's office or to fist responder if bleeding continues after 10 minutes. ● Call custodian for clean-up <p>Student should:</p> <ul style="list-style-type: none"> ● Place all used tissue/paper towels in the trash can ● Wash hands and face ● May gently blow nose to clear any clots after bleeding has stopped for at least 15 minutes

What causes a nosebleed? (hot weather, running, dry air, etc.) _____

What usually helps the most at home with a nosebleed? _____

How often do nosebleeds occur? _____

Have you ever seen a doctor about your nosebleeds? _____ Yes _____ No

Have you ever had your nose cauterized? _____ Yes _____ No

Parent /Guardian Signature: _____ Date: _____

NoseBleed Log

Continue on back if needed

Date _____ Time started _____ Time Stopped _____

Date _____ Time started _____ Time Stopped _____

Date _____ Time started _____ Time Stopped _____

Date _____ Time started _____ Time Stopped _____

Date _____ Time started _____ Time Stopped _____

Date _____ Time started _____ Time Stopped _____

Date _____ Time started _____ Time Stopped _____

Date _____ Time started _____ Time Stopped _____

School Nurse Signature: _____ Date: _____