



**COUNTY OF SAN BERNARDINO
PRESCHOOL SERVICES DEPARTMENT
POLICY**

NO. 01 ISSUE 1
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Updated

SUBJECT:

NOSE BLEED(S) POLICY AND PROCEDURE

APPROVED: 07-02-10


BY: Ron Griffin, Director

PURPOSE

Nosebleeds can occur when the delicate blood vessels in the mucous membrane lining of the nose are damaged. Allergies, cold viruses, nose picking, dry weather or cold weather may cause this. Nosebleeds may seem to occur for no apparent reason. They may also be the result of an injury. Nosebleeds usually appear suddenly with blood flowing freely from the nostril.

POLICY

Remain calm and remember that the nosebleed is probably not serious.
Use gloves to treat a nosebleed in the classroom or on the playground. (refer to Health Procedure: Universal Blood and Body Fluid Precautions)

REFERENCE

1304.22(e)(4)

PROCEDURE

Have the infant, toddler or child lean slightly forward while standing or sitting. Do not have the infant, toddler or child lean back or lay down as this may lead to the swallowing blood which can upset their stomachs, and may even cause them to vomit.

You or the child should pinch the nostrils together for a full 10 minutes, timed by the clock. Do not look to see if the nose is still bleeding during this time, as the bleeding will most likely begin again.

A cold compress may be applied to the bridge of the nose, and may be used to pinch the nostrils together. Do not pack tissues or anything else into the nose.

Check for bleeding after 10 minutes

If bleeding has completely stopped, and the child is comfortable, the child may resume light/quiet activities. Document the event, and notify parent at end of day. If the child is upset or uncomfortable, the parent may be called to come be with them or take them home.

If the bleeding has not stopped after 10 minutes, repeat the pressure.

If profuse bleeding persists after a second 10-minute period, call 911 and notify the parent immediately. Call 911 immediately if bleeding is related to a forceful injury or a blow to the head. Do not move the child if neck or back injury is suspected. Provide care and comfort until emergency personnel arrive.