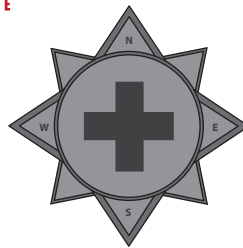


## NOSE BLEED, EWWWWWGGHHH

A nose bleed, wow, they are pretty horrible, messy, and all that. But they are not necessarily painful. Well, unless you got hit in the nose and that's what started it, in that case, ow!

For every other situation, it's pretty much just something you have to take care of it. There are a bunch of things that can cause them, but for the most part some people just get nosebleeds.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Assuming that your household does not have a person with a regular nosebleed, find a willing volunteer that you can demonstrate to your parents how you would help stop a nosebleed.

To treat one, generally the following steps are a good course of action:

1. Contrary to what people normally think, tilt your head slightly forward, tilting back will tend to allow blood flow down your throat.
2. Pinch your nose on the soft part, but as high up as you can, before the hard cartilage starts.
3. An ice pack will help, if applied to the nose and the cheeks, as it helps constrict blood vessels and so stops the bleeding faster.
4. Once bleeding stops, try not to blow your nose or unclog it in any significant way for around twelve hours.



Remember, just because you don't have a nosebleed, doesn't mean that you can't be there to help someone else.