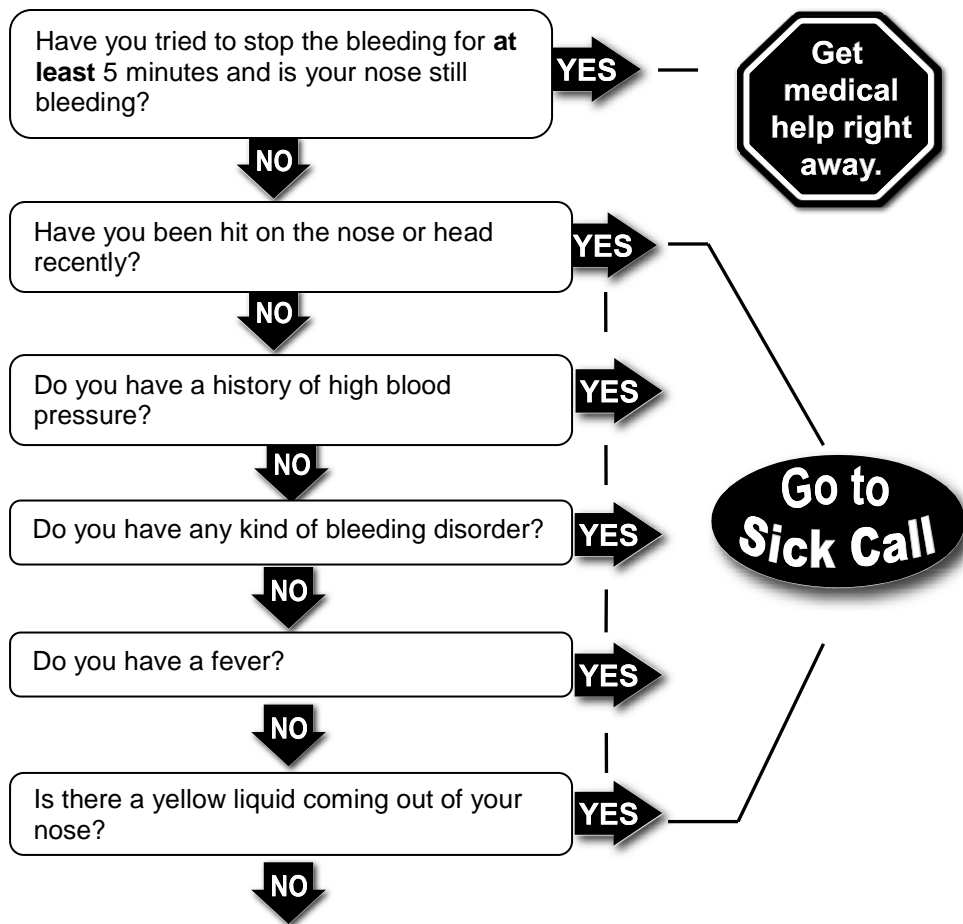


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

1. Start at the top of the diagram.
2. Answer each symptom evaluation question in order by following the appropriate YES or NO arrow.
3. If you answer NO to all questions it is probably appropriate for you to use self-care measures.
4. You are the best judge of your own health. If you are having trouble performing your duties or have a symptom that is not listed, see a healthcare provider.

Self-care Instructions for Nosebleed

You might get a nosebleed if you have a cold or allergies and are blowing your nose a lot. Getting hit on the nose or dry air during the winter might also give you a nosebleed. Nosebleeds are usually not a sign of a medical problem, and you can usually stop the bleeding yourself. If your nose is bleeding, use this symptom evaluation chart.



Use self-care measures:

- Sit up normally – don't lie down.
- Gently squeeze your nose with the thumb and forefinger just below the hard part of the nose, making sure both nostrils are squeezed shut, for **at least 5 minutes**.
- Do not pack the nose with anything like gauze or tissue. This makes it harder for the bleeding to stop.
- Once the bleeding has stopped, don't blow your nose. If you must blow your nose, be very gentle or you might start the bleeding again. If you have a cold or allergies that caused the nosebleed, follow the **Cold** or **Hay Fever/Allergy** symptom evaluation charts.

Follow the chart if you get any of the symptoms listed.