

Nosebleed



Rules



DO

- ⇒ Pinch squishy part of nose together with tissue.
- ⇒ Hold consistently for 5 to 10 minutes.
- ⇒ Lean forward—not back.
- ⇒ Throw tissue away.
- ⇒ Wash hands!



- ⇒ Blow
- ⇒ Sniff hard
- ⇒ Rub
- ⇒ Pick

DO NOT