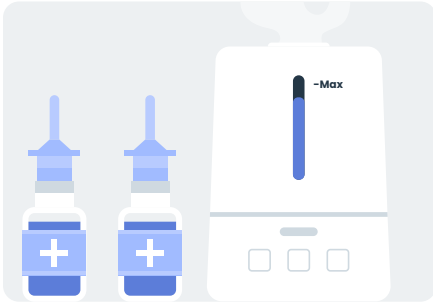


# 7 SIMPLE WAYS TO PREVENT NOSEBLEEDS

Keep Your Nose Healthy & Hydrated

[nosebleeds.org](https://nosebleeds.org)



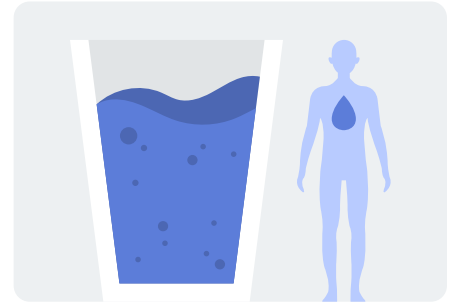
## MOISTURIZE NASAL PASSAGES

- ✓ Use saline spray daily
- ✓ Run a humidifier
- ✓ Try steam inhalation



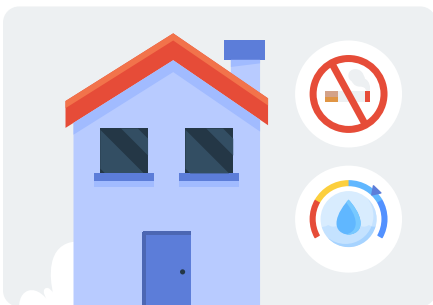
## BE GENTLE

- ✓ No nose picking
- ✓ Blow gently
- ✓ Cover sneezes



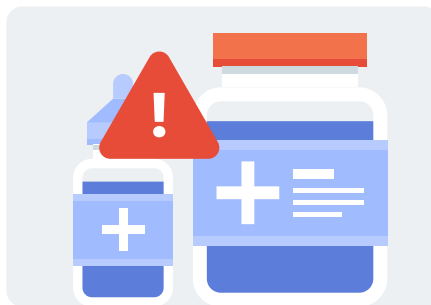
## HYDRATE

- ✓ Drink more water
- ✓ Limit caffeine/alcohol
- ✓ Moisture from within



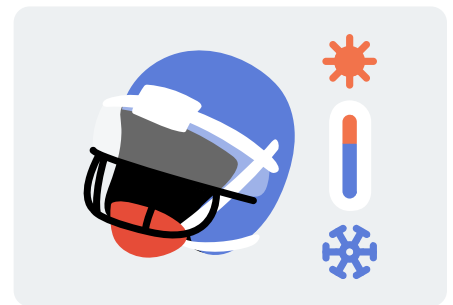
## MANAGE ENVIRONMENT

- ✓ Maintain 40-50% humidity
- ✓ Avoid smoke
- ✓ Reduce allergens



## MEDICATION SMART

- ✓ Limit nasal spray use
- ✓ Discuss blood thinners
- ✓ Consider allergy meds



## PREVENT INJURY

- ✓ Sports protection
- ✓ Weather awareness
- ✓ Avoid trauma



## TREAT CONDITIONS

- ✓ Manage allergies
- ✓ Control blood pressure
- ✓ See doctor if frequent

Visit [Nosebleeds.org](https://Nosebleeds.org)

[nampons](https://nampons.org)

AMERICAN ACADEMY OF  
OTOLOGY-ENTHOLOGY-  
HEAD AND NECK SURGERY  
FOUNDATION®



[curehht](https://curehht.org)

**National Nosebleed Awareness Week,**  
May 25 – 31, 2025

Be Prepared, Not Scared

