

鼻出血怎麼辦？

- 一、請保持鎮靜，勿恐慌。
- 二、保持半坐臥式，勿採平躺或頭後仰，以免鼻血流至胃部引起嘔吐。
- 三、以手指捏住鼻翼，張口呼吸，三分鐘後鬆開，如仍未止血，再捏住鼻翼止血，如仍未止血則需即刻就醫。
- 四、流鼻血時，勿用衛生紙或紗布塞住鼻孔止血，以防感染及再度刺激。
- 五、平日避免挖鼻孔及塞入異物。

How do I do with Nose Bleeding?

1. Please remain calm, and do not panic.
2. Please rest in half-sitting and half-laying flat method, and must not rest in lay flat or rest with head leaning backwards, in order to avoid nose bleeding or stomach vomiting.
3. Use fingers to pinch nasal alae, then open mouth for breathe for 3 minutes then relieve. If it's still bleeding, then should go to doctor immediately.
4. When nose is bleeding, must not use tissues or gauzes to block nose from bleeding, in order to prevent infection and being stimulated again.
5. Please avoid picking your nose and block in alien articles at usual times.