

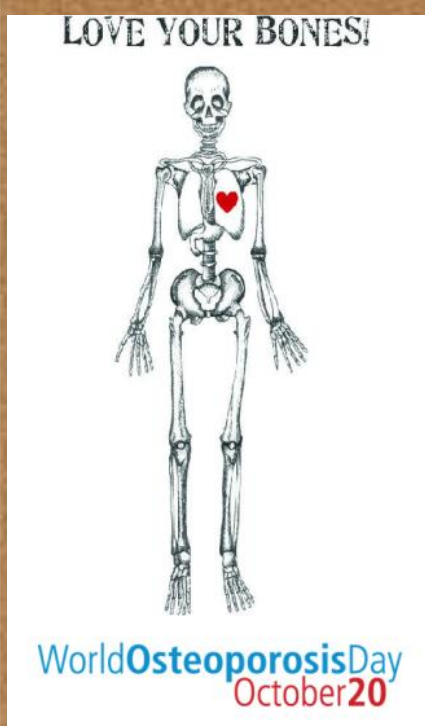
# Health information for

OCTOBER

## Nosebleeds

First Aid Topic #10

- Place Patient in a comfortable position.
- Pinch the soft part of the nose together for 10 Minutes.
- Tell the patient to avoid blowing their nose.
- Encourage the patient to spit out any blood in their mouth - swallowing this can cause vomiting.
- An ice pack can be used on the nose to assist in stopping the flow of blood.
- If bleeding persists seek medical assistance.



## Mental health

- One in six of us will be affected by mental illness in any year. The effects are as real as a broken arm, even though there isn't a sling or plaster cast to show for it.
- Mental Health problems rank alongside cardiovascular disorders and cancer as among the nation's biggest health problems

