

WORST-CASE SCENARIO.

HOW TO REMOVE A WAD OF PAPER FROM YOUR CHILD'S NOSE

- 1 Pull gently on any protruding paper.**

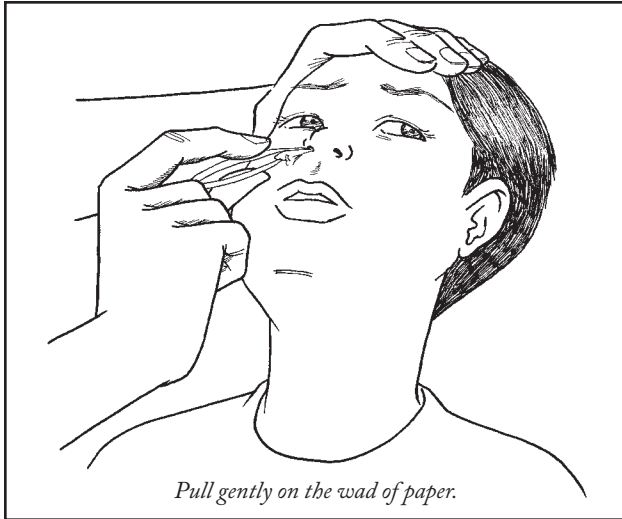
Pinch the paper firmly between your index finger and thumb. Pull with a steady downward motion until the wad comes free, taking care not to rip it. If the wad does not budge, or if no paper protrudes, continue to the next step.
- 2 Sterilize a pair of tweezers.**

Rub them with hydrogen peroxide or isopropyl alcohol.
- 3 Tilt the child's head back to give you a clear view of the nostril and tissue wad.**

Use a flashlight or desk lamp for better visibility. Hold the child's head steady.
- 4 Insert the tweezers into the nose.**

Place the tip of the tweezers around as much of the paper wad as possible. Make certain the tweezers have a firm grasp on the paper wad or you risk tearing off small pieces and prolonging the job. Do not push the wad deeper into the nostril.
- 5 Pull steadily.**

Do not yank the wad. Have a clean tissue or handkerchief ready to absorb any leakage.



- 6** **Discard the wad.**
Wash hands thoroughly.

HOW TO REMOVE A PEA, MARBLE, OR OTHER SOLID OBJECT

- 1** **Place your mouth over the child's mouth.**
The position is the same as for mouth-to-mouth resuscitation.
- 2** **Press the unclogged nostril closed with your finger.**
- 3** **Blow.**
Blow a short but forceful puff into the child's mouth.
The stuck object should pop free.

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