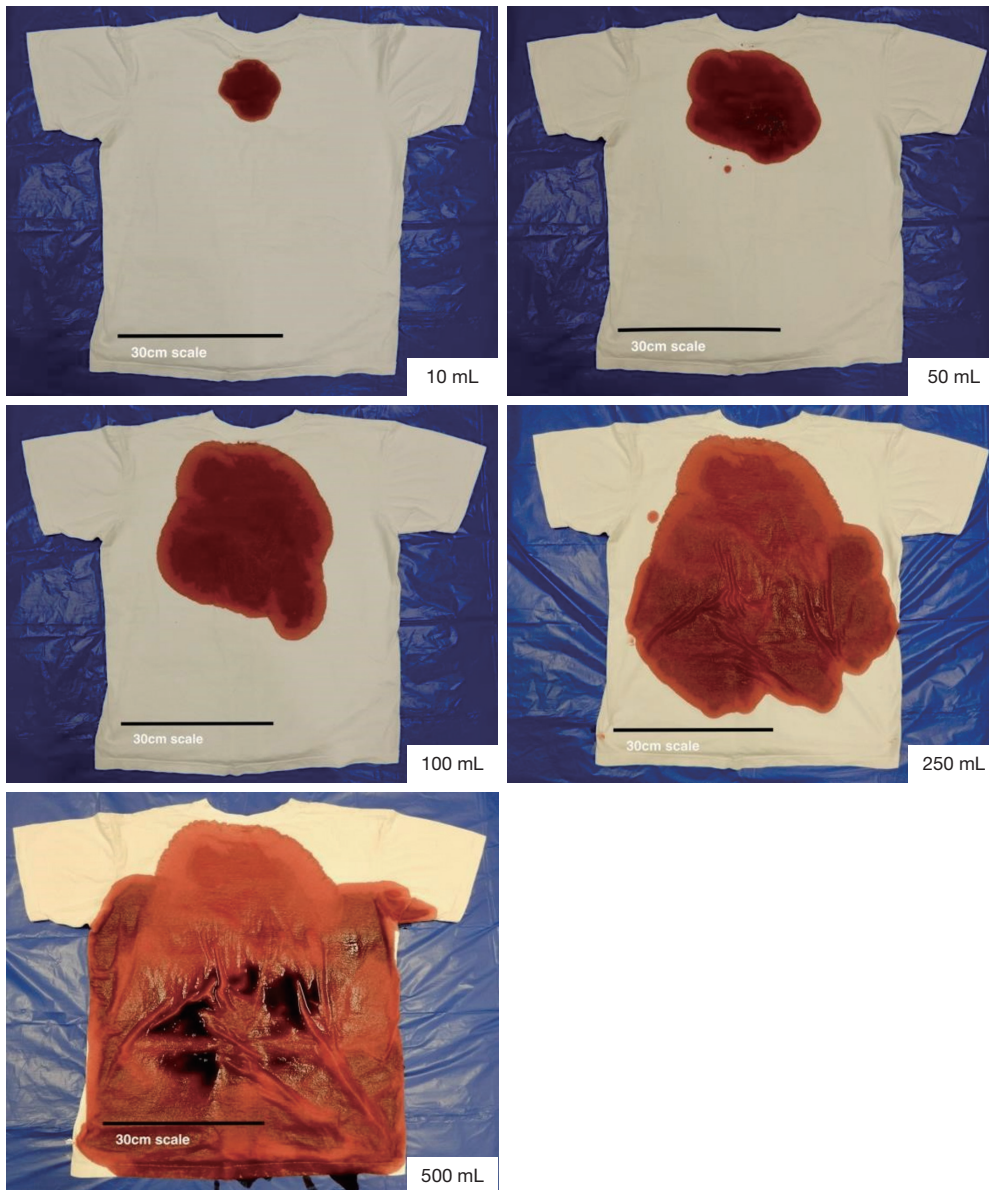


Appendix 1

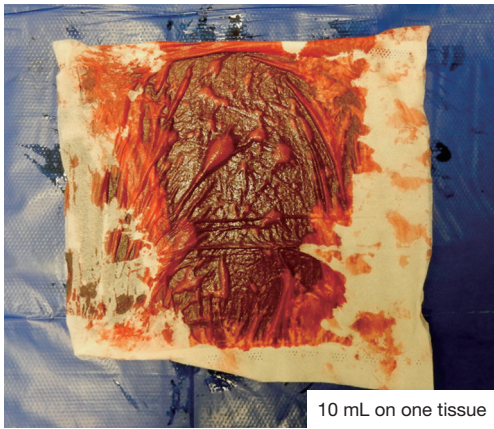
Visual aid for blood loss in epistaxis. The figure showing 100-mL blood loss below is from an open access source. Reproduction permission was obtained from the publisher (open access source: Grigg S, Maunder J, Betz-Stablein B, *et al.* Reliability of estimating blood loss in epistaxis. *Aust J Otolaryngol* 2020;3:15).

Thank you for taking part in this survey. Having completed the first section, we ask that you take the next few minutes to view the following instructional pictures. After you have done so, you will be asked to complete the survey again. Thank you again for your time.

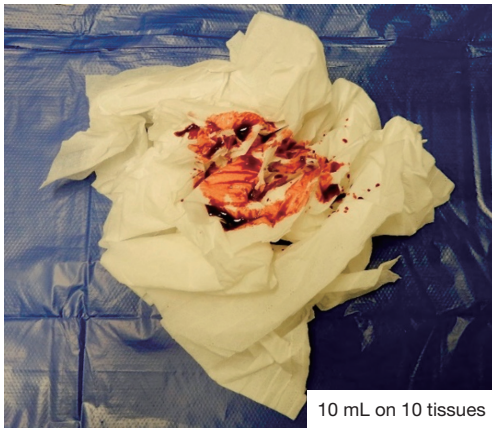
Plain white T-shirt, size L



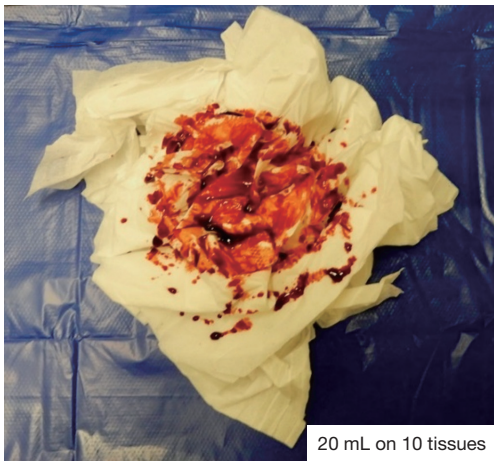
Household tissues



10 mL on one tissue



10 mL on 10 tissues



20 mL on 10 tissues



50 mL on 10 tissues



100 mL on 10 tissues