

How to Use Nasal Sprays Properly

1

Wash your hands thoroughly with soap and water.



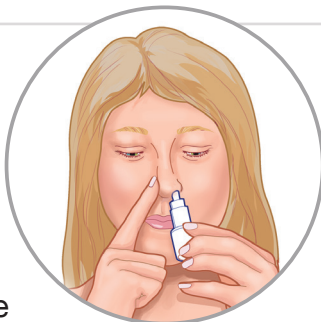
2

Blow your nose gently before using the spray.



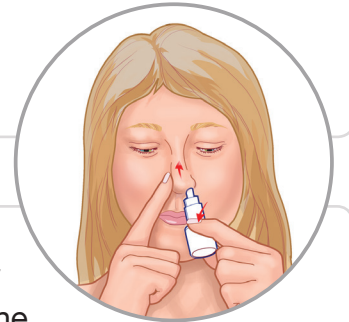
3

Gently insert the bottle tip into one nostril. Press on the other side of your nose with one finger to close off the other nostril.



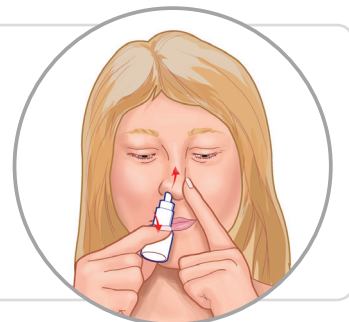
4

Keep your head upright.



5

Breathe in quickly while squeezing the bottle.



6

Repeat in other nostril.



7

Wash your hands thoroughly with soap and water.