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.