

How to Use Nasal Sprays

1

Wash your hands thoroughly with soap and water.



2

Blow your nose gently before using the spray.



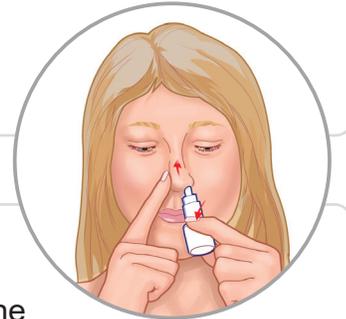
3

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.

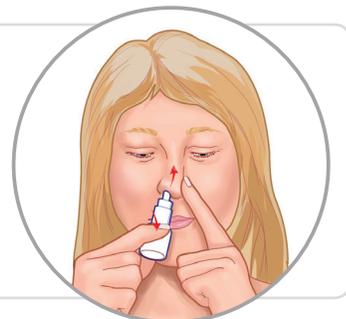


5

Breathe in slowly while squeezing the bottle.

6

Repeat in other nostril.



7

Wipe the nozzle with a tissue and replace the cap.

8

Wash your hands thoroughly with soap and water.

