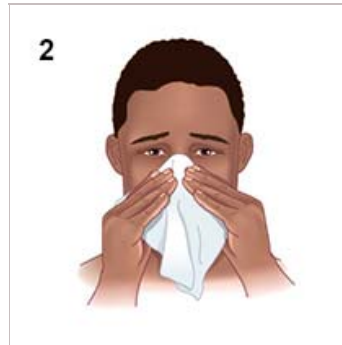


## How to Use Nasal Pump Sprays Properly

**1** Wash your hands thoroughly with soap and water.



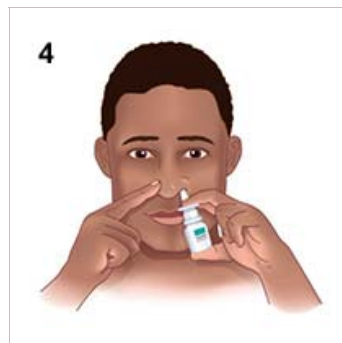
**2** Blow your nose gently before using the spray.



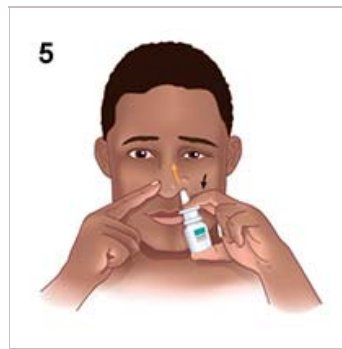
**3** Hold the bottle with your thumb at the bottom and the first two fingers at the top on either side of the nozzle. Prime the pump bottle by spraying it into the air a few times.



**4** Tilt your head slightly forward. Gently insert the nozzle tip into one nostril. Press on the other side of your nose with one finger to close off the other nostril.



**5** Breathe in quickly while squeezing down on the pump bottle one time.



**6** Repeat in other nostril.



**7** Do not blow your nose right after using the spray.

**8** Wash your hands thoroughly with soap and water.



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