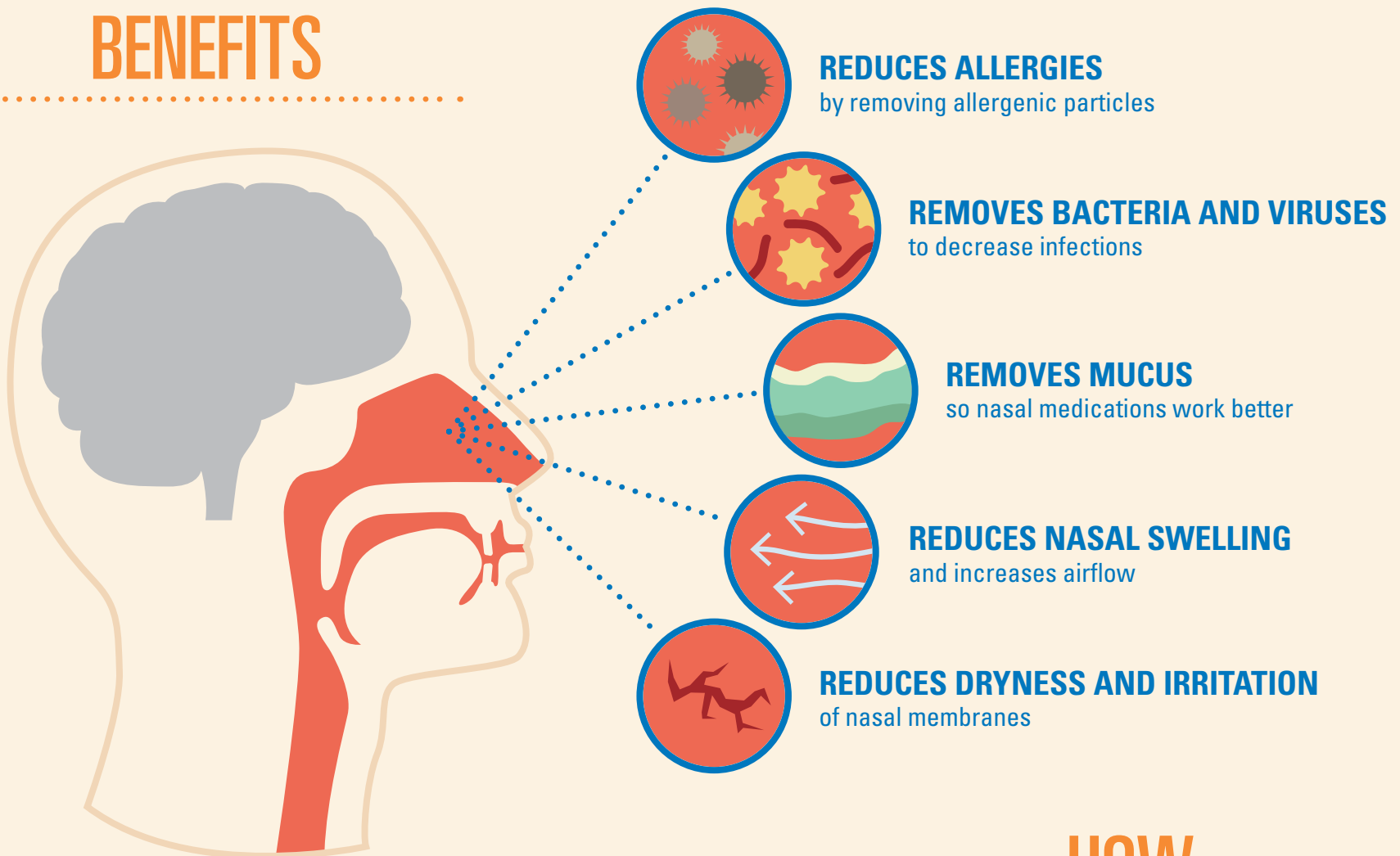


# NASAL WASH GUIDE

A NASAL WASH IS A WAY TO CLEAN THE NASAL PASSAGES AND SINUS CAVITIES. IT'S A SIMPLE PROCEDURE THAT MOST PEOPLE, EVEN CHILDREN, CAN DO EASILY.

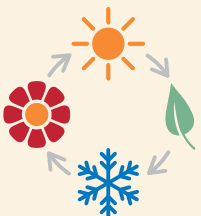
## BENEFITS



## WHEN



**DURING ALLERGY SEASON**  
the pollen from trees, grasses and weeds is heavy in the air.



**YEAR-ROUND** to prevent infections. Bacteria and viruses thrive in warm and moist environments, the nose being one of them. Wash away those germs so they don't have a place to call home.



At least **ONE HOUR BEFORE BED.**  
This can help you breathe better, and more deeply.

## HOW



**PREPARE THE WATER**  
according to CDC guidelines to avoid bacterial contamination.\*



Do the nasal wash **LEANING OVER A SINK** or basin.



**BLOW YOUR NOSE**  
several times to completely remove mucus.



**ENJOY THE BENEFITS**  
of a clearer nose.



Don't forget to **CLEAN YOUR NASAL WASH EQUIPMENT** after each use.

[njhealth.org/nasalwash](http://njhealth.org/nasalwash)

\*Get complete information on water prep guidelines from the Centers for Disease Control (CDC). Watch a how-to video.

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