**BENEFITS**

- **REDUCES ALLERGIES** by removing allergenic particles
- **REMOVES BACTERIA AND VIRUSES** to decrease infections
- **REMOVES MUCUS** so nasal medications work better
- **REDUCES NASAL SWELLING** and increases airflow
- **REDUCES DRYNESS AND IRRITATION** of nasal membranes

**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.

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*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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