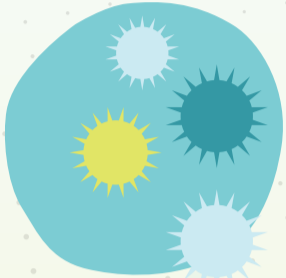




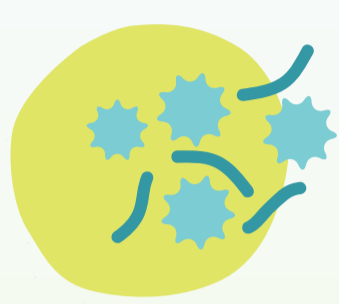
Nasal Wash Guide

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



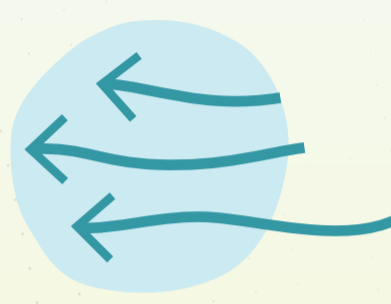
REDUCES ALLERGIES
by removing allergenic particles



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.

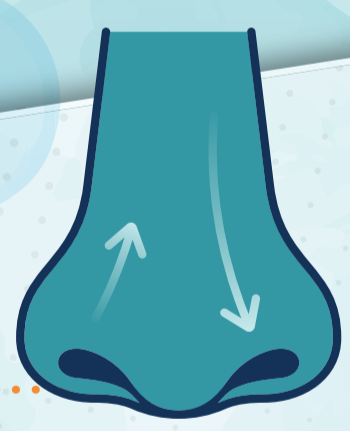


YEAR-ROUND to prevent infections. Bacteria and viruses thrive in warm and moist environments, the nose being one of them. Wash away those germs so they don't have a place to call home.



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

HOW



1 PREPARE THE WATER
according to CDC guidelines to avoid bacterial contamination*



3 BLOW YOUR NOSE
several times to completely remove mucus



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



4 ENJOY THE BENEFITS
of a clearer nose



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

njhealth.org/nasalwash

*Get complete information on water prep guidelines
Watch a how-to video