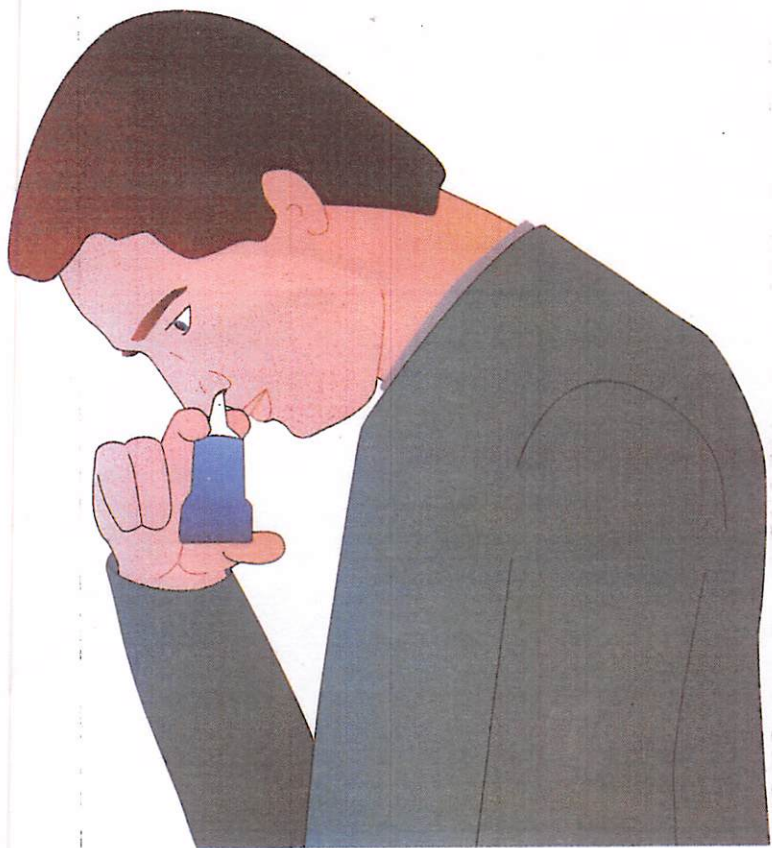


## Using your nasal spray



1. Blow your nose
2. Tilt your head down so your chin is resting on your chest
3. Hold the spray bottle upright and place the nozzle just inside the nostril
4. Apply two sprays (or as prescribed)
5. Repeat with the other nostril

