

HOW TO HANDLE **SINUS ISSUES** SAFELY

According to the US Food and Drug Administration (FDA), nasal irrigation methods (like neti pots and other sinus rinses) are usually a safe and effective way to manage symptoms of sinus infections or other bothersome allergies.

However, correct usage and cleaning is essential to keeping you safe and healthy!



DO NOT USE **UNBOILED TAP WATER** TO RINSE YOUR SINUSES

*Your tap water may contain small organisms that are **safe to swallow**, but they **are not safe to ingest through your nose**. This is because ingesting these organisms through your nose gives them access to your brain where they can cause infection.*



You can use distilled or sterile water when rinsing your sinuses.

HOW TO SAFELY USE **SINUS RINSES**

Keep your hands and area clean when doing a sinus rinse.



*If you do need to use tap water to rinse your sinuses (instead of purchasing distilled or sterile water), you can **boil the water for 3-5 minutes to kill the harmful organisms**. Allow the water to cool to a lukewarm temperature before rinsing.*