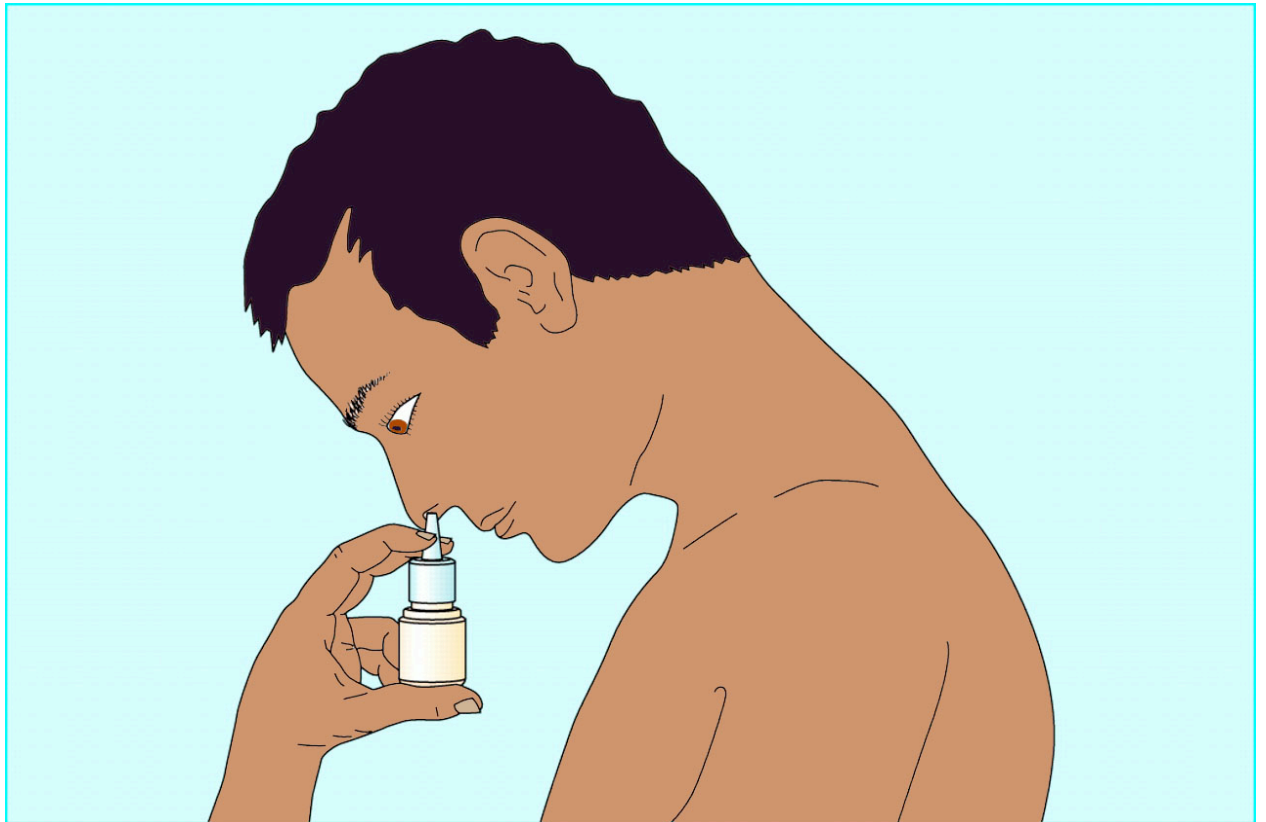


Technique for spraying the nose.



For success with nasal steroids **always**:

Look at your toes when you spray the
nose

Use the medicine **every** day