Children’s FLONASE® Allergy Relief works best when you use it daily as directed.

Here’s how to get started.

**TIP:** If you are helping your child with the spray, wash your hands first.

1. **Shake**
   - Gently shake spray bottle.

2. **Prime**
   - Remove green cap.
   - Aim away from face. Grasp spray bottle as shown. Pump until fine mist appears.
   - If pumped six times and still no mist? Spray nozzle may be clogged.

**TIP:** Let your child know what to expect from each step, and to focus on the relief to come.

3. **Blow**
   - Blow nose gently to clear nostrils.

**Warning**
- Do not spray in your eyes.
- Only for use in your nose.

4. **Aim**
   - Put just the tip into your nose.
   - Aim slightly away from center of nose.

**TIP:** Have your child look down like they’re reading a book.

5. **Breathe and spray**
   - While sniffing gently, press down on spray nozzle once or twice; just once for children 4-11 (according to dosing instructions). You’ll feel a light mist in your nose. Breathe out through your mouth.
   - Repeat in other nostril.
   - Wipe spray nozzle with clean tissue and replace cap.

**TIP:** Let your child know to expect to feel a light mist in the nose.

Use for the shortest amount of time necessary to achieve symptom relief. Talk with your doctor if your child still needs to use Children’s FLONASE® Allergy Relief for longer than 2 months a year for children 4-11 years of age. Children 12 years of age or older should talk to a doctor after 6 months of daily use. The growth rate of some children may be slower while using this product. An adult should supervise use.

Reference: 1 Children's FLONASE® Drug Facts label.

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