HOW TO USE FLONASE® ALLERGY RELIEF

Here’s how to get started.*

1 Shake
Gently shake spray bottle.

2 Prime
Do this when:
• Starting new bottle
• Haven’t used it in a week
• Just cleaned nozzle
Otherwise go to step 3

   Blow
   Blow nose gently to clear nostrils.

   Aim
   Close one nostril and put tip of spray nozzle in other nostril.

   Breathe and spray
   While sniffing gently, press down on spray nozzle once or twice (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.

3 Aim
Put just the tip into your nose.

4 Breathe
Aim slightly away from center of nose.

5 Spray
While sniffing gently, press down on spray nozzle once or twice (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.

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

*Please see US Consumer Leaflet for complete instructions.

Reference: 1. FLONASE® Drug Facts label.

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