

A SIMPLE SOLUTION TO THE COMMON COLD IT'S BEEN RIGHT UNDER OUR NOSES



- Boosts the nose's natural antiviral defence
- Speeds recovery by up to 3 days
- 30% fewer antibiotics
- Saves the NHS over £50 per patient
- Eases winter pressures on the NHS

Using Saline Nasal Spray

Saline spray is clean, salty water. It isn't a medicine - the cells in your nose use salt to produce a natural antiviral defence which stops viruses multiplying. A large scientific study has shown that using saline spray can reduce the number of days your cold symptoms get in the way of normal activities by 3 days.

When should I use the spray?

- Use as soon as you feel the first signs of a possible cold
- Spray 6 times each day, with 2 sprays in each nostril every time
- Spray when you first get up and throughout the day
- Keep using it for 2 days after symptoms go away, to stop the infection coming back

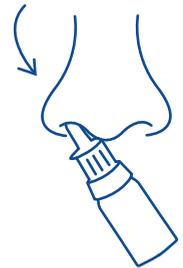
How to use:

- Put nozzle in nostril. Aim towards the side of the nose at a 45-degree angle
- Apply 2 sprays in each nostril
- Don't breathe in deeply while spraying
- Sniff gently after spraying



Hold like this

Aim like this



Common questions about the spray

Q: I often have symptoms that might be a sign of a cold starting - can I use the spray often?

A: It is fine to use the spray as often as you need. Experts agree that even using the spray every day is totally safe - it may also help with cold-like symptoms due to allergies.

Q: Are there any side effects of using the spray?

A: Some people find that using it a lot can make their nose a little dry. You can pause or reduce how much you are using the spray if you find this. If you accidentally spray or sniff the saline too far up your nose this may sting but it will not cause harm.

This information has been produced by health experts at the University of Southampton. The advice is based on scientific and medical studies.