

# How to Put Nasal Jelly or a Cream in the Nose



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How to put nasal jelly or cream in the nose	Reasons Why
<b>Wash</b> Hands	<i>Good hand washing reduces the spread of infection.</i>
<b>Have</b> the child blow her or his nose. For infants and toddlers, use a bulb syringe to clear their nose if needed.	<i>Clearing the nose of secretions or mucus allows the jelly or cream to get into the nose and be absorbed easier.</i>
<p><b>Place</b> the jelly or cream into one nostril and tell the child to sniff it into the back of nose. Showing how to sniff it into the back of the nose may help.</p> <p><b>Note:</b> If the child is an infant or toddler, this may not work as they may not be able to do as you tell them.</p>	<i>Allows the jelly or cream to be absorbed.</i>
<b>Repeat</b> with the other nostril.	<i>The jelly or cream is given to both nostrils.</i>
<b>Wash</b> hands.	<i>Good hand washing reduces the spread of infection.</i>