

WHAT IS NASAL RINSING?

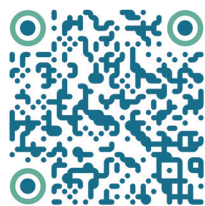
- ❶ A technique that rinses the nose to get rid of mucus
- ❷ Use a plastic syringe with saline solution easy to make at home
- ❸ Recommended by doctors and audiologists
- ❹ Safe and low cost
- ❺ Also called nasal irrigation

WHY IS IT RECOMMENDED?

Regular nasal rinsing helps:

- ❶ Ease discomfort caused by congestion
- ❷ Babies and infants breathe and feed more easily when they're sick
- ❸ Prevent and reduce colds, sinus and ear infections

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See your Awash PCCR, nurse,
or visit **creehealth.org** to learn
the right technique

creehealth.org/health-tips/how-nasal-rinsing-helps-child-with-cold



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CONSEIL CRI DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY

NASAL rinsing

*How rinsing the nose
helps your child breathe
easier and prevents colds*



Which means...

- 1 Fewer antibiotics
- 1 Less discomfort and pain
- 1 Fewer absences from work / childcare / school
- 1 Fewer visits to the clinic
- 1 Lower risk of hearing loss from recurring ear infections

HOW IS IT DONE?



HOW OFTEN?

For a child with a cold or congestion

- 1 Under 2 years old: 3 - 6 times / day
- 1 Over 2 years old: 3 - 4 times / day
- 1 Best before meals and bedtime

For a child without a cold

- 1 **SUMMER**
As needed, for seasonal allergies
- 1 **WINTER**
As needed, 1 - 2 times / day for a stuffy nose

HOW TO DO IT?

0 - 6 months old

Lying on their side or back

6 months and older

or as soon as the baby is able to sit:

Sitting forward on an adult's knees, wrapped in a towel or blanket, head straight. Squirt solution in one nostril at a time.



Older children can stand over a sink or sit down with their mouth open during rinsing.

HOW MUCH SOLUTION?

Premature infants

1 mL per nostril
Use a 3 mL syringe

Babies under 2

1 - 3 mL per nostril
Use a 10 mL syringe

Children 2 - 5

3 mL per nostril
Use a 10 mL syringe

Children 5 +

3 - 5 mL per nostril
Use a 10 mL syringe

