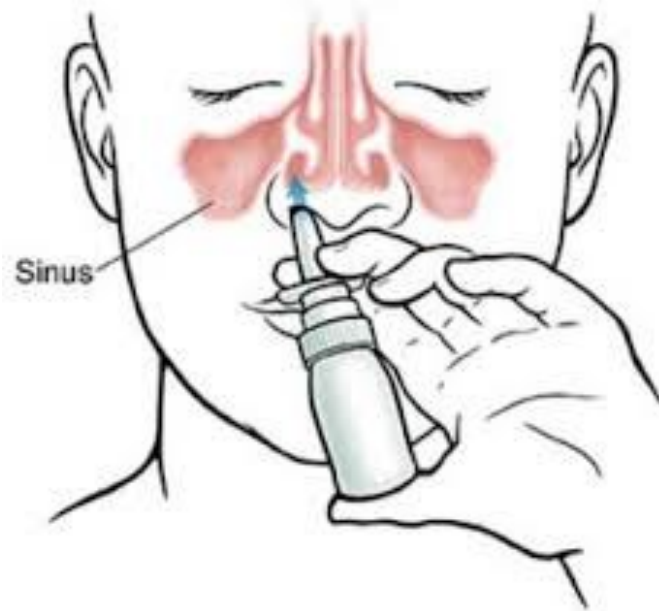




Gel-based Nasal Spray

Helping you fight infections



This booklet has been made by health experts at the University of Southampton, including doctors and infections experts. The advice is based on scientific and medical studies.

Contents

When should I use my nasal spray and how often?	Pages 3-4
How do I use my nasal spray?	Pages 5-6
Are there any side effects?	Pages 7-8
Common questions or concerns	Pages 9-10
Quick guide	Pages 11-12

www.immunodefencestudy.org

You can re-visit the website at any time.

The website:

- Tells you more about how the spray helps to fight infections
- Has the answers to more common questions and concerns you may have about the spray
- Has a link to a video you can watch to see how to use the spray

When should I use my nasal spray and how often?

1. When you first feel an infection coming on.

Early signs of an infection may include sneezing, a tickle in your nose or throat, sensitive skin, achy muscles, or a slight headache.:

- ⇒ **Use the spray 6 times in a day**, with 2 sprays in each nostril each time.
- ⇒ It's good to **use the spray when you first get up** and then one hour later to fight any viruses that have built up overnight. Then do 2 sprays another 4 times throughout the day.
- ⇒ Keep using it for 2 days after symptoms go away.

2. When you have been around lots of people who could have an infection

- ⇒ For example, going on planes, buses or trains; going to a supermarket, café or a pub when there are a lot of infections around.
- ⇒ **Do 2 sprays in each nostril** as soon as you can **after being around lots of people**.
 - ⇒ **Do 2 sprays in each nostril** again **one hour later**.
- ⇒ **Do 2 more sprays** in each nostril **last thing at night on that day**.
- ⇒ If you get the first symptoms of an infection, start following the instructions for dealing with first symptoms (see section above).

3. When you have been in **close contact for a longer time** with someone who has an infection.

For example, you are living with or spending lots of time with someone who has an infection:

- ⇒ **Use the spray 6 times in a day**, with 2 sprays in each nostril each time.
- ⇒ It's good to **use the spray when you first get up** and then one hour later to fight any viruses that have built up overnight. Then do 2 sprays another 4 times throughout the day.
- ⇒ Keep using it until the person who is unwell is **over the worst of their infection**. They may still feel a bit tired, but their main symptoms, such as a fever or bad cough, will have gone away.

How to space out the sprays?

The important thing for situations 1 and 3 is to use the first two doses of the spray when you first get up and then an hour later.

After that it's good to space them out as much as you can throughout the day. This will stop the viruses building up.

How do I use my nasal spray?

Using the spray is **quick** and you'll soon get the hang of it!

The first time you use your spray you'll need to get it ready.

To do this:

- ➔ Take the cap off the nozzle;
- ➔ Hold the bottle upright; and
- ➔ Press the pump down a couple of times until the spray

You could use a tissue to catch the spray. ✓

Once the spray is ready to use:

- ➔ Put the nozzle into your right nostril, aiming the nozzle outwards, towards your right ear;
- ➔ Press the pump **2 times**;
- ➔ **Breathe normally**, not sharply or deeply, when the nozzle is in your nostril
- ➔ **Sniff very gently AFTER you have sprayed**;
- ➔ Repeat for the left nostril;
- ➔ Wipe nozzle **clean after use**. Wiping with a tissue is enough; and
- ➔ **Replace cap** onto nozzle.

To watch a video showing you how to use the spray, visit the website:

www.immunedefencestudy.org

Tips for the best results

- Place the nozzle in your nostril pointed slightly outwards towards the ear on the same side
- Don't tilt your head - keep your head straight.
- Fully press the pump firmly each time - make sure a good spray comes out
- **Don't breathe deeply** when the nozzle is in your nostril - the pump does all the work!
- It is useful to **sniff very gently AFTER** you have sprayed to stop the spray coming out. This also helps the spray get to where it needs to be to fight viruses. You can tell it has got there when you can feel it at the top of your nose and throat.
- Some people find gentle sniffs work but some may need **slightly** stronger sniffs. After a few tries you will **work out what feels comfortable for you.**

What to expect when you use the spray?

You might feel, smell or taste the spray in the nose and throat. This is fine and shows that the spray is working.

If the taste bothers you, it's fine to have something nice to drink or eat after using the spray



Are there any side effects?

Sometimes there are really mild ones. Most can be avoided by getting your spray technique right.

Taste or feel in the nose and/or throat

Some people can find that the spray bothers their nose or leaves a strange taste in their mouth. When you have an infection the feeling in the nose after you spray can be quite strong—but that is a really good sign. It means the spray is tackling the viruses. For most people the **effects should be small and not last long**. If the taste bothers you, it's fine to have something nice to drink or eat after using the spray.

Most people find that these effects are **better than having a full-blown infection!**

Headaches

Using the spray can sometimes cause a headache. This is usually because you have an infection in your sinuses. Again, it's a sign the spray is working. **While this can feel a little strong, it isn't unsafe**. If you are finding it too uncomfortable, **make sure you are pointing the nozzle towards your ear**. For example, put the spray in your right nostril and point it towards your right ear; and put it in the left nostril and point it to your left ear. This helps the spray cause a less strong sensation and go a little less to the sinuses.

Are there any side effects?

Nosebleeds

Very rarely it may cause a nosebleed. This is usually if you have aimed the nozzle into the middle of your nose. This is more likely if you're prone to nosebleeds. A nosebleed can be a nuisance and can look bad, but the amount of blood loss is actually very small.

If you get a nosebleed, you can **pause using the spray and try again in a few days**. In the very unlikely event that you keep getting a nosebleed or you get a heavy nosebleed that lasts for a long time, then you should **stop using your spray** and talk to your doctor.

If you get a nosebleed, stay calm, sit forward with your nose pointing down, and firmly pinch your nose together to completely block the nostrils. Do this for 5 minutes.

Dealing with nosebleeds

Nosebleeds are more likely if your nose is dry.

If your nose is dry using salt water can help.

Add a ½ teaspoon of table salt to a 250 ml cup of water and stir to dissolve. Then use a clean finger to gently wipe the salt water on the inside of your nose.



Common questions or concerns about the spray

I prefer not to take medicines

The spray is **not a medicine** and is **not addictive**. It's **safe** to use with any normal medicines you might take and could stop you needing to use medicines to deal with symptoms of a heavy infection.

Even though it's not a medicine, the spray is still effective! It's more like a hand gel, but specially designed for your nose.

It helps to clean the virus from your nose and make it difficult for the virus to survive.

Is there a limit to the number of times I can use the spray in a day?

We recommend using the spray **up to 6 times in a day**, with 2 sprays in each nostril each time. Experts agree **this amount is safe**.

In most situations you will probably be using a lot less than this.

I'm regularly around lots of people and always feel at risk. Can I use the spray every day?

It is fine to use the spray every day if you have been around lots of people who **could** have an infection.

For some people, using the spray daily may make their nose feel a bit dry. If your nose is dry or sore, using salt water can help. See the bottom of page 8.

Common questions or concerns about the spray

Is it worth using the spray if I already have an infection?

You can still use the spray even when your infection symptoms are worse.

It is still likely to help you get over your infection faster. It just works better if you use it on early symptoms.

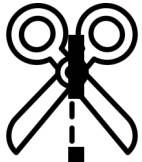
However, after 2 weeks of using the spray up to 6 times a day, if you've not seen any benefit it's worth giving it a break. You can also stop, pause or reduce how much you are using the spray if your symptoms are making it unpleasant to do so.

Even if you are using the spray, you can still do everything you would normally do to treat symptoms and make yourself feel better.

If you have symptoms that could be COVID-19, you must follow the latest government advice.

Visit the website to see more answers to questions that you may have about the spray:

www.immunodefencestudy.org



You can cut this page out and keep it with your spray as a reminder.

Quick guide: When to use

Early signs that you may have an infection

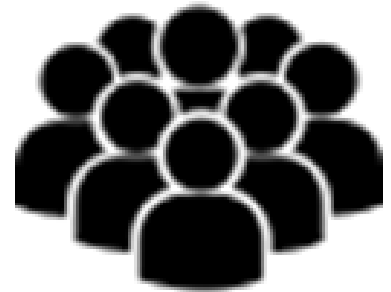
- **6 times per day**—until 2 days after symptoms go away



Being near people who might have an infection

(e.g. bus, train, supermarket, café, pub, workplace)

- **As soon as you can afterwards**—then 1 hour later and last thing at night.

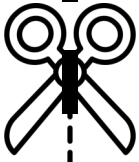


Close contact with someone who has an infection

(e.g. someone in your home has an infection)

- **6 times per day**—until the person is well again





You can cut this page out and keep it with your spray as a reminder.

Quick guide: What to do

- ✓ Put nozzle in nostril. Aim towards ear.
- ✓ Do 2 sprays in each nostril
- ✓ **Don't breathe in deeply** while spraying
- ✓ **Sniff gently** after spraying



For more information and tips

Check inside this booklet or look at website and watch our helpful video

www.immunodefencestudy.org

