

Nasal Congestion Relief Plan

Quick Home Remedies and Prevention Strategies

Overview

This guide provides practical steps to relieve nasal congestion using home remedies and prevent future occurrences. Use these tips to breathe easier and recover faster.

1 Daily Relief Routine

- **Hydration:** Drink 8–10 glasses of water or herbal tea daily to thin mucus.
- **Saline Spray:** Use over-the-counter saline spray 2–3 times daily to flush nasal passages.
- **Humidifier:** Run a cool-mist humidifier at night to keep air moist.
- **Elevated Sleeping:** Prop up your head with extra pillows to promote drainage.

2 Quick Relief Protocol

- **Steam Inhalation:** Inhale steam from a bowl of hot water or a hot shower for 10 minutes, every 4 hours.
- **Warm Compress:** Apply a warm cloth to the face for 10–15 minutes to reduce swelling.
- **Gentle Nose Blowing:** Blow one nostril at a time to avoid ear pressure.

3 Prevention Strategies

- **Hand Hygiene:** Wash hands frequently to avoid infections.
- **Allergen Control:** Use air purifiers and avoid smoke or strong odors.
- **Seasonal Prep:** Stay hydrated and use saline rinses during cold or allergy seasons.

4 When to See a Doctor

Seek medical advice if:

- Congestion lasts over 10 days.
- Symptoms include high fever or severe headache.
- Nasal discharge is green/yellow or contains blood.

5 Symptom Monitoring Table

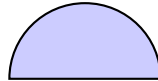
Track congestion and symptoms daily.

| Day | Congestion Level (1–10) | Treatments Used | Notes |
|-----|-------------------------|-----------------|-------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |

Table 1: Daily Congestion Tracker

6 Visual Guide: Steam Inhalation Setup

Steam



Bowl of hot water

Disclaimer

This guide is for informational purposes only. Consult a healthcare professional for persistent symptoms.