

Nasal hygiene in children



A guide for parents

nosiboo[®]
designed to care



Table of contents

*

- 03 What is **rhinitis**?
- 04 **Why** does rhinitis occur?
- 06 What is going on **in the nose**?
- 09 Benefits of **nasal aspiration**
- 13 **QUIZ!** Do you know all the myths about rhinitis?
- 14 **What to do** if your child catches a cold?
- 15 **How to clear** your child's nose effectively?
- 16 **How to use** the nasal aspirator?
- 19 When to call **the doctor**?
- 21 Get to know the **Nosiboo** family!
- 25 **Bibliography**



In association with:
Gábor Ráth M.D.
ENT specialist

What is rhinitis?

*

RHINITIS

inflammation
of the nasal
mucosa

SYMPTOMS

runny nose

blocked nose

sneezing

reduction of the sense of smell

excess mucus dripping down
the back of the throat

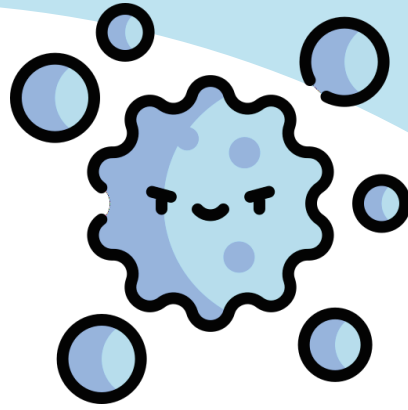
DID YOU KNOW?

Rhinitis is always accompanied by inflammation of the paranasal sinus mucosa, even if your child doesn't feel the symptoms!

Why does rhinitis occur?

*

Infections



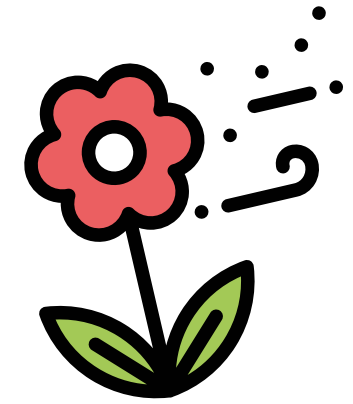
PROBLEM

Entering daycare or kindergarten means having a lot of fun with the peers, but also bringing home unwanted guests – **infectious diseases**. Infections followed by a rhinitis are a common problem among children below the age of 6 years. Babies, toddlers, and preschoolers can catch a cold even 7-8 times a year!

REASON

Viruses are everywhere. Children are more prone to infections while they are **building up their immune system**. 15% of children suffer **from recurring infections of the respiratory tract**. When the viruses that cause colds first infect the nose and sinuses, **the nose produces mucus to clear itself**. This helps to wash the virus out from the nose and sinuses.

Why does rhinitis occur?



Allergies

PROBLEM

Who doesn't love spring? Look around: blooming flowers, green trees, and... pollen in the air. Ugh, the allergy season again. Unfortunately, the **symptoms can appear already in early childhood**. Other typical allergens include house dust mites, moulds, cat and dog hair.

REASON

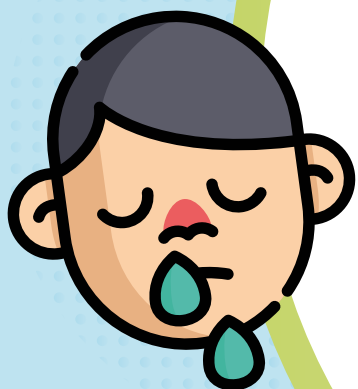
The body treats allergens as germs, which results in a **stuffy** or **runny nose**. Add sneezing and itchy eyes to it – you get the recipe for **every parent's nightmare**. Symptoms occur within **minutes** after allergen exposure and **may last even for hours**.

What is going on in the nose?

*

Rhinitis might seem like nothing serious.

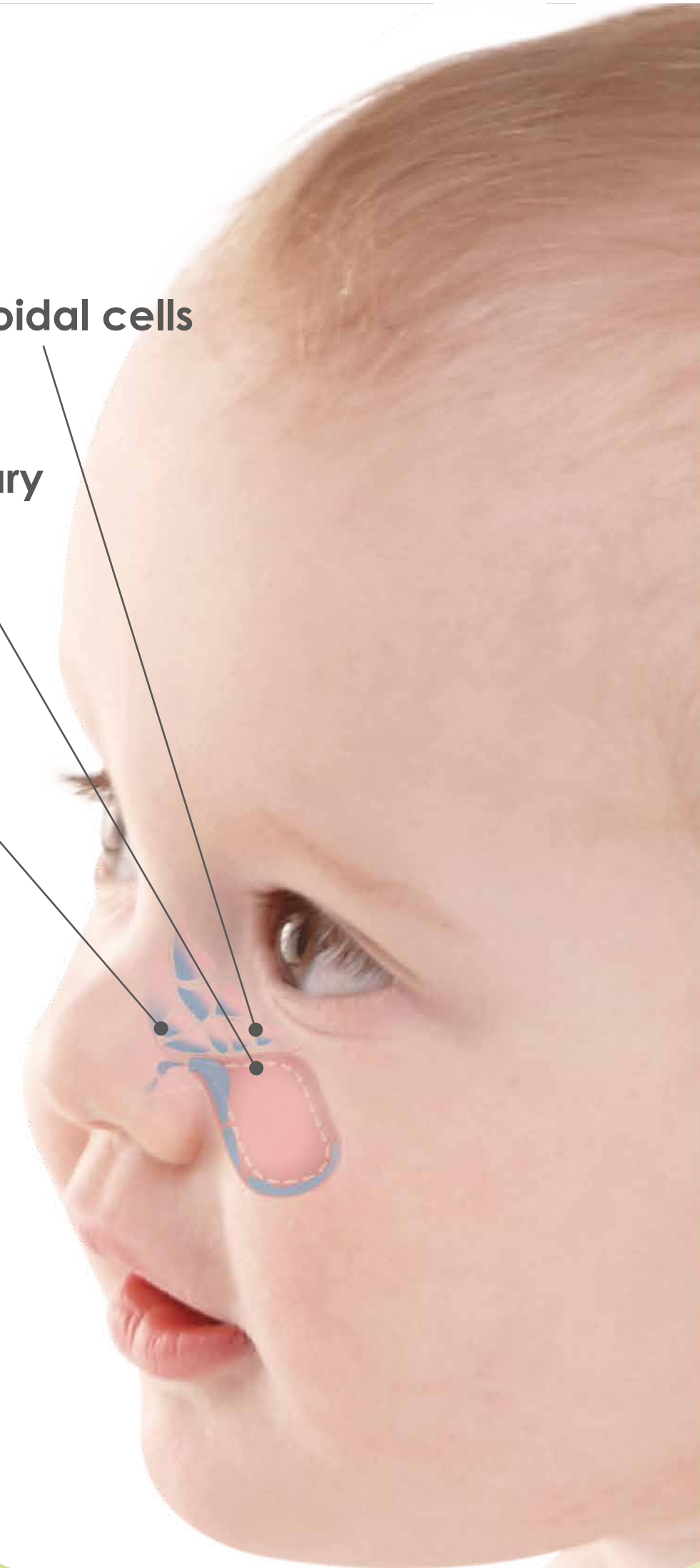
Sure, it bothers the baby (and therefore you), but "sooner or later it will pass by itself" - that's the popular belief. Well, **it's not entirely true**. Let's find out why.



Increased production of mucus is the body's response to viruses and allergens.

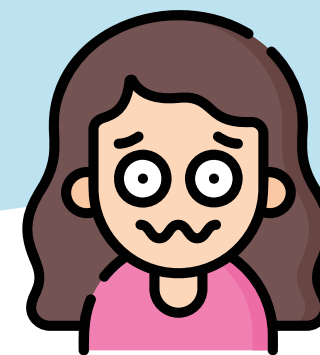
Mucus helps to flush out the nose and sinuses, turning them into a real battlefield. But, left untreated, **stagnating mucus may cause significant problems**.

ethmoidal cells
maxillary sinus
nasal cavity



What is going on in the nose?

*



Stagnating secretion can lead to **serious consequences** such as **bronchitis, sinus or middle ear infection**, as well as mild to severe **sleep disturbances**. Medications (including antibiotics) often **cannot be avoided** in this stage!

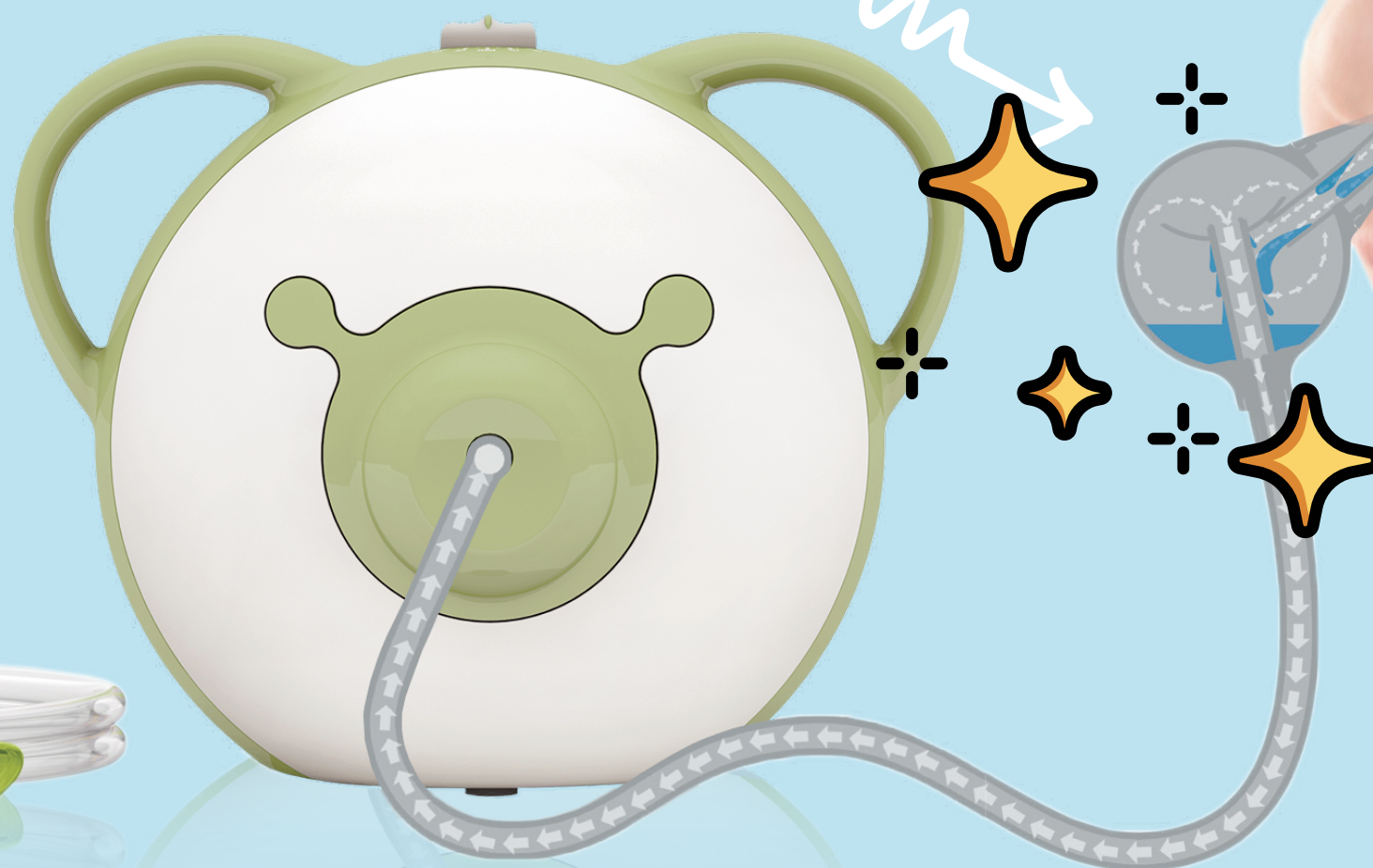
Note: there are a lot of risk factors that predispose children to develop an **adverse reaction to a medicine**. Avoid them or apply them very carefully if needed. Remember, **prevention is better than cure**.



What is going on in the nose?



We have **good news for you!** By **removing the nasal mucus** you can not only improve your child's breathing, but you might also **prevent illnesses** and **lower the risk of developing more serious illnesses**. With correct nasal hygiene you can potentially **avoid serious complications** and **reduce medication**.



Benefits of nasal aspiration

*

”

Based on **35 years of experience** gained during my work as an ENT, I believe that aspirating the nasal mucus is **highly advantageous**, and it is important **to secure nasal breathing!** Aspiration significantly **accelerates the healing process.**

Erzsébet Hárságyi M.D.
ENT physician and audiologist

“



Benefits of nasal aspiration



DID YOU KNOW?

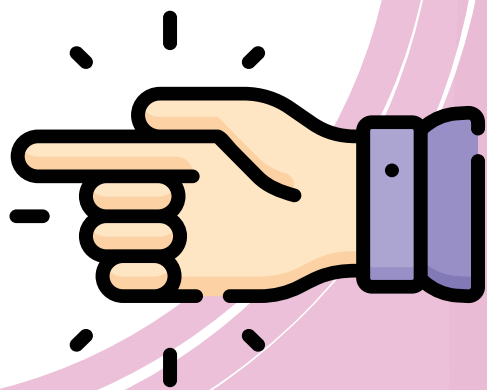
FACT

Newborns can breathe almost exclusively through their nose till they are several months old. Try to take a breath through your nose when it's clogged! Not too comfortable, right?



SOLUTION

By aspirating the nose, we **free the airways** and provide for the conditions of a **peaceful rest and feeding.**



PROBLEM

When the nose is stuffy, the satisfactory oxygen supply is not secured, so the baby is restless. It's understandable, since they **cannot sleep soundly, suck their dummy, or suckle.**

Benefits of nasal aspiration



WITH THE HELP OF A NASAL ASPIRATOR, YOU MIGHT:



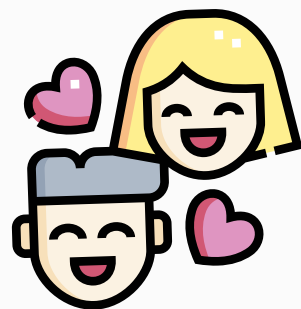
prevent illnesses
of the upper airway,

reduce the usage
of medications,



ensure a quiet night
for the child and
the parents.

Happy baby
= happy family!



Choose only safe
medical devices
which are in line
with the international
recommendations!



QUIZ: Do you know all the myths about rhinitis?



RHINITIS IS A SERIOUS PROBLEM



TRUE

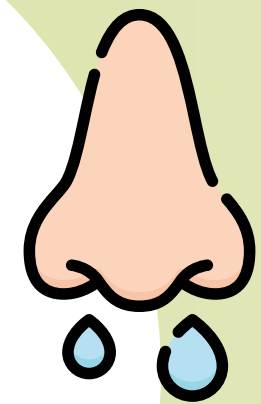
FALSE

TRUE! Babies breathe mainly through their nose, so sleeping or eating is a struggle when it's clogged. That's what we call a problem.

RUNNY NOSE HAS TO BE TREATED

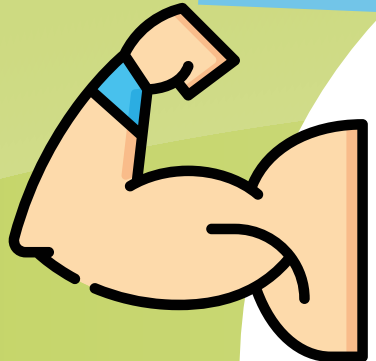
TRUE

FALSE



TRUE! Stagnant mucus can lead to complications and can be a symptom of more serious illnesses.

YOU SHOULD ALWAYS USE THE STRONGEST SUCTION POWER

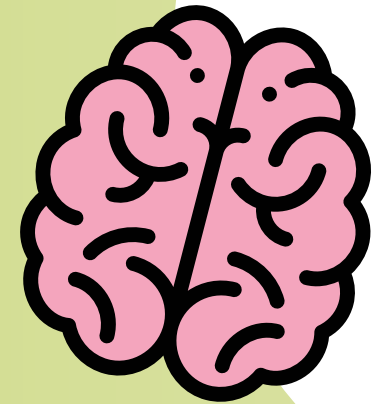


TRUE

FALSE

FALSE! Start with the lowest effective suction power and increase it based on the density of the secretion.

A NASAL ASPIRATOR WILL SUCK YOUR BABY'S BRAIN OUT



TRUE





FALSE

FALSE! Don't worry, it's not possible! :)))

What to do if your child catches a cold?

*

CHECKLIST

- lots of **love and care** 
- drinking water** to prevent fluid loss 
- nasal rinsing with saline solution** to thin the secretion in the blocked nose
- nasal aspiration** in case of runny nose to clear the nasal passages 
- cool-mist humidifier** to ease breathing
- vitamin-rich diet**
- a lot of **sleep and rest** 
- staying at home** to prevent spreading the sickness
- in case the child's condition is severe - **call the doctor!**



+

How to clear your child's nose effectively?



STEP 1

Dry, very thick mucus can be dissolved by a **mild saline solution.**

After using it, wait a few minutes and **wipe excess discharge with a tissue.**



STEP 2

Clear the child's nose with the help of a **nasal aspirator.** Removing thin mucus even from the lower cavities will be much **easier** now!



How to use the nasal aspirator?



Featuring:
Nosiboo Pro
Electric Nasal
Aspirator

1

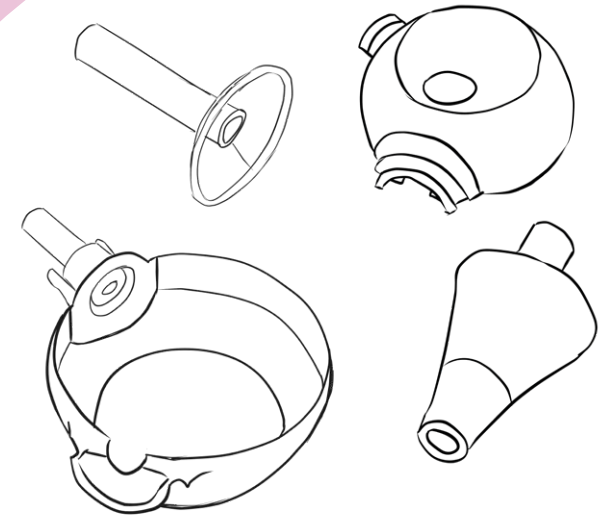


Turn on the device and select the **correct suction power**.

2

Hold your child in a **stable position**. Insert the **nose tip** into the child's nostril. Move the nose tip **around gently**.

3



Wash the parts with liquid soap and lukewarm water.

4

Let the parts **dry completely** before the next use.



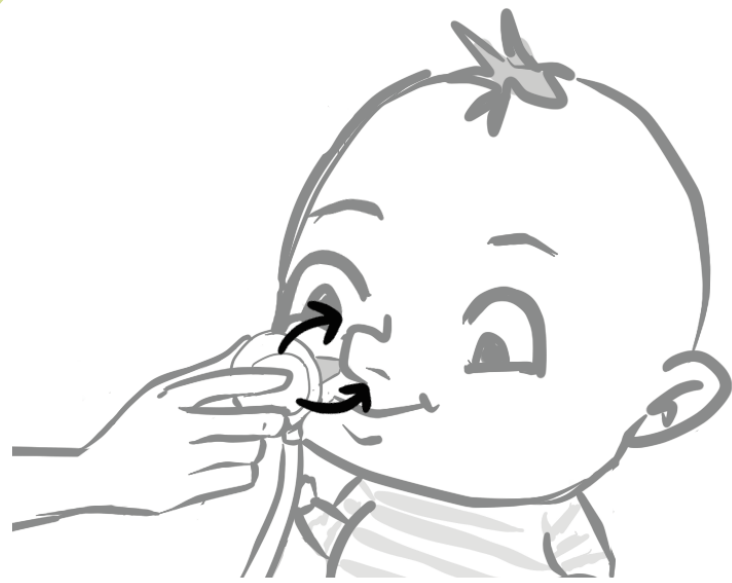


How to use the nasal aspirator?

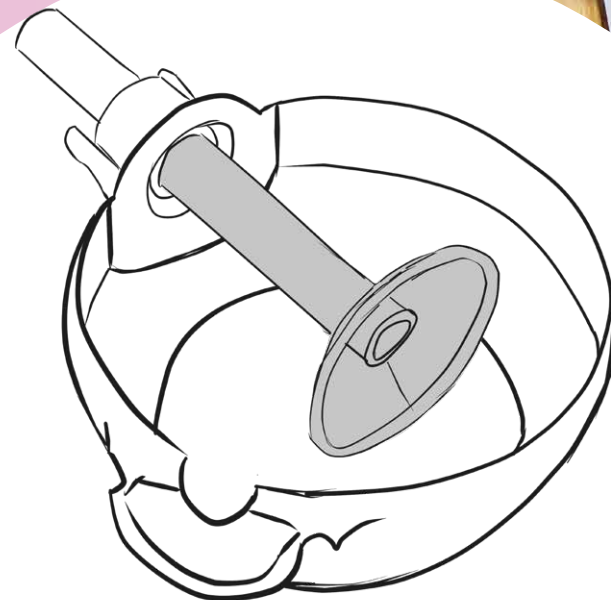
HINTS & TIPS



If the mucus is **thin**, you can use the device at a **lower setting**. If it is **thick** you can use the device at a **higher setting**.



Move the nose tip **around gently** to make sure that you **get all areas of the nostril**.



Thanks to the **collared tube** inside the head, **no secretion** will get into the tube or the device. It's **super hygienic!**



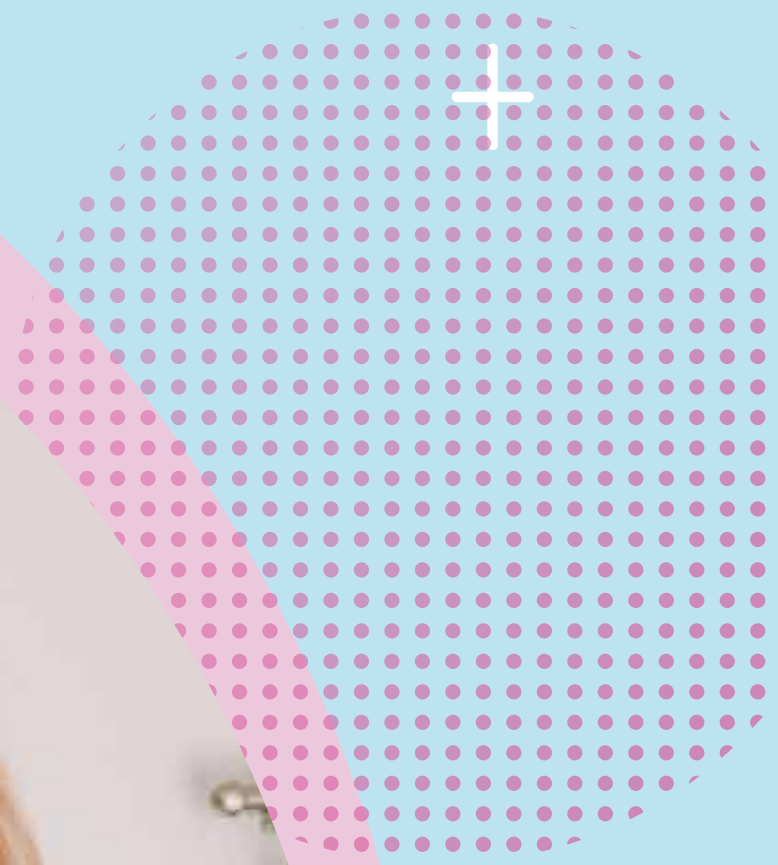
* When to call the doctor?

CONSIDER CALLING THE DOCTOR WHEN YOUR CHILD:

- has a **high** or **long-lasting** (>2 days) **fever**,
- suffers from **severe coughing**,
- changed their **daily activity**: sleeps considerably **less or more** than usually,
- has **trouble breathing**,
- experiences **ear pain**,
- refuses to **eat**,
- **vomits** or has **diarrhea**,
- blows out **bloody** nasal discharge.

If your baby is **younger than 3 months** of age, call the doctor already at an **early stage of the illness**.





Now **you know**
what to do when
rhinitis attacks!

Get to know the Nosiboo family!

*

nosiboo[®]go
portable nasal aspirator



**Comfortable
on the go**



nosiboo[®]eco
manual nasal aspirator

**Gentle help
during the night**



nosiboo[®]pro
electric nasal aspirator

**Always at hand in
the children's room**

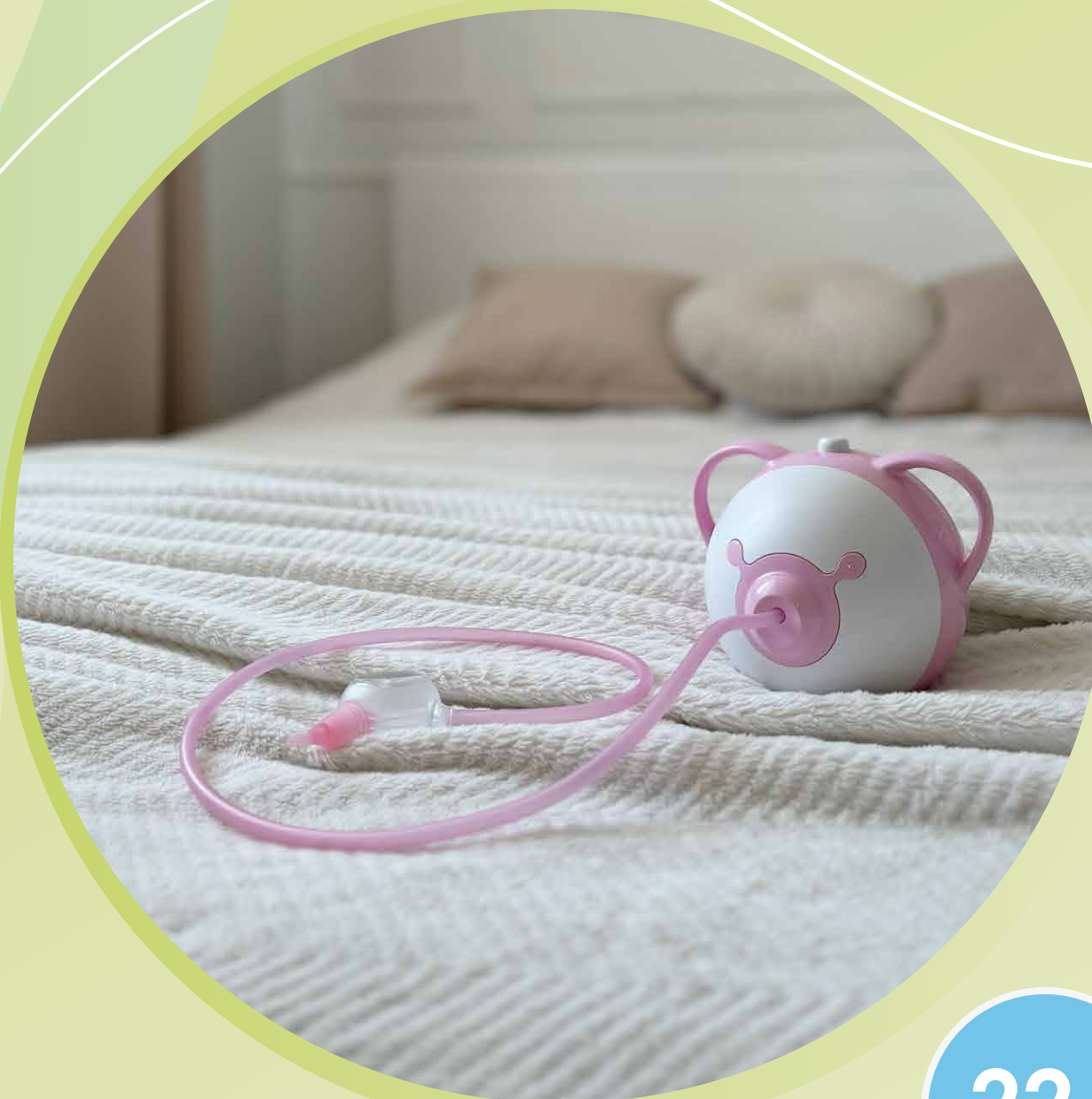
Get to know the Nosiboo family!

*



The idea of **Nosiboo** came from **two young engineer fathers** whose families had to deal with **sleepless nights** after their infants came on board.

This is how **Nosiboo** was created - a series of **revolutionary nasal aspirators**, **child friendly** and **comfortable for parents** at the same time.



Get to know the Nosiboo family!

*



easy to clean



safe medical devices



patented, child-friendly design



effective operation



For a happy day with a clean nose!



Get to know the Nosiboo family!

*



* Bibliography

APCP RESPIRATORY GROUP UK. (2015). *Guidelines for nasopharyngeal suction of a child or young adult*. https://apcp.csp.org.uk/system/files/guidelines_for_nasopharyngeal_suction_0_1.pdf

Centers for Disease Control and Prevention. (2019). *Runny Nose from a Cold & Antibiotics: Q & A Guide for Parents U.S. Department of Health and Human Services*. <https://www.cdc.gov/antibiotic-use/community/pdfs/runny-nose-bw-faqs.pdf>

Chirico G., Beccagutti F. (2010). Nasal obstruction in neonates and infants. *PubMed - Minerva Pediatr*, 2010 Oct; 62(5):499-505. <http://www.ncbi.nlm.nih.gov/pubmed/20940683>

Chirico, G., Quartarone G., and Mallefet P. (2014). Nasal congestion in infants and children: a literature review on efficacy and safety of non-pharmacological treatments. *Minerva pediatrica*, 66.6 (2014): 549-557. <https://www.ncbi.nlm.nih.gov/pubmed/25336097>

Corey J. P., Houser S. M., Ng B. A. (2000). Nasal congestion: a review of its etiology, evaluation, and treatment. *Ear Nose Throat J.*, Sep;79(9):690-3, 696, 698 passim. <https://pubmed.ncbi.nlm.nih.gov/11011488/>

Fairley W. J. (2014). *Rhino-sinusitis: Causes and medical treatment*. <https://entkent.com/rhino-sinusitis/>

Fokkens W. J., Lund V. J., Hopkins C... (2020). European Position Paper on Rhinosinusitis and Nasal Polyps 2020. *Rhinology*, 2020 Feb 20;58(Suppl S29):1-464. <https://pubmed.ncbi.nlm.nih.gov/32077450/>

Gellner C. (2018) *Should I be worried if my child gets sick too often?* [Interview transcript] Health University of Utah. https://healthcare.utah.edu/the-scope/shows.php?shows=0_5nzsffm

Hardjojo A., Shek L. P...(2012). Rhinitis in children less than 6 years of age: current knowledge and challenges. *Asia Pac Allergy*, Jan;2(1):90. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206246/>

Lucile Packard Children's Hospital. *Common Cold in Children*. <https://www.stanfordchildrens.org/en/topic/default?id=upper-respiratory-infection-uri-or-common-cold-90-P02966>

Mayo Clinic. (2019). *Common cold in babies*. <https://www.mayoclinic.org/diseases-conditions/common-cold-in-babies/symptoms-causes/syc-20351651>

Pizzulli A., Perna S., Bennewiz A... (2018) The impact of nasal aspiration with an automatic device on upper and lower respiratory symptoms in wheezing children: a pilot case-control study. *Italian Journal of Pediatrics*, volume 44, article number: 68. <https://ijponline.biomedcentral.com/articles/10.1186/s13052-018-0489-6>

Raniszewska A., Górska E., Kotuła I... (2015). Recurrent respiratory tract infections in children – analysis of immunological examinations. *Central-European Journal of Immunology*, 40(2), 167–173. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4637391/>

Roberts G., Xatzipsalti M., Borrego L. M... (2013). Paediatric rhinitis: position paper of the European Academy of Allergy and Clinical Immunology. *European Journal of Allergy and Clinical Immunology*, vol. 68, issue 9, 1102-1116. <https://onlinelibrary.wiley.com/doi/full/10.1111/all.12235>

World Health Organization (2007). *Promoting safety of medicines for children* (NLM classification: WS 366). https://www.who.int/medicines/publications/essentialmedicines/Promotion_safe_med_childrens.pdf

Yaofeng Ji, Yin Liu, and Na Yang (2016). Pediatric rhinitis risk factors. *Exp Ther Med.*, Oct; 12(4): 2383–2386. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5038586/>

IMAGE CREDITS:

@em.aggie (1, 4, 24) @de.jolis.instants (2), @melaaniersl (5, 24), @asiaczarkowska(10), @by.malwi (12), @papathumper (14), @siemapandy(15), @mama_jadzi (16), @mrs.mom (16), @tashcard (17), @wochkasia(18), @madtayobray (20), @leader.s_place(22), @jaiomari (23), @dariaszczawinska (23), @paty_taty (23), @_cari_na_h (24), @anna.muzi (24)



nosiboo[®]
designed to care

www.nosiboo.eu



[nosiboo_babycare](https://www.instagram.com/nosiboo_babycare)



[nosiboo](https://www.facebook.com/nosiboo)