

# How to **blow your nose**

A Sound Scouts guide made from information by the Audiometry Nurses Association of Australia

1



Sit down with **tissues** and a **bin**

2



Press against one side of your nose **with your finger** and give a good blow out of the **other nostril** into a tissue

3



**Blow each nostril one at a time, into a tissue, until both are empty**

4



Check to see if air is getting in by taking a **deep breath** through your nose, keeping your **lips together**

5



Pinch your two nostrils together, take a deep breath, close your mouth and blow to **pop your ears**



Sound Scouts™

[www.soundscouts.com](http://www.soundscouts.com)