

# Frequency of use:

- If you have symptoms or a confirmed case of COVID-19, repeat the usage ≥every two hours during first few days as symptoms are present.
- If you are asymptomatic and do not have known COVID-19, repeat the usage every six hours.
  - Repeat ASAP when returning home after being out.
  - We recommend all people perform HSNIG..
- We recommend continuation at least until the CDC no longer considers COVID-19 a serious threat or your have been vaccinated.