Start with a Clean and Disinfected Nebulizer for each treatment.
Make sure your hands are clean too!

**Wash**
- in hot soapy water wiping with a clean paper towel (then throw away paper towel)

**Rinse**
- get rid of any soap
  (You can use a dishwasher to clean it too)

**Use ONE of these methods**
- Microwave for 5 minutes (covered in water in a microwave safe dish)
- Dishwasher on top rack (if water is greater than 158 F for 30 minutes)
- Boil on stove for 5 minutes

**Disinfect**

**Air Dry**
- On a clean paper towel
- Do not put your Nebulizer away wet

All Clean!
No bugs (germs)!

Good-bye!