



## Ways To Manage Sneezing When Going Outdoors In Pregnancy



If you know the trigger or cause of your sneezing, avoid going to places where you could be exposed to them.

If your sneezing is severe, make sure you take timely medications (when prescribed by a doctor) before stepping out or consider carrying them along.



Carry pregnancy-safe nasal sprays to help manage nasal congestion

Do not forget to pack extra tissues and handkerchiefs when stepping out.



Carry a sanitizer to keep your hands clean in case you sneeze in your hands

Avoid eating or drinking anything cold since it may worsen your sneezing.

