



Recipe for Making Saline

1. Use 1 quart (4 cups) of distilled water or boil 1 quart of tap water for 5 minutes. Do not use well water or sea water.
2. Add 2 teaspoons of table salt to the distilled or boiled water. For smaller amounts, use 1 teaspoon salt to 2 cups boiled water.
3. Be sure storage container and mixing utensil are clean (boiled for 5 minutes). Mix solution well until salt is completely dissolved.
4. Cool to room temperature before using. This solution can be stored at room temperature in a tightly covered glass or plastic bottle for up to 1 week.