

# Misuse of Neti Pots Can Be Deadly

February 27, 2012 By Laura Whitehorn

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During 2011, two people in Louisiana died of brain infections after using unboiled tap water instead of sterile water in their neti pots.

✖ Announcing the deaths (from the amoeba-borne infection, *Naegleria fowleri*), the local health department said that while tap water is safe to drink, it's not safe for irrigating nasal passages. "Use distilled, sterile or previously boiled water [for] the irrigation solution," the warning said. It's also wise to clean neti pots regularly with an antibacterial soap and always let them air dry thoroughly.

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<http://beta.docker.poz.com/article/Neti-Pot-HIV-21959-7446>