



## What is a Sinus Infection? (Sinusitis)

Sinus infections occur when fluid blocks the sinus and allows germs to grow. Symptoms usually last less than 4 weeks.

### What are the Symptoms?

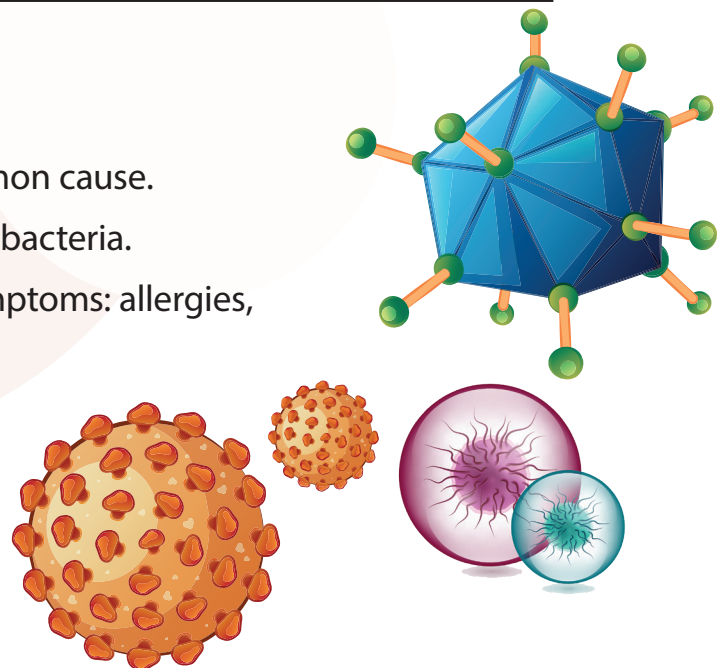
◆ Pain or pressure in face	◆ Feeling tired
◆ Headache	◆ Bad breath
◆ Fever	◆ Cough
◆ Stuffy or runny nose	◆ Loss of sense of sense of smell

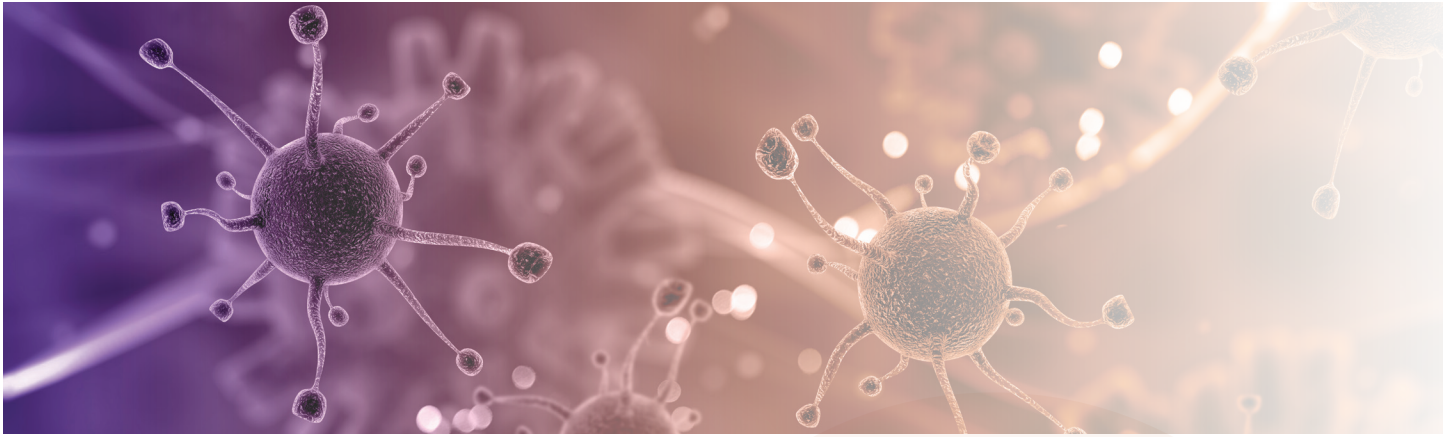
### What causes Sinusitis?

Infection with a **virus** is the most common cause.

Less commonly, they can be caused by bacteria.

Other conditions may cause similar symptoms: allergies, pollution, fungal infection.





## How is it Treated?

For most patients, sinusitis symptoms will resolve on their own. Sinus symptoms can take up to several weeks to completely go away. Your provider may prescribe medicines to make you feel more comfortable while this happens.

### Other things you can do to feel better:

- ◆ Rest
- ◆ Drink plenty of fluids
- ◆ Breathe in steam 3 to 4 times a day
- ◆ Rinse nasal cavity with sterile saline solution (ask your provider about how to do this)
- ◆ Place warm, wet towel against face
- ◆ Sleep with your head propped up
- ◆ Take all medicines as prescribed



### Call your primary care provider with any of the following:

- ◆ Temperature higher than 100.4 °F
- ◆ Symptoms worsen or last longer than 10 days without improvement
- ◆ Bad headache that does not respond to over-the-counter medicines