

# Tips for Sinus Sufferers

## **SYMPTOMS OF SINUSITIS:**

- Symptoms of upper respiratory infection lasting ten days or more
- Facial pressure or pain
- Nasal discharge that is yellow or green
- Post-nasal drip
- Cough

## **AT-HOME TREATMENTS FOR SINUSITIS:**

- Saline nasal sprays that moisturize the nasal cavity, reduce dryness, and help clear thick or crusty mucus
- Humidification (moisturizing the air) of living spaces in dry climates will to aid the movement of mucus through the sinuses

## **A PHYSICIAN VISIT FOR YOUR SINUS PAIN WILL:**

- Determine if you have an infection requiring an appropriate antibiotic
- Discover if you require intensive medical treatment for a condition, such as a nasal obstruction, necessitating sinus surgery