

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