

SINUS INFECTION

Patient Information Sheet

Causes of a sinus infection

- Most sinus infections are caused by a virus.
- Sinus infections are rarely caused by bacteria.
- Other causes:
 - » Allergies
 - » Pollutants

Common sinus infection duration

Most symptoms will resolve within 7 to 14 days.

See a health care provider for:

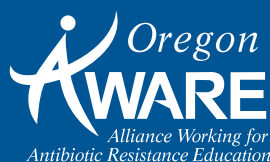
- Temperature higher than 104° F;
- Symptoms that last more than 10 days;
- Multiple episodes of sinusitis in the past year;
or
- Symptoms that get worse after getting better.

Treatment

When sinusitis is caused by a virus, allergies, or air pollution, antibiotics will not help it get better. Acute sinusitis will almost always get better on its own. Sometimes antibiotics may be needed if the sinus infection is likely to be caused by bacteria.

How to feel better

- Get plenty of rest;
- Drink plenty of fluids;
- Take acetaminophen, ibuprofen or naproxen to relieve pain or fever. (Check with your provider or pharmacist about which medications are safe for infants and children;)
- Avoid smoking, secondhand smoke and other pollutants;
- Put a warm compress over the nose and forehead to help relieve sinus pressure;
- Use a decongestant (only for those over age 2); and
- Use a saline nasal rinse or spray.



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