



## 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 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 treatment
- discover if you require intensive medical treatment for a condition such as a nasal obstructions, necessitating sinus surgery