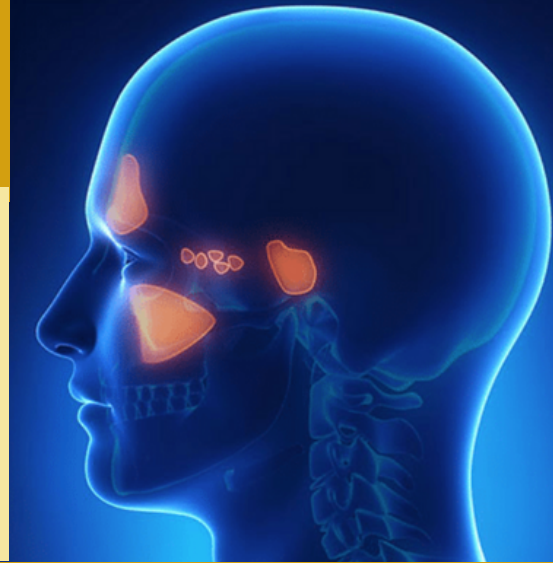




SINUSITIS

What is Sinusitis?

Sinusitis is **inflammation of the sinuses**, commonly caused by a **respiratory infection that develops into a sinus infection**. Fluid and mucus builds up in the air-filled pockets of the sinuses which allows pathogenic viruses or bacteria (germs) to grow.



How to identify, signs/symptoms

- runny nose
- nasal congestion
- facial pain or pressure
- headache
- mucus dripping down the throat, "post-nasal drip"
- sore throat
- cough
- bad breath

How is it treated?

- **Rest**, extra **fluids**, **pain relievers**, warm compress over nose and forehead, **decongestant** or **saline nasal spray**, **steam** from a bowl of hot water or shower
- **Pseudoephedrine HCl ("Sudafed")** is a strong Over-The-Counter (OTC) nasal decongestant you can pick up at a pharmacy
- Many times, antibiotics are not needed, and most sinus infections get better on their own. Your provider may suggest "watching and waiting" to give your immune system time to fight off infection, and then give a prescription if no improvement after 2-3 days of OTC treatment.

How is it spread?

- **Close contact** with other people who have colds or upper respiratory infections
- **Inhaling respiratory droplets** which carry pathogenic viruses or bacteria
- Touching surfaces that have pathogens on them, and then **touching nose or mouth without first washing hands**

Call UHS if you experience:

- **severe headache** or **facial pain**
- **symptoms that get worse** after initially improving
- symptoms lasting **longer than 10 days** without improvement
- **fever** for longer than 2-4 days

Check out the latest updates and more details from **the CDC**:



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