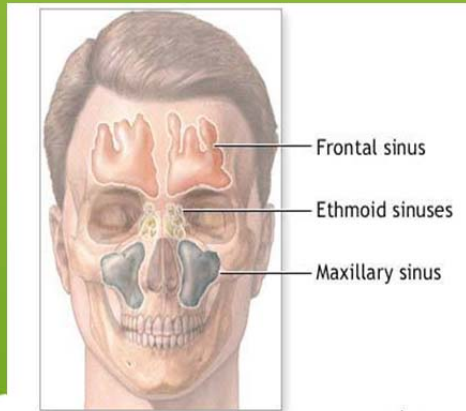


This document was created by a medical student enrolled in the Rural Physicians Associate Program (RPAP) at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up-to-date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

Viruses most commonly cause sinus infections. However, bacteria and fungi can also be causes of the infection.

Antibiotics are usually **not** given for sinus infections. About 80% of sinus infections will go away on their own without any treatment.



The sinuses are air-filled spaces in the head (behind the forehead, nasal bones, cheeks, and eyes) that are lined with mucus membranes.

Stay Healthy!!!

Wash your hands often!

Eat plenty of fruits and vegetables.

Get an influenza vaccine each year.

Reduce stress.

Avoid smoke and pollutants.

For more information, visit these websites or contact your doctor.

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001670/>

http://www.icsi.org/guidelines_and_more/gl_os_prot/respiratory/respiratory_illness_in_children_and_adults_guideline_/respiratory_illness_in_children_and_adults_guideline_13110.html

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2011-2012
FirstLight Health System
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SINUS INFECTION



<http://sinuscuresthatwork.com/>

This brochure includes information about sinus infections and what you can do at home to help relieve your symptoms.

Symptoms of a Sinus Infection Include:

- Cold symptoms that do not improve or worsen over 5-7 days
- Fever
- Headache—pressure-like pain, pain behind the eyes, toothache, or facial tenderness
- Runny nose or congestion
- Sore throat



<http://sinusinfectioncontagious.net/>

If symptoms persist for longer than 14 days, make an appointment to see your doctor.



http://www.natural-remedies-for.com/physical_health/sinus-infection/

There are simple things you can do at home to help relieve your symptoms.

- Drink lots of water! (6-10 glasses of a liquid each day)
- Take a steamy shower or use a humidifier.
- Apply warm facial packs for 5-10 minutes three or more times each day.
- Use saline irrigation (saline nose drops) 2-3 times each day.
 - Homemade: $\frac{1}{4}$ tsp salt dissolved in 1 cup water
- Use a Neti pot to flush sinuses.
- Decongestants, such as Sudafed, can be used for maximum of 5 days.