

Staying healthy all year long



These 6 tips can help:

1. **Wash your hands often and carefully.**
2. **Avoid touching your eyes, nose, or mouth.**
3. **Eat healthy foods as part of your daily diet.**
4. **Drink plenty of water.**
5. **Get plenty of sleep each night.**
6. **Don't share personal items such as cups, glasses, forks, spoons, or toothbrushes.**



It's important to always follow your doctor's instructions. The health information in this brochure is not a substitute for medical care. If you have any questions after reading this brochure, please talk to your doctor or your healthcare professional.

This material is sponsored by Abbott Laboratories to help the public learn more about the appropriate use of antibiotics.



Antibiotics and your health



Clear the Air: Signs of Sinusitis

Plan Logo

Variable Information



Clear the Air: Signs of Sinusitis

If you've ever had a cold or flu that wouldn't go away for a long time, you may have had sinusitis. Sinusitis is one of the most common health conditions in the United States.

What are sinuses?

You have four pairs of air-filled spaces around your nose and eyes called sinuses. Normally, air and mucus pass in and out through pathways between the sinuses and your nose.

Causes: What is sinusitis and why do I get it?

Sinusitis can occur from a cold, an allergy, or from something in the environment that might irritate your sinuses, such as tobacco smoke or dust.

When this happens, your sinuses become swollen and are unable to drain. This can lead to stuffiness and infection.

Sinusitis can develop when either bacteria or a virus (such as those that cause colds) gets trapped in your sinuses.

Symptoms: How do I know when I have sinusitis?

You may feel pressure in your face (especially on either side of your nose), pain in your upper teeth, a stuffy or runny nose, coughing, headache, fever, or lose your sense of smell.

Prevention: What can I do to avoid getting sinusitis?

Always try to have a healthy lifestyle. Drink plenty of water and use a humidifier to make sure there is enough moisture in the air you breathe. Use the 6 tips on staying healthy (on the back) to help avoid getting sinusitis.

Should I visit the doctor?

If your sinusitis gets worse or doesn't go away on its own, you should see your doctor. Sometimes sinusitis can lead to other conditions that are more difficult to treat.

How can my sinusitis be treated?

Sinusitis can be either bacterial or viral. **If your infection is bacterial, your doctor may prescribe an antibiotic.** You should take all the medicine your doctor gives you, even if you begin to feel better. If you don't, the infection may come back.

If your infection is viral, an antibiotic will not treat it. You can ask your doctor about taking steamy showers, using nasal spray, taking a pain reliever, and using antihistamine medicines.