

Sinus Infections



Sinus infections are common, but they can be uncomfortable and even disruptive to your daily life. As the cold and flu season approaches, it's important to know how to recognize, prevent, and treat sinus infections. Below are key facts from the Centers for Disease Control and Prevention (CDC) to help you stay informed and stay healthy.

What is a Sinus Infection?

A sinus infection, also known as sinusitis, occurs when your nasal cavities become inflamed or swollen. This can block mucus from draining, leading to congestion, discomfort, and potential infection.

Types of Sinus Infections

1. **Acute Sinusitis:** Lasts up to 4 weeks, often following a cold.
2. **Subacute Sinusitis:** Lasts 4 to 12 weeks.
3. **Chronic Sinusitis:** Lasts 12 weeks or more and may involve ongoing inflammation.
4. **Recurrent Sinusitis:** Occurs several times a year.

Common Symptoms

- Nasal congestion or stuffiness
- Pain and tenderness around the face (especially the cheeks, eyes, and forehead)
- Headaches
- Cough, especially at night
- Post-nasal drip (mucus dripping down the throat)
- Fatigue
- Fever (in some cases)



What is a Sinus Infection?

Practice good hygiene

Wash your hands frequently and avoid touching your face.



Use a humidifier

Keeping the air moist helps prevent sinus congestion.



Stay hydrated

Drinking plenty of fluids helps thin mucus.



Avoid allergens and irritants

Reduce exposure to pollutants and allergens that can trigger sinus issues.



When to See a Doctor

If you experience symptoms that persist for more than 10 days or worsen after initially improving, seek medical advice. It's also important to consult a healthcare provider if you have frequent or severe sinus infections.



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