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