



## SINUSITIS

### What is Sinusitis?

Sinusitis is an infection in the sinuses, it is also known as a Sinus Infection. Sinuses are air-filled pockets near the nasal passages that can become blocked and filled with fluid. This can happen if your child has a cold or allergies. Your child may feel pain and pressure in their forehead, and around the eyes and nose. It is best to see your doctor for treatment of these symptoms.

### What are the symptoms?

Symptoms may be very similar to the common cold.

- Daytime Cough
- Congestion
- Fever
- Headache
- Pain, Swelling, and pressure in your face
- Sore Throat
- Runny nose
- Post Nasal drip
- Pain in your teeth

### When should I take my child to the Doctor?

See your child's doctor if your child's symptoms do not improve within 10 days. Contact your child's doctor if they have a fever over 101 degrees lasting 2 days with no improvement. The doctor can prescribe antibiotics to treat Sinusitis. Take it exactly as the doctor says. Make sure your child finishes it even if feeling better. He may also recommend you take medicines to ease your child's symptoms like saline drops or over the counter pain medicine.

### How can I keep my child from getting a sinus infection?

Sinusitis is not contagious. Most often, it is caused by the common cold, which is contagious. Practice proper handwashing. Try to stay away from others with a cold or flu.

### What to try at home:

- Drink plenty of fluids like water, broth, and juice.
- Using a humidifier at night may help clear sinus congestion.
- Elevate your child's head at night to make breathing easier.
- Make sure your child is getting plenty of sleep to help fight infections.
- Try using a warm washcloth on your child's face to help with pain. Over the counter pain medicine may also help.