

## SINUSITIS (BLOCKED NOSE)

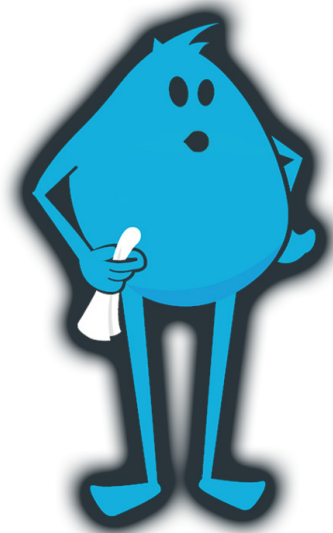
**HOW LONG WILL IT LAST?** 2-3 weeks

**HOW SERIOUS IS IT?** Minor

**CAN I STILL WORK?** Yes

### WHAT IS IT?

A swelling and irritation of the lining of the sinuses (the nose). Viral infections, such as the common cold, can cause the lining of the nose to swell, blocking the small opening from the sinuses to the nose. Fluid inside the sinuses may build up, which can make you feel bunged up and stuffy.



### HOW DO I TREAT IT?

- Rest.
- Breathe the steam from a bowl of hot water with menthol.
- Applying warm face packs and washing out the nose with a steady stream of saline solution (available from your pharmacy) may help relieve your symptoms.
- Drink plenty of fluids to replace those lost from sweating and a runny nose.
- Eat healthily.

### MEDICINES:

Paracetamol or Ibuprofen can help reduce the symptoms of sinusitis.

### WHEN DO I NEED MEDICAL ATTENTION?

Contact your GP surgery for urgent advice if you notice one or more of the following:

- You develop a high temperature (above 39°C or 102.2°F), which can be a sign of a more serious type of infection;
- You're confused or disorientated;
- You feel really unwell;
- You're at high risk of complications because you suffer other medical conditions;
- You suffer severe pain or discomfort in your face;
- Your nose produces lots of thick green/yellow fluid.