

# Sinusitis



Swelling of the sinuses. It can be caused by infection and most people get better within 2-3 weeks without the need of antibiotics.

## Symptoms include:

- Blocked or runny nose
- Pain or pressure in the face or head
- Reduction or loss in sense of smell
- Cough
- Green/yellow mucus from the nose
- High temperature

## Red flag symptoms

- Non-blanching rash (a rash that does not disappear with pressure)
- Drowsiness/confusion
- Neck Stiffness
- Sensitivity to light
- High fever
- If vision is affected
- Swelling of the forehead
- Severe headache

## Self-care advice

- Drink plenty of fluids
- Rest
- Take pain relief medication
- Take a decongestant, temporary use
- Nasal saline irrigation by cleaning the nose with a saltwater solution

## Onward referrals

- Symptoms lasting longer than 10 days

## Signposting

- Pharmacy First England – Antibiotics/ steroid nasal sprays
- Pharmacy First Scotland – Nasal drops and sprays

The information provided is correct at the time of publication, any information provided should be under the supervision of the Responsible Pharmacist. We hold no responsibility for any decisions made using this information.

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