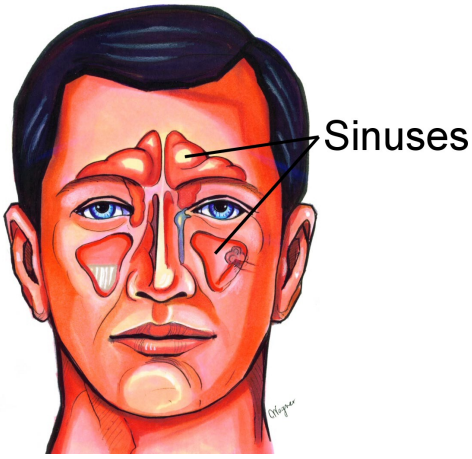
Sinusitis

Sinusitis is a sinus infection. Sinuses are air pockets in your face. Germs (*bacteria*) growing in a sinus can lead to infection. This can cause puffiness (*swelling*). It can also cause drainage from your sinuses. This can happen in one or more of your sinuses.



HOME CARE

- Only take medicine as told by your doctor.
- Drink enough water and fluids to keep your pee (*urine*) clear or pale yellow.
- Apply moist heat or ice packs for pain.
- Use saline nasal sprays. The spray will wet the thick fluid in the nose. This can help the sinuses drain. You can find these sprays at a drugstore.

TREATMENT

After an exam, your doctor may give:
- Medicine (*antibiotic*) that kills the infection.
- Medicine (*decongestant*) to shrink puffiness.

GET HELP RIGHT AWAY IF:

- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**
- The pain gets worse.
- You or your child gets a very bad headache.
- You or your child keeps throwing up (*vomiting*).
- The face gets puffy.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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