

SINUS INFECTION

Let's talk...

FACT



- Most cases of sinus infection (sinusitis) are caused by viruses.
- Antibiotics do not work against viruses.
- Green or yellow discharge forms with inflammation. It can be found in both bacterial and viral infections.

ANTIBIOTICS ARE NOT NEEDED IN MOST CASES*

NO ANTIBIOTICS

VS

ANTIBIOTICS



9 of 10 people feel better within 1-2 weeks, **WHETHER OR NOT** they use antibiotics.

OTHER THINGS YOU CAN DO



Use saline nasal spray or rinse



Wash hands



Take fever or pain relief



Drink water



Get rest



Ask about other options

ANTIBIOTICS CAN CAUSE HARM



Nausea



Vomiting



Headache



Diarrhea

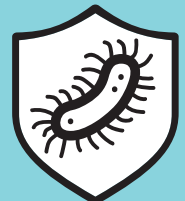
3 OUT OF 10 people who take antibiotics will experience side effects

WHEN TO SEEK FURTHER HELP

- Symptoms (such as facial pain, nasal congestion or discharge) not improving or lasting longer than 7 days
- New or worsening symptoms
- New or persistent fever

ANTIBIOTIC RESISTANCE

Frequent antibiotic use reduces the chance that antibiotics will work when you need them most.



References

Ahovuo-Saloranta A, Rautakorpi UM, Borisenko OV, Liira H, Williams Jr JW, Makela M. Antibiotics for acute maxillary sinusitis in adults. Cochrane Database Syst Rev. 2014;(2):CD000243.

Desrosiers M, Evans GA, Keith PK, Wright ED, Kaplan A, Bouchard J et al. Canadian clinical practice guidelines for acute and chronic rhinosinusitis. Allergy Asthma Clin Immunol. 2011;7(1):2. Available from: <https://aacijournal.biomedcentral.com/articles/10.1186/1710-1492-7-2>

***WHEN ANTIBIOTICS MAY BE NEEDED:** Patients with systemic symptoms, orbital or intracranial involvement, immunosuppression, lung or heart disease, or other complicating conditions.

November 2018