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

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.

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

References

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For more information, visit publichealthontario.ca/asp