Illustration of a sore nose

Text:
What is a sinus infection?
•A sinus infection is when your sinuses swell, which can make you feel sick in many ways. It can cause:
-A stuffy nose
-Yellow, green, or clear mucus nasal drainage 
-Fever
-Headache
-Pain or pressure in your ear, face, or upper teeth
•Viruses cause most sinus infections.
What should I do to feel better?
•There is no specific treatment for a viral sinus infection, but treating the symptoms can help you feel better as your body clears the infection. 
•Ask your healthcare provider what to do. They may recommend that you:
-Take pain medicines such as acetaminophen or ibuprofen (commonly known as Tylenol® or Advil®)
-Use a saline (saltwater) nose spray
-Take decongestants if you are older than 12 years of age, if advised by your healthcare provider
•If your healthcare provider is concerned that you may have bacterial sinusitis and advises you to take an antibiotic, take antibiotics as recommended. 
When will I feel better?
•Most sinus infections last 7 to 10 days.

Text in box:
Contact your healthcare provider if:

•You have a high fever that does not get better with medicine
•You have 3 days in a row of increased mucus coming from your nose  
•Your symptoms get better and then worse
•You do not feel better after 10 days

Go to the emergency department if:
•You develop severe headache, vision changes, confusion, or weakness 

Disclaimer:
This document is intended to provide health-related information so that you may be better informed. It is not a substitute for your healthcare provider's medical advice and should not be relied upon for treatment for specific medical conditions.

Directions for Adding Your Logo to Your Document

If you chose to add a logo to this document, you can place it in the footer, below the article development content.

**Steps:**

1. Open the footer section (either double click in the footer section of the document or go to the “Insert” tab-> select the drop-down menu for “Footer”**→** and click on “Edit Footer”).
2. Make sure your cursor is below the bottom line (or wherever you want your logo).
3. Go to the “Insert” tab.
4. Click on “Pictures” from the “Insert” tab.
5. A window will pop up so you can search your computer for the logo. Select your logo (.jpg or .png format) and click the insert button.
6. Your logo will appear in your footer. If you are happy with the placement, skip step 7.
7. \*\* If you want to move the logo image around, click on the logo-> go to the   
   “Format” tab -> click on the “Wrap Text” drop-down menu -> and select “In front of text.” This formatting will allow you to move the logo freely around the screen.
8. When you are satisfied with the placement of the logo, exit the footer section (either double click outside of the footer area or go to the “Design” tab-> and click the “Close header and footer” button).

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