

# How to Treat Sinus Problems

Most people will get over a sinus infection in 10-14 days. These tips may help you feel better, sooner:

- **REST.** Get extra sleep to help your body fight the infection. Do not go to class if you have a temperature of 100.4 or higher.
- **DRINK PLENTY OF FLUIDS.** Warm tea with honey, water, fruit juices and soups will help thin the nasal discharge and make it easy to drain
- **WARM MOIST AIR.** A steamy shower can help loosen nasal discharge.
- **SLEEP WITH YOUR HEAD ELEVATED.** An extra pillow or backpack under your pillow can help stop the postnasal drip going down your throat.
- **GARGLE WITH WARM SALT WATER.** Half a teaspoon of salt (1-2 packets of salt from the cafeteria) mixed in warm water can help sooth your throat.
- **RINSE YOUR NOSE WITH SALINE SPRAY.** Salt water nasal sprays or Neti pots can help – always follow directions on the packaging.