



Diseases Fact Sheet - Sinusitis

South Dakota Department of Health

Office of Disease Prevention Services - 605-773-3737 -(1-800-592-1861 in South Dakota only)

This material is provided for informational purposes only and is not a substitute for medical care. We are not able to answer personal medical questions. Please see your health care provider concerning appropriate care, treatment or other medical advice.

What is it?

Sinusitis, more commonly called a sinus infection, occurs when fluids collect inside one's face, allowing germs to grow and either viruses or bacteria to infect the area.

What are symptoms of sinusitis?

Someone with sinusitis may experience symptoms of a common cold such as runny or stuffy nose, increased pressure in the face, headaches, post-nasal drip, sore throat, bad breath and coughing.

Can sinusitis be prevented?

The best ways to reduce your risk of catching a sinus infection include practicing proper hand washing, staying up to date on recommended vaccines, avoiding contact with people with colds or other upper respiratory infections, avoiding tobacco use or secondhand tobacco use and using a humidifier in your home.

Additional Information:

Please visit the [CDC](https://www.cdc.gov) to learn more about when to seek medical care, what treatments are available and how to feel better.