

NOSE & SINUS INFECTION

Infective acute rhinosinusitis



Acute rhinosinusitis is an infection that causes inflammation of the lining of the nose and sinuses. It is most commonly due to a virus and much less often caused by bacteria.

COVID-19 may need consideration in people with these symptoms below:



What does it feel like?

You may experience a blocked or **runny nose**, **facial pain** or **pressure**, **reduced sense of smell**, **mild headache** and **fever**.



What can I do to feel better?

Acute rhinosinusitis usually gets better on its own within 2 weeks. **Paracetamol** and **ibuprofen** may ease your symptoms. Some people find **saline nasal washes**, **decongestant nasal sprays (for a maximum of 5 days)**, or **steroid nasal sprays** helpful.



Will antibiotics help?

Antibiotics are not usually needed. Taking antibiotics when you don't need them can lead to the bacteria becoming resistant to that antibiotic. When bacteria become resistant to an antibiotic, the antibiotic no longer works. If your symptoms are prolonged or severe, your doctor might recommend antibiotics then.



How can I stop it spreading?

Infections can spread to others when you cough, sneeze or blow your nose. **Cover your mouth with your elbow when you cough or sneeze**, **wash your hands regularly**, **dispose of tissues after use** and **stay away from crowded places while unwell**.



Do I need to see a doctor?

See your doctor if your symptoms last more than 2 weeks to explore other causes such as allergy. You should also see your doctor if you have new problems with your **vision**, a **severe headache**, if you are **feeling worse** or if you are concerned.

COVID-19 is caused by a virus, and it can cause cough, runny nose, and sore throat. People with these symptoms should be tested for COVID-19 and should isolate until test results are known. For information go to <https://www.dhhs.vic.gov.au/coronavirus>

Information sheets on other common infections can be found at <https://www.ncas-australia.org/community-information-sheets>.

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