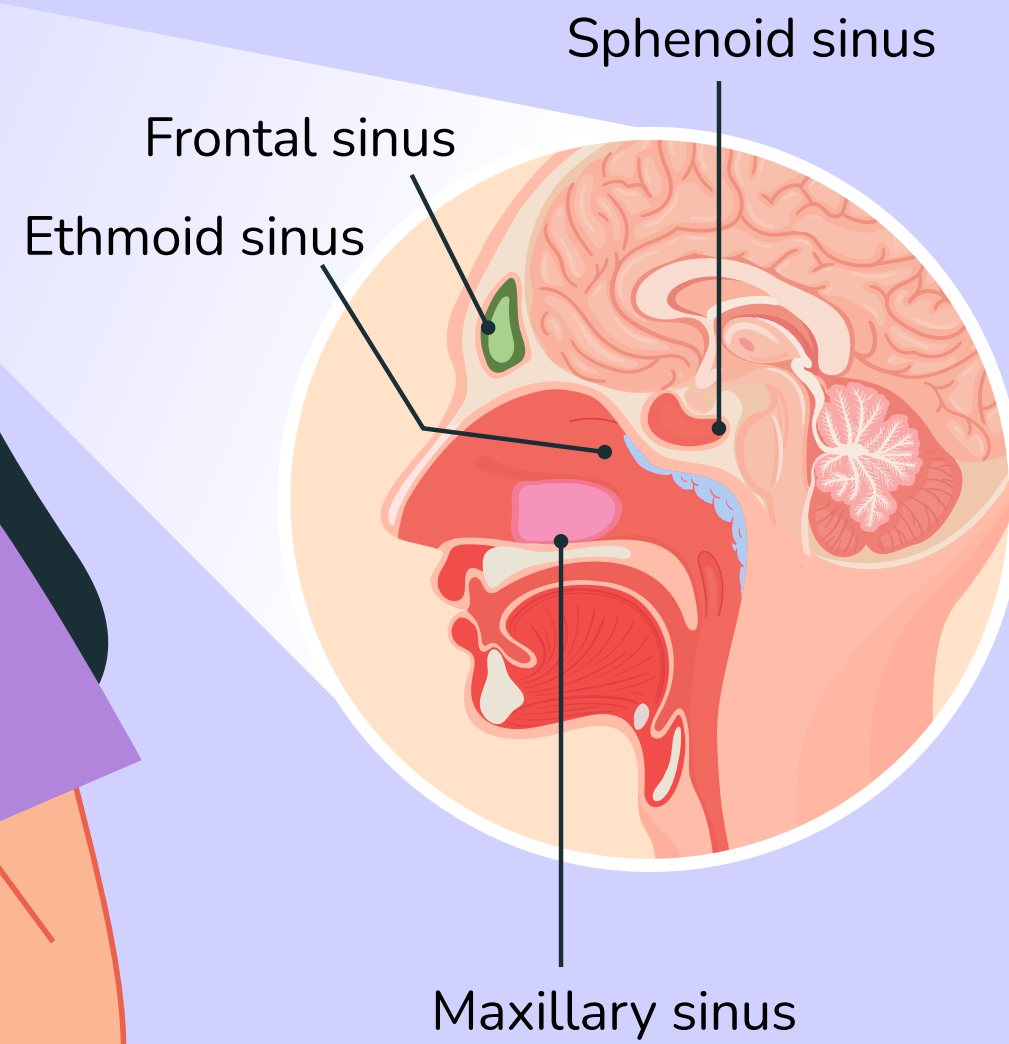







# SINUSITIS








**Sinusitis** is an infection of the sinuses near the nose caused by the virus, bacteria, fungi or allergic reactions. If not treated promptly and properly, the condition may progress to chronic and can cause serious complications.

## ! Symptoms

-  Pain around the sinus and forehead area.
-  Nasal blockage or runny nose.
-  Headache.

-  Sore throat and cough.
-  In addition, it may cause fever, ear pain, toothache, face swelling, bad breath or fatigue.

## 🛡️ Prevention

-  Avoid close contact with people who have a cold.
-  Wash your hands properly before every meal.
-  Keep your body warm, especially the neck, chest and nose.
-  Wear a mask when going out or when doing work with dust
-  Avoid smoking environment, polluted air, dog and cat hair, pollen or perfume.