

# Bronchitis or Sinusitis?

SAY NO TO ANTIBIOTICS AND TRY THIS!

## Bronchitis (chest cold)

- Use a clean humidifier or cool mist vaporizer.
- Breathe in steam from a shower or bowl of hot water.
- For sore throats in adults and children over one year, use ice chips, honey, lozenges, or sore throat spray.
- Avoid smoking, secondhand smoke, and other pollutants.
- Consult with your health care provider or a pharmacist on how to feel better without using antibiotics.
- Drink extra water and juice.
- Get plenty of rest.

## Sinusitis

- Put a warm compress over the nose and forehead to help relieve sinus pressure.
- Breathe in steam from a shower or bowl of hot water.
- Use a decongestant or saline nasal spray to relieve congestion.
- Consult with your health care provider or a pharmacist on how to feel better without using antibiotics.
- Drink extra water and juice.
- Get plenty of rest.

*Sometimes antibiotics are needed for these infections.  
Consult your health care provider if symptoms persist.*

**Learn more about staying healthy and preventing antibiotic-resistant infections at [www.health.state.mn.us/diseases/antibioticresistance](http://www.health.state.mn.us/diseases/antibioticresistance).**

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*To obtain this information in a different format, call: 651-201-5414.*

