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CAREGIVER RESOURCES: Diagnosis and Management of Acute Bacterial Sinusitis: 2013 AAP Guideline

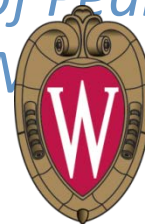
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HTTP://KIDSHEALTH.ORG/EN/PARENTS/SINUSITIS.HTML?WT.AC=P-RA#

The screenshot shows the KidsHealth website interface. At the top left is the KidsHealth logo with the tagline 'from Nemours'. To the right are navigation tabs for 'For Parents', 'For Kids', and 'For Teens'. A search bar is located below the logo. A vertical sidebar on the left contains various health topics: Parents Home, General Health, Growth & Development, Infections, Diseases & Conditions, Pregnancy & Baby, Nutrition & Fitness, Emotions & Behavior, School & Family Life, First Aid & Safety, Doctors & Hospitals, Q&A, Recipes, and En Español. The main content area features a large image of a young girl looking up, with the title 'INFECTIONS Sinusitis' overlaid. Below the image is a breadcrumb trail: 'KidsHealth > For Parents > Sinusitis'. A 'What's in this article?' section includes a 'Listen' button with a speaker icon and a green 'en español' button with a play icon. The article text begins with 'Sinuses are moist air spaces within the bones of the face around the nose. When they become infected and swell or become irritated, this is called sinusitis (or a sinus infection). These infections usually follow colds or bouts with allergies. Sinusitis is common and easily treated.' A 'Causes' section follows, explaining that sinuses are hollow spaces in the face and are lined with mucous membranes. At the bottom of the page, there is a 'Free preK-12 lesson plans' banner featuring a woman and text indicating alignment with national health education standards.



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[HTTP://WWW.CDC.GOV/FEATURES/RHINOVIRUSES/](http://www.cdc.gov/features/rhinoviruses/)

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Common Colds: Protect Yourself and Others



Language: English ▾

Sore throat and runny nose are usually the first signs of a cold, followed by coughing and sneezing. Most people recover in 7-10 days or so. You can help reduce your risk of getting a cold by washing your hands often and avoid touching your face with unwashed hands.

Common colds are the main reason that children miss school and adults miss work. Each year in the United States, there are millions of cases of the common cold. Adults have an average of 2-3 colds per year, and children have even more.

Most people get colds in the winter and spring, but it is possible to get a cold any time of the year. Symptoms usually include sore throat, runny nose, coughing, sneezing, watery eyes, headaches and body aches. Most people recover within about 7-10 days. However, people with weakened immune systems, asthma, or respiratory conditions may develop serious illness, such as pneumonia.

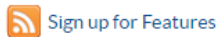


How to Protect Yourself and Others

You can help reduce your risk of getting a cold:

- Wash your hands often with soap and water [Wash them for 20 seconds](#), and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer. Viruses that cause colds can live on your hands, and regular handwashing can help protect you from getting sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Features Media



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