

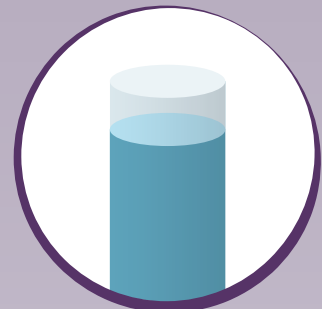
DECONGEST AND DECOMPRESS

WAYS TO IMPROVE YOUR SINUS HEALTH

Sinuses are the spaces connecting your nose and throat. Having a sinus infection is never fun, and taking care of one isn't much better. Ill or not, keeping your sinuses healthy can benefit you in the long run and help you breathe better. Below are a few ways to keep your sinuses healthy.



A warm compress placed on your face or neck soothes sinus pressure.



Staying hydrated keeps your sinuses moist.



Sleeping with your head elevated is an efficient way to clear your sinuses.



Humidifiers help your airways stay clear.



Decongestants shrink swollen tissue, helping to clear up airways and reduce sinus pain.



Saline nasal sprays loosen mucus and rinse sinuses.