

WHO

- Adults & children over 12 years
- Exclude pregnant over 16 years
- Immunocompromised individuals
- Sinusitis symptoms for longer than 12 weeks

IF EXCLUDED

- OTC treatment & advice OR
- Refer to GP if appropriate

WHAT

- Nasal blockage (obstruction/congestion) or
- Nasal discharge (anterior/posterior nasal drip)

With ONE or more of:

- Facial pain/pressure (or headache)
- Reduction (or loss) of the sense of smell (in adults)
- Cough during the day or at night (in children)

See next page for details

None of above symptoms

Acute sinusitis is unlikely. Consider alternative diagnosis

1 or more symptoms

Acute sinusitis is possible diagnosis

HOW LONG

If 10 days or less

- Self care
- Pain relief

See next page for details

HOW LONG

If more than 10 days with no improvement

ACTIONS

If self care and pain relief have not worked, refer to the pharmacist

Refer to Pharmacy First service or GP if service not available

Medicines and medical conditions

As per The Boots Healthcare Way refer anyone taking medicines or with a medical condition to the Pharmacist