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# Sinus Headaches: Prevention and Relief

## To help prevent sinus headaches

- Stay hydrated. Drink enough fluids to keep mucus thin. This helps it drain more easily.
- Manage allergies Identify and stay away from allergy triggers may help prevent sinus-related issues. Take allergy medicines as directed by your healthcare provider.
- Treat colds promptly. Address cold symptoms right away to help prevent sinus congestion.

## To ease the pain

- Keep your sinuses open and free of mucus. Try over-the-counter saline nasal sprays.
- Use a nasal decongestant as directed to reduce the inflammation and congestion.
- Drink plenty of fluids to help mucus drain.
- Apply warm compresses over your nose and forehead to help pain and pressure.
- Breathe in steam from a bowl of hot water or shower to help pain and pressure.
- See your healthcare provider if your sinus headache lasts more than 2 weeks. You may need medicine for a sinus infection or to reduce inflammation. Further evaluation may be needed to check for other headache conditions, such as migraines.

