

## Precautions to Prevent Sinus This Winter

When our body is not healthy, we fail to enjoy the colours of life, everything appears faded and gloomy in such conditions. Though winters are the busy-making season of the year it is quite impossible to talk about them without diseases. Winter is the home of Viral, bacterial, fungus, communicable and all other types of diseases. Sinuses are also one of those many types, in which the passages like nasal chambers, respiratory tract etc. gets congested with a fluid. This fluid draws many harmful pathogens and spread infections. So if you want to prevent yourself from such situations you can take the following guidelines to keep yourself healthy this winter.

### 1. Least or no Exposure to Dust

Dust particles easily stick to the inner linings of the respiratory tract and nasal sinuses. These bring many diseases causing agents with them. The results could be seen in the form of inflammation of alveoli, respiratory lining. Sometimes debris of these pathogens gets to stick to these dust particles. All this give a reason for the sinuses to occur. Make sure that your efforts are sufficient to save you from such dust exposures. You can cover your mouth with a handkerchief or mask for that.

### 2. Go this Winter Smoke-Free

Smoking not only affects your respiratory and nasal passages but at the same time, it is also very harmful to other body organs as well. It can give rise to the inflammation of your passages which are the basic reason for sinuses. It should be kept in mind that by smoking I don't mean only active smoking, if you are standing in the vicinity of a person who is smoking, it is equally harmful to both of you. So avoid smoking irrespective of the fact be it active smoking or the passive one. If you want to consult a physician that how to overcome the habit of smoking, you can visit **Urgent Care Near Me** (<https://astra-hc.com/urgent-care-near-me.html>).

### 3. Cleanliness

"A clean body is a healthy body" indeed! Well said by a philosopher. You can try millions of ways to keep yourself healthy and but if you fail in keeping it clean, all your idea of health is going to be useless. Keep your nose clear and clean from dust and other pollution.

### 4. Avoid things to which you are Allergic

Many people are allergic to things like household dust, pollens, and other stuff. Such people avoid coming into contact with such allergic substances. They can also visit **urgent care Belleville** (<https://astra-hc.com/>) for taking anti-allergic medicines like antihistamine or anti-fungal.

### 5. Medical Care

In case you fail to prevent sinuses even after trying best on your part, you have the ultimate option of looking for a physician. Find the best clinic near to you and fix an appointment with the doctor. He will suggest you the suitable medicine and antibiotic. Apart from that, you can also put a solution of lukewarm water with a pinch table salt drop to drop in your sinuses to get a relief from it.