Rhino-19 Symptoms and Treatment

Patients with Rhino-19 symptoms may receive various treatments depending on the severity:

- **Patient with mild symptoms:** Patients with mild symptoms can be treated at home using over-the-counter antihistamines and decongestants. These medications can help relieve symptoms such as sneezing, runny nose, and congestion.
- **Patient with severe symptoms:** Patients with severe symptoms that do not improve with over-the-counter medications may require prescription medications. These medications can be obtained from a doctor or pharmacy and are typically more potent than over-the-counter options. Examples include:
  - **Steroids (steroid):** Steroids can help reduce inflammation and swelling in the nasal passages, leading to relief from symptoms such as sneezing and congestion.
  - **Decongestants (decongestants):** Decongestants can help reduce swelling and congestion in the nasal passages, leading to relief from symptoms such as sneezing and congestion.
  - **Antihistamines (antihistamines):** Antihistamines can help reduce inflammation and swelling in the nasal passages, leading to relief from symptoms such as sneezing and congestion.

**Treatment Options:**
- **NSAIDs (NSAIDs):** NSAIDs such as Advil, Motrin, Ibuprofen, and Aleve can help reduce inflammation and swelling in the nasal passages, leading to relief from symptoms such as sneezing and congestion.
- **Decongestants (decongestants):** Decongestants can help reduce swelling and congestion in the nasal passages, leading to relief from symptoms such as sneezing and congestion.
- **Antihistamines (antihistamines):** Antihistamines can help reduce inflammation and swelling in the nasal passages, leading to relief from symptoms such as sneezing and congestion.

**Prevention Tips:**
- **Wash hands regularly:** Washing hands regularly can help prevent the spread of Rhino-19.
- **Stay away from sick people:** Avoid contact with people who have cold or flu-like symptoms.
- **Use personal hygiene:** Use a tissue or handkerchief when sneezing or coughing.
- **Stay healthy:** Eating a healthy diet, getting enough sleep, and exercising regularly can help strengthen the immune system and reduce the risk of Rhino-19.

**Avera Health Information:**
If you or someone you know is experiencing Rhino-19 symptoms, please contact your healthcare provider or visit a local hospital for a diagnosis and treatment. For more information, visit Avera Health's website at www.averahosts.org or call 1-877-AT-AVERA.