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Nasal congestion in adults: Symptom Checker

**DocID**

No DocID – not contained in FarCry

**Title**

Nasal congestion

**Feature Title**

Nasal congestion

**List Title**

Nasal congestion

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Content Packages > Symptom checker mobile > Adult > Head and neck

**MCV Related tag(s)**

**Primary Location**

Diseases and Conditions

**Tease**

Nasal congestion is a common problem in adults. Identify possible common causes based on symptoms you're experiencing.

**Abstract**

Find possible common causes of nasal congestion in adults. See our Symptom Checker.

**Benefit Summary**

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**FeatureID**

**Gender**

**Age**

Adult

**ENTER IN FARCRY:**

**When to get medical help**

Get prompt medical care if you have nasal congestion accompanied by: (1)

A fever of 101 F (38.3 C) or higher

A fever that lasts more than 72 hours

Greenish or bloody nasal discharge

Chills or sweating

Breathing difficulty

Nausea or vomiting

Unusual sleepiness

A severe headache

Ear pain

**Self-care strategies** (1)

To relieve a stuffy nose:

Gently blow your nose, or sniff and swallow.

Breathe steam from a warm shower.

Use a humidifier.

Drink plenty of water.

Use a nasal saline spray.

Try an oral decongestant.

**More Information**

Nasal congestion MY00178

**END OF FARCRY TEXT**

Find possible causes of nasal congestion based on specific factors. Check one or more factors on this page that apply to your symptom.

**Nasal congestion is**

New or recent

Ongoing or persistent

**Nasal discharge is**

Clear or watery

Yellow or greenish

**Accompanied by**

Bad breath

Cough

Ear pain

Fatigue

Fever

Headache or facial pain

Itchy eyes, nose, mouth or throat

Mild body aches

Nosebleeds

Reduced sense of smell or taste

Runny nose

Sneezing

Snoring

Sore throat

Upper jaw or tooth pain

Watery eyes

**Possible causes**

These diseases and conditions match at least one of the factors you selected. Those with the most matches are listed first.

DS00170 Acute sinusitis (2, p. 78; 3, p. 1; 4)

Nasal congestion is new or recent

Nasal discharge is yellow or greenish

Accompanied by bad breath

Accompanied by cough

Accompanied by ear pain

Accompanied by fatigue

Accompanied by fever

Accompanied by headache or facial pain

Accompanied by reduced sense of smell or taste

Accompanied by sneezing

Accompanied by sore throat

Accompanied by upper jaw or tooth pain

DS00232 Chronic sinusitis (5)

Nasal congestion is ongoing or persistent

Nasal discharge is yellow or greenish

Accompanied by bad breath

Accompanied by cough

Accompanied by ear pain

Accompanied by fatigue

Accompanied by headache or facial pain

Accompanied by reduced sense of smell or taste

Accompanied by sneezing

Accompanied by sore throat

Accompanied by upper jaw or tooth pain

DS00056 Common cold (2, p. 78; 6)

Nasal congestion is new or recent

Nasal discharge is clear or watery

Nasal discharge is yellow or greenish

Accompanied by cough

Accompanied by fatigue

Accompanied by headache or facial pain

Accompanied by mild body aches

Accompanied by runny nose

Accompanied by sneezing

Accompanied by sore throat

Accompanied by watery eyes

DS00977 Deviated septum (7)

Nasal congestion is ongoing or persistent

Accompanied by nosebleeds

Accompanied by snoring

DS00174 Hay fever (2, p. 79; 3, p. 1; 8)

Nasal congestion is ongoing or persistent

Nasal discharge is clear or watery

Accompanied by headache or facial pain

Accompanied by itchy eyes, nose, mouth or throat

Accompanied by reduced sense of smell or taste

Accompanied by runny nose

Accompanied by sneezing

Accompanied by watery eyes

DS00498 Nasal polyps (9)

Nasal congestion is ongoing or persistent

Accompanied by headache or facial pain

Accompanied by reduced sense of smell or taste

Accompanied by runny nose

Accompanied by snoring

DS00809 Nonallergic rhinitis (2, p. 79; 3, p. 1; 10)

Nasal congestion is ongoing or persistent

Nasal discharge is clear or watery

Accompanied by headache or facial pain

Accompanied by runny nose

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