

# THE SNOT SPECTRUM

*A guide to understanding the various colors of mucus.*



## CLEAR

*Colorless mucus is normal. You may have more of it if you are starting to get sick or it may appear stringy during allergy season.*



## WHITE

*White is a sign of congestion. Inflamed nasal passages may slow the flow of mucus, making it thick and cloudy. You may be fighting off a virus.*



## YELLOW

*Yellow is a sign your white blood cells are working to fight off a virus or infection. It does not automatically mean antibiotics are needed. It may take 1+ week for some viruses to get better. Call your provider if it has been 10+ days.*



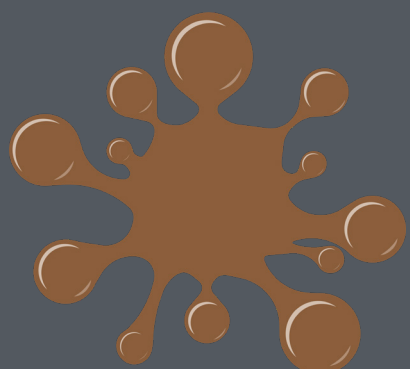
## GREEN

*Green is a sign your white blood cells are working hard to fight off a virus or infection, and the mucus has been in your nose for some time. It does not automatically mean antibiotics are needed. Call your provider if it has been 10+ days.*



## RED

*Red is a sign of blood. Nasal passages may become irritated due to dry air, high elevation, allergies, asthma, or physical trauma, including when kids pick their nose.*



## BROWN

*Brown can be a sign of old blood in the nasal passages, or it may be due to something inhaled such as dirt.*



## BLACK

*Black can be due to environmental factors, like smoke, or it may be a sign of a rare serious fungal infection. Call your provider if you were not exposed to smoke.*