

Fast Facts

Sore Throat

- Pain or irritation in your throat that usually gets worse after you swallow
- Most common cause of a sore throat is a viral infection (pharyngitis), such as common cold, flu, mononucleosis, measles, chicken pox and croup
- Another possible cause is a bacterial infection, usually streptococcus (strep throat—more common in children)
- Other causes: allergies, dryness from being in heated environments, exposure to irritants in the air, muscle strain from yelling/talking too loudly, gastroesophageal reflux, HIV or tumors

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Pain in your throat that can worsen after swallowing or talking -Scratchy sensation -Difficulty swallowing -Swollen/painful glands in your neck/jaw -Tonsils that are red/swollen -White patches/pus on your tonsils -Hoarse/muffled voice <p>Since a sore throat is usually caused by a virus or bacteria, other symptoms you might also have:</p> <ul style="list-style-type: none"> -Fever -Cough -Runny nose -Sneezing -Nasal congestion -Body aches -Headache -Nausea/vomiting 	<p><i>Viral infection:</i></p> <ul style="list-style-type: none"> -No treatment because it will clear up on its own in five to seven days -Take over-the-counter medication, such as acetaminophen or ibuprofen, to relieve pain or fever <p><i>Bacterial Infection:</i></p> <ul style="list-style-type: none"> -Antibiotics (take all of the antibiotics as prescribed) -Take over-the-counter medication for pain or fever <p><i>Additional Remedies:</i></p> <ul style="list-style-type: none"> -Get plenty of rest -Don't use your voice -Drink plenty of water -Avoid caffeinated products -Drink/eat warm or cold liquids -Gargle saltwater (add ¼ to ½ a teaspoon of salt to 4-8oz of warm water) -Suck on lozenges or hard candy (don't give them to children under the age of 4 due to choking hazard) -Use a cool mist humidifier -Avoid things that irritate your throat (cigarette smoke or cleaning products) 	<p>Avoid the germs by having good hygiene habits:</p> <ul style="list-style-type: none"> -Wash hands thoroughly, especially before eating and after using the toilet, coughing or sneezing -Cough or sneeze into a tissue that can be thrown away or the crease of elbow -Alcohol-based hand sanitizers are a good substitute if can't wash -Avoid close contact with people who are sick -Don't share food, drinking glasses or utensils with others -Don't allow public phones or drinking fountains to touch mouth -Regularly disinfect telephones, television remotes and computer keyboards, especially in a hotel room when traveling

Note: If you have a sore throat and have difficulty opening your mouth, pain in your joints, earache, rash, blood in your spit/phlegm, fever > 101°F, hoarseness lasting over two weeks, lump in your neck, sore throats that recur frequently, then you should seek medical attention

Note: If you have difficulty swallowing/breathing or notice unusual drooling in a child (typically indicates that they can't swallow), then seek emergency medical assistance

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