Sore Throat

A sore throat is pain, scratchiness or irritation of the throat that often worsens when you swallow. The most common cause of a sore throat is a viral infection, such as a cold or the flu. A sore throat caused by a virus resolves on its own with self-care. Strep throat, a less common type of sore throat caused by bacteria, requires additional treatment with antibiotics to prevent complications.

Self-care:

- Frequent hand washing
- Don’t share personal items (toothbrush, cups, utensils)
- Gargle with 1 teaspoon salt in 8 oz. warm water
- Rest, fluids, comforting foods & beverages
- Take Ibuprofen & Acetaminophen for pain relief
- Use a humidifier to add moisture to your room
- Suck on throat lozenges to soothe throat
- Eat popsicles or other flavored frozen desserts

Seek care if:

- The soreness is severe or lasts more than a week
- Trouble swallowing, breathing or opening your mouth
- Swollen lymph glands in the neck
- Blood in saliva or phlegm
- Pus in the back of the throat
- Joint pain
- Ear ache
- Rash
- Fever over 101
- Hoarseness more than 2 weeks