

# Sore Throat

A sore throat is a painful, burning, sore, or scratchy feeling of the throat. There may be pain or tenderness when swallowing or talking. You may have other symptoms with a sore throat. These include coughing, sneezing, fever, or a swollen neck. A sore throat is often the first sign of another sickness. These sicknesses may include a cold, flu, strep throat, or an infection called mono. Most sore throats go away without medical treatment.



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## HOME CARE

- Only take medicine as told by your doctor.
- Drink enough fluids to keep your pee (*urine*) clear or pale yellow.
- Rest as needed.
- Try using throat sprays, lozenges, or suck on hard candy (if older than 4 years or as told).
- Sip warm liquids, such as broth, herbal tea, or warm water with honey. Try sucking on frozen ice pops or drinking cold liquids.
- Rinse the mouth (*gargle*) with salt water. Mix 1 teaspoon salt with 8 ounces of water.
- **Do not** smoke. Avoid being around others when they are smoking.
- Put a humidifier in your bedroom at night to moisten the air. You can also turn on a hot shower and sit in the bathroom for 5–10 minutes. Be sure the bathroom door is closed.

## GET HELP RIGHT AWAY IF:

- You have trouble breathing.
- You cannot swallow fluids, soft foods, or your spit (*saliva*).

Last Name YOUNG

First Name MICHAEL  
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