

What is it?

Most sore throats are caused by viruses and sometimes accompany a cold. A mild sore throat is often due to low humidity, smoking, air pollution, or perhaps yelling. People who have allergies or stuffy noses may breathe through their mouths while sleeping, causing a mild sore throat.

Another common cause of sore throat is stomach acid that refluxes into the throat. Although reflux is often associated with heartburn or an “acid” taste in the mouth, sometimes a sore throat is the only symptom.

What are the symptoms?

- Swollen glands
- Sore throat
- Fever

PERSONAL INSTRUCTIONS

After Hours & Weekends:

Ask - A - Nurse

Free health care information & physician referral

24 hours a day

Call 594-2000

Ask for Ask – A – Nurse

SORE THROAT



Christopher Newport University

HEALTH & WELLNESS SERVICES

1 University Place
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Home Treatment

If a sore throat is accompanied by runny nose and cough, it is probably due to a virus, and antibiotics will not help. Home care is usually all that is needed for viral sore throats.

- **Fluids:** Drink more fluids to soothe a sore throat. Honey and lemon in a weak tea may help.
- **Avoid Smoke:** it irritates the mucus lining of the nose and throat and can worsen symptoms.
- **Gargle:** with warm salt water (one teaspoon of salt in eight ounces of water.) The salt reduces swelling and discomfort.

Medications

Nonprescription can be helpful in relieving discomfort of a sore throat.

- **Acetaminophen** * (650mg) every 4-6 hours to reduce muscular aches and headaches and fever.
- **Throat lozenges*** provide temporary relief from sore throats. Look for ingredients that contain phenol or end in "caine". Diclonine hydrochloride (Sucrets Maximum Strength) and benzocaine are safe and effective. Regular cough drops or hard candy may also be effective.

WHEN ON PRESCRIPTION MEDS:

Always check with your MD or Pharmacist before taking over-the-counter meds

Prevention

Keep up your resistance to infection by eating a healthy diet, getting plenty of rest, and exercising regularly.

Identify and avoid irritants that cause sore throat (smoke fumes, yelling, ect.) Don't smoke.

When to Call the Doctor:

If the following symptoms develop:

- Excessive drooling
- Difficulty swallowing
- Difficulty breathing
- If sore throat develops after exposure to strep throat.
- If a sore throat develops with other symptoms of strep throat.
- Fever of 101° or higher (may be lower in adults).
- White or yellow coating on the tonsils
- Swollen neck glands
- If a mild sore throat last more than two weeks.