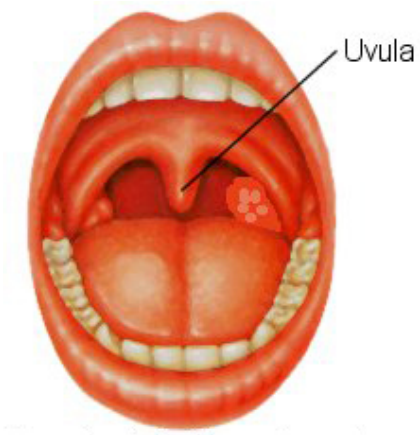
Sore Throat

A sore throat is felt inside the throat and at the back of the mouth. It hurts to swallow or feels dry and scratchy. It can be caused by infections with bacteria or viruses. It can be caused by infections with bacteria or viruses. Sore throats may also be caused by:

- Smoking.
- Pollution.
- Allergies.



HOME CARE

- Only take medicine as told by your doctor.
- Drink enough water and fluids to keep your pee (*urine*) clear or pale yellow.
- Eat a soft diet.
- **Do not** smoke.
- Rinse the mouth (*gargle*) with warm water or salt water (1/4 teaspoon salt in 8 ounces of water).
- Try throat sprays, lozenges, or suck on hard candy.

Call your doctor if the sore throat lasts longer than 1 week.

CAUSES

If the sore throat is due to a strep infection (*bacteria*), you or your child:

- May need a throat swab and/or a culture test to make sure it is a strep infection.
- **May need a medicine that kills germs (*antibiotic*).**
- Can give this illness to others very easily.

A sore throat caused by a virus will usually last only 3 to 4 days. Medicines that kill germs will not treat a viral sore throat.

"Mono" can cause a sore throat that lasts for months. This condition can be diagnosed with blood tests. You or your child must be sick for at least 1 week before the test will give correct results.

GET HELP RIGHT AWAY IF:

- You or your child has trouble breathing.
- There is more puffiness (*swelling*) in the throat.
- The pain is so bad that you or your child is unable to swallow fluids or saliva.
- You or your child has a very bad headache or a red rash.
- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**
- You or your child starts to throw up (*vomit*).

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.

- Will get help right away if you or your child is not doing well or gets worse.

Document Released: 03/14/2011
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