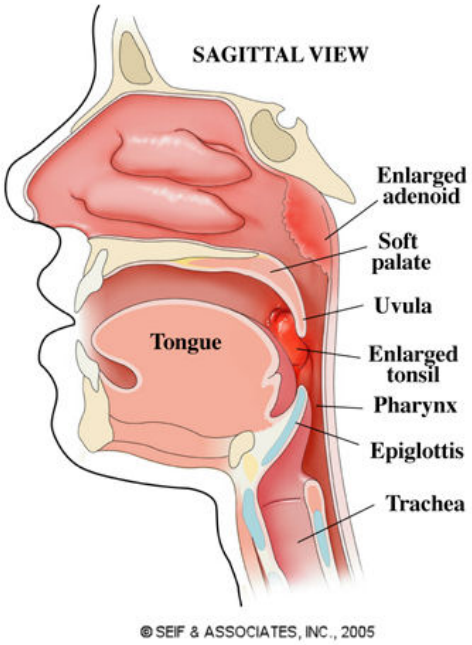
Pharyngitis (Viral and Bacterial)

Pharyngitis is a sore throat. It is an infection of the back of the throat (*pharynx*).

CAUSES



- Common germs:
  - Viruses. This is what causes the common cold.
  - Bacteria.
- Runny nose (*post-nasal drip*) from draining sinuses or allergies.
- Sleeping with your mouth open.

TREATMENT

Sore throats caused by a virus usually last 3 to 4 days. Medicines are used to help you feel better until the problem gets better on its own.

You will need to take medicine (*antibiotics*) that kills germs (*bacteria*) for a sore throat. Strep throat is one type of sore throat caused by bacteria. It will get better in 24 to 48 hours after you start taking the medicine.

HOME CARE

- Only take medicine as told by your doctor. You or your child may get sick again if you do not take medicine as told.
- Drink enough water and fluids to keep the pee (*urine*) clear or pale yellow. Drink:
  - Water.
  - Sports drinks.
  - Juice.
  - Fruit drinks.
  - Herbal tea.
  - Soup or broth.
- Rest.
- Rinse the mouth (*gargle*) with salt water (1/4 teaspoon of salt in 8 ounces of water) every 1 to 2 hours. This will help the pain.
- For children over the age of 7, suck on hard candy or sore throat lozenges.
- Use a decongestant for a stuffy nose. If you or your child has high blood pressure, **do not** use decongestant unless your doctor says it is okay.

GET HELP IF:

- There are large, tender lumps in the neck.
- You or your child has a rash.
- Green, yellow-brown, or bloody mucus is coughed up.
- You or your child has a temperature by mouth above 102° F (38.9° C).
- Your baby is older than 3 months with a rectal temperature of 100.5º F (38.1° C) or higher for more than 1 day.

GET HELP RIGHT AWAY IF:

- The neck is stiff.

- There is redness, puffiness (*swelling*), or very bad pain anywhere on the neck.
- You or your child drools or is unable to swallow liquids.
- You or your child throws up (*vomits*) or is not able to keep medicine or liquids down.
- There is very bad pain that will not stop with medicine.
- You or your child has problems breathing (not from a stuffy nose).
- You or your child cannot open the mouth completely.
- 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.**

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.

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