

# Sore Throat

A sore throat is felt inside the throat and at the back of the mouth. It hurts to swallow or the throat may feel dry and scratchy. It can be caused by germs, smoking, pollution, or allergies.

## HOME CARE

- Only take medicine as told by your doctor.
- Drink enough fluids to keep your pee (*urine*) clear or pale yellow.
- Eat soft foods.
- **Do not** smoke.
- Rinse the mouth (*gargle*) with warm water or salt water (¼ teaspoon salt in 8 ounces of water).
- Try throat sprays, lozenges, or suck on hard candy.



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## GET HELP RIGHT AWAY IF:

- You have trouble breathing.
- Your sore throat lasts longer than 1 week.
- There is more puffiness (*swelling*) in the throat.
- The pain is so bad that you are unable to swallow.
- You have a very bad headache or a red rash.
- You start to throw up (*vomit*).
- 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 102° F (38.9° C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4° F (38° C) or higher.**

## MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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