

SORE THROAT

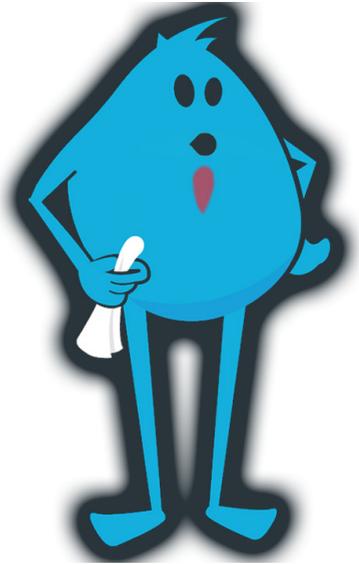
HOW LONG WILL IT LAST? 3-7 days

HOW SERIOUS IS IT? Minor

CAN I STILL WORK? Yes

WHAT IS IT?

Sore throat is usually caused by a harmless viral throat infection that gets better by itself. You may suffer from bacterial tonsillitis if you have pus on your tonsils (the two clumps of tissue on either side of your throat), painful glands in your neck and fever – but no cough.



HOW DO I TREAT IT?

- Eat cool, soft food and drink cool or warm drinks
- Suck lozenges, ice cubes, ice lollies or hard sweets.
- Gargling with warm, salty water may also help reduce swelling and pain.
- Avoid smoking and smoky environments as much as you can.
- Drink at least 6 to 8 glasses of water every day, particularly if you also have a fever.

MEDICINES:

Painkillers help to relieve symptoms of sore throat, fever, and headaches in adults. Use what suits you best and talk to your pharmacist if you're unsure.

WHEN DO I NEED MEDICAL ATTENTION?

Seek medical advice if your symptoms are no better after two weeks or if you have frequent sore throats that do not respond to pain killers or if you have any of the following symptoms:

- A persistent high temperature over 38°C for more than three days.
- You find it hard to breathe in, and your throat feels like it's closing up
- Your pain is severe and does not respond to over the counter pain killers.
- Your voice becomes muffled.
- You find it difficult to drink enough fluids and become dehydrated
- Your symptoms are so bad that they severely affect your quality of life and prevent you from functioning normally.
- **If you're drooling and find it difficult to swallow this should be treated as an emergency!**