

SORE THROATS **(Pharyngitis)**

There are two types of infections that cause sore throats; the more common viral infection and the more serious bacterial infection, known as strep throat. Here are the usual differences between the two.

Common Sore Throat

- Caused by a virus.
- Usually accompanied by stuffy nose, sneezing, and generalized aches and pains.
- Less likely to be accompanied by fever.
- Often associated with cold or flu.
- Does not respond to antibiotic treatment.

Strep Throat

- Caused by a bacteria.
- Often produces fever, headache, muscle aches, and in children, abdominal pain.
- Throat appears very red with white patches or pus and swollen glands.
- Requires treatment with an antibiotic.

Treatment of Sore Throat

1. If antibiotic is prescribed, take for the full course – usually 10 days.
2. Increase your fluid intake – as many as 8 glasses will soothe your throat and loosen mucus.
3. Gargle with warm salt water several times daily: 1 tsp salt to 1 cup water
4. Increase the humidity with vaporizers or hot showers.
5. Take mild pain relievers such as Tylenol, Ibuprofen, etc.
6. Use non-prescription throat lozenges.
7. Eliminate environmental irritants such as smoke, smog, dust, allergens, etc.
8. Rest
9. If strep, not contagious 24 hours after beginning antibiotics.
10. Follow-up if no improvement after 48 hours.

Contact your physician if you have any questions or problems.