

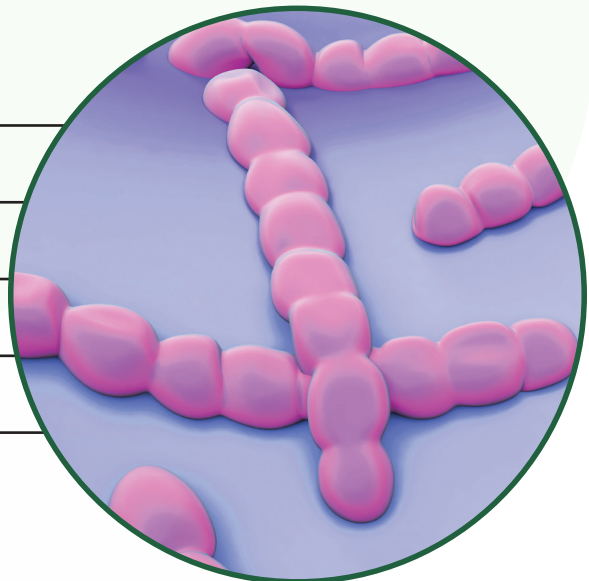


What is Pharyngitis? (Sore Throat)

Pharyngitis is swelling in the back of the throat that causes pain and discomfort. It can also cause the throat to feel dry and scratchy.

What are the Symptoms?

◆ Sore throat	◆ Mild headache
◆ Sneezing	◆ Mild body aches
◆ Coughing	◆ Runny nose
◆ Watery eyes	




What causes Pharyngitis?

Pharyngitis is usually caused by a **virus**. Sometimes, it can be caused by a bacteria. Other causes include allergies, pollution, smoking or other irritants.

How is it Treated?

Since most infections are caused by a virus, symptoms usually go away on their own within 2 weeks. Your doctor may prescribe medicines to make you feel more comfortable. Antibiotics will not help and can actually make you feel worse.

Sometimes, sore throat can be caused by a bacteria (strep throat). Your doctor will determine if this is the case and tell you if antibiotics might be helpful.



*Symptoms usually go away
on their own within*

2 weeks

Things you can do to feel better:

- ◆ Rest
- ◆ Drink plenty of fluids
- ◆ Gargle with warm salt water
- ◆ Drink warm beverages
- ◆ Eat popsicles or suck on ice chips
- ◆ Take medications as prescribed

Call your primary care provider with any of the following:

- ◆ Temperature higher than 100.4 °F
- ◆ Trouble swallowing or breathing
- ◆ Rash or joint pain
- ◆ Pus on back of the throat
- ◆ Blood in saliva or mucus
- ◆ Worsening symptoms or symptoms longer than 2 weeks

