

## Laryngitis



**1** Suck on cough drop, a throat lozenge or hard candy such as HALLS.



**6** Speak softly, but don't whisper. If your throat is really hurting, or it's easier, you can use a notebook and pencil to communicate.



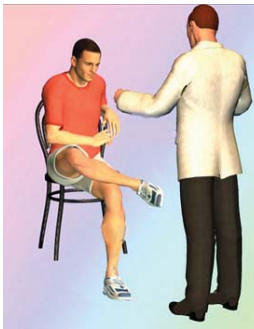
**2** Try using a humidifier with a cool mist to help ease symptoms.



**7** Make sure to drink warm liquids like hot tea with honey and lemon or a bowl of soup



**3** Standing in a hot shower may help as well.



**8** See your doctor when possible to rule out more sinister causes of Laryngitis, especially if symptoms last more than 4 days.



**4** Gargle with a warm salt solution (1/2 tsp salt in 1 cup of water).



DO NOT smoke or be in a smoke filled room



Make sure the person is not allergic to acetaminophen, aspirin or ibuprofen



Laryngitis may take several days or longer than 1 week after the infection to clear up



Many people find inhaling steam, such as from a hot bath or shower, or a cool mist humidifier makes them feel better



**5** Take aspirin, Ibuprofen or Tylenol for the temperature, to relieve any pain or discomfort.