

Sore Throat



1 Take aspirin, acetaminophen or ibuprofen for an adult, or acetaminophen or ibuprofen for children, as recommended by your doctor to reduce inflammation



2 Gargle with mint mouthwash or salt water.



3 If you are an adult, spray a throat spray into the back of your throat



4 Brush your tongue and remember to rinse your toothbrush in mouthwash between brushings to kill bacteria.



5 Drink ice-cold beverages to ease the soreness in your throat











6 Use a humidifier or vaporizer or sit in a steamy shower or bath



7 Prevent dehydration and soothe an irritated throat by having hot fluids such as tea with honey and lemon or a bowl of soup



8 If symptoms persist for more than 5 days or increase in severity, seek medical attention.

-  Antibiotics will only work for bacterial infections like strep throat and not viral like a sore throat
-  DO NOT smoke or be around second hand smoke
-  Make sure the person is not allergic to aspirin, acetaminophen, or ibuprofen
-  Suck on throat lozenges like Halls especially if they contain menthol, benzocaine or phenol, which numb the throat
-  Children should suck on cough drops or hard candy
-  Try to eat soft or liquid foods
-  Get lots of rest
-  Brush your tongue and remember to rinse your toothbrush in mouthwash between brushings to kill bacteria