

## Sore Throat

### Causes:

Viral infections such as flu, colds, or mononucleosis (mono); bacterial infections such as strep; allergies; irritants such as smoke, vocal stress, or coughing.

### Treatment:

- Rest
- Salt water gargles (1 tsp. salt in glass of warm water)
- Acetaminophen or ibuprofen
- Throat lozenges
- Hot water with lemon and/or honey
- Drink lots of water

Avoid irritating substances. If the cause is a bacterial infection, antibiotics are necessary; but if the cause is viral, antibiotics will not help. If sore throat lasts more than 48 hours or if you see white spots on your throat, see a healthcare provider. To make an appointment at Student Health Services, call 910.521.6219.

### Prevention:

Get plenty of rest, eat well, and avoid irritating substances.