

Sore Throat (Pharyngitis)

Pharyngitis or inflammation of the mucous membranes and lymphatic tissues (tonsils) cause the soreness in your throat. This may be caused by a virus (coxsackievirus, rotavirus, mono virus, common cold virus, etc) or bacteria (streptococcus). You may have any of the following symptoms:

Sore throat	Fever	Body chills/sweats	Muscle aches
Runny nose	Cough	Swelling/soreness of lymph nodes in your neck	

White spots at the back of your throat and on your tonsils may also be present. Dehydration and poor appetite may also be present due to painful swallowing. Extreme, prolonged fatigue lasting 1 or more weeks, red spots on the roof of your mouth and a faint rash on the chest or whole body may be signs of mononucleosis.

A throat swab may be taken to determine if the illness is of a viral or bacterial nature and a blood test may be needed to diagnose Mono.

To help take care of yourself:

- Take all medication the doctor/nurse gives you.
- Drink warm liquids (teas, broths, etc.) and other nutritious liquids.
- Avoid solid foods if it is too painful to swallow.
- Do not smoke or be around secondhand smoke.
- Suck on lozenges or hard candy (they keep the throat moist).
- Gargle warm water or salt water (1/4 - 1/2 tsp. salt in 6-8 oz. of warm water) as often as possible.
- Take non-prescription medications such as Acetaminophen (Tylenol), Ibuprofen (Motrin, Advil), naproxen (Aleve) as directed on the package.
- Limit activities, especially those requiring talking.
- Rest.
- Good hygiene (hand washing and respiratory etiquette).

Return to the health center if symptoms worsen.