

Sore Throat

A sore throat is an inflamed or irritated throat. Signs include pain when you swallow, fever and swollen glands in the neck.

Causes

A sore throat may be caused by:

- Viral infections such as a cold or flu that often last 5-7 days. There is no antibiotic that can treat a virus.
- Bacterial infections such as strep throat that can be treated with antibiotics.
- Smoking.
- Shouting or voice strain.
- Allergies.
- Breathing fumes.

Your Care

A throat culture may be done. If you have a bacterial infection, an antibiotic will be ordered. Take all of the pills until they are gone. Do not stop taking them when you feel better.

Other things that may help you feel better:

- Gargle with warm salt water. Mix $\frac{1}{4}$ teaspoon of salt in 1 cup of water.
- Use throat lozenges or sprays for sore throats.
- Use cough medicine.
- Avoid smoking, alcohol, coffee, and hot or spicy food.
- Follow-up with your doctor as directed.

Call your doctor **right away** if you:

- Have trouble breathing
- Have a fever over 101 degrees F or 38 degrees C
- Get a rash
- Do not feel better in 5 days
- Have swelling inside your mouth
- Are not able to open your mouth

Talk to your doctor or nurse if you have any questions or concerns.

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喉嚨痛

喉嚨痛是咽喉發炎或不適。症狀包括吞嚥時疼痛、發燒及頸部腺體腫大。

原因

引起喉嚨痛的原因可能是：

- 病毒感染，如經常是持續 5-7 天的感冒或流感。沒有能治療病毒的抗菌素。
- 細菌感染，例如可用抗生素治療的咽喉鏈鎖狀球菌。
- 吸菸。
- 大聲喊或聲音損傷。
- 過敏。
- 吸入廢氣。

你的醫療

可能要做咽部微生物培養。如果你有細菌感染，將訂購抗菌素。要吃完所有的藥片。當你感覺好轉時，請不要停止服藥。

可能幫助你覺得舒服一點的其他事項：

- 用溫鹽水嗽口。在 1 杯水中混合 ¼ 茶匙的鹽。
- 喉嚨痛時請吃爽喉糖或用噴劑。
- 使用咳嗽藥。
- 避免菸、酒、咖啡和辛辣食物。
- 請按指示作後續診訪。

如有以下症狀，請**立刻**打電話給你的醫生：

- 呼吸有困難
- 華氏 101 度或攝氏 38 度以上的發燒
- 出皮疹
- 5 天以後感覺仍不好轉
- 口腔中腫脹
- 不能張開嘴

如果您有任何疑問或關注事項，請告知您的醫生或護士。

Sore Throat. Traditional Chinese.

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