A sore throat is an inflamed or irritated throat that causes pain or discomfort when a person swallows. Other signs may include a fever, white patches in the throat and swollen lymph glands in the neck.

**Causes**

A sore throat may be caused by:

- An infection
- An allergy
- Low humidity
- Smoking
- Shouting or voice strain
- Breathing in chemical fumes or air pollution

**Things you can do to feel better**

- Get plenty of rest.
- Drink plenty of liquids. Drink hot liquids, such as tea and soup, to soothe the throat and thin mucus.
- Gargle with warm salt water. Mix ½ teaspoon of salt in 1 cup or 240 milliliters (ml) of warm water.
- Suck on sore throat lozenges or hard candies.
- Use over the counter pain medicine. Children should not take aspirin.
- Stop smoking and avoid second-hand smoke.

**Sore Throat**

सोर थ्ोट भनेको गलामा सुजन वा खिचखिच हुनु हो जसका कारण व्यक्तिले केही निल्दा दुखदछ र असजिलो हुन्छ। अन्य लक्षणहरूमा ज्वरे, गलामा सेता धब्बाहरु र घाँटीमा फुलिएका तिम्नेको ग्लान्ड सामेल छन्।

**कारण**

सोर थ्ोटका कारणहरु हुन सकदछन:

- संक्रमण
- एलर्जी
- न्यून आईल्टा
- धूपपान
- चियाउनु र आवाञ्छाई दबाव
- रसायनिक धुवाँ र प्रदु नित हावामा सास फेनु

**राम्रो महसुस गरन तपाईले गर्न सकने उपायहरू**

- पूर्ण आराम गर्नुहुस्।
- पूर्ण मात्रामा पानी पिउनुहोस्। गला र पातलो खफार्लाई शात पान ततो पेय पदार्थ सृजन गर्नु पर्नुहोस्।
- मन्ततो नून पानीले गार्ल गर्नुहोस्। एक कप वा 240 मिलिलिटर मन्ततो पानीमा ½ चिया चम्ची नून मिसाउनुहोस्।
- गलामा खिचखिच दूर गर्न लजेनेजेस वा कडा क्यान्डी चुकुनुहोस्।
- अधिक पसाउ भुक्ती प्रेच्चिप्प सोरीनले पाइने पीडानाशक आरोग्यको प्रयोग गर्नुहोस्। बचाहरुले एस्पिरिन सेवन गर्नु हुनेछ।
- धूपपान नगर्नुहोस् र अरूले गरेको धूपपानबाट बढ्दौ होस्।
In most cases, a sore throat will heal on its own. **See your doctor if you have a fever, a rash or your signs worsen.** A swab of the back of the throat may be done to see if you have an infection.

- If you have a **bacterial** infection, such as strep throat, antibiotic medicine may be ordered by your doctor. Take all of the medicine until it is gone. Do not stop taking it when you feel better.
- **Viral** infections, such as a cold or flu (influenza), cannot be treated with antibiotics.

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

- Trouble breathing
- Severe problems swallowing
- A fever over 100.5 degrees F or 38 degrees C
- A rash
- Tender or swollen lymph glands in the neck

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

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