

# 咽痛

## Sore Throat

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.

咽喉痛由咽喉发炎或刺激所导致，吞咽时会引起疼痛或不适。其他症状可能包括发热、咽喉白色斑块和颈部淋巴结肿大。

### 原因

咽喉痛可能由以下原因引起：

- 感染
- 过敏
- 低湿度
- 吸烟
- 喊叫或声音紧张
- 吸入化学烟雾或空气污染

### 让咽喉感觉更舒适的建议

- 充分休息。
- 请大量饮用流质。茶和汤等温热液体可以舒缓咽喉，让粘液变得更稀薄。
- 用温盐水漱口。将½茶匙盐与1杯或240毫升(ml)温水混合。
- 口含润喉片或硬糖。
- 服用非处方止痛药。儿童不宜服用阿司匹林。
- 戒烟，避免二手烟。

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.

在大多数情况下，咽喉痛会自行痊愈。**如果您出现发热、皮疹或症状恶化，请就医。**可能会用咽后拭子检查您是否有感染。

- 如果您有**细菌**感染，如链球菌性咽喉炎，医生可能会对您使用抗生素。在痊愈前按医嘱服用所有药物。即便您感觉已经好转，也不能停止服药。
- **病毒**感染，如感冒或流感（流行性感冒），不能用抗生素治疗。

### 如果出现以下情况，请立即致电医生：

- 呼吸困难。
- 严重吞咽问题
- 发热超过华氏100.5度或摄氏38度
- 皮疹
- 颈部淋巴结触痛或肿胀

如果您有任何疑问或疑虑，请咨询您的医生或护士。