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.

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。

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。
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.

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。