

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 $\frac{1}{2}$ teaspoon of salt in 1 cup or 240 milliliters (ml) of warm water.

Cuna Xanuun

Cuna xanuun waa cune barara ama lur hayo. Waxaa sababa xanuunka marka qofku wax liqayo, calaamadaha kale waxaa ka mida xumad, finan ka soo baxa cunaha iyo barar qanjidhada qoorta ku dhex yaala.

Sababaha

Cuna xanuun waxaa laga yaabaa iney keento:

- Jeermiska
- Allerjikada
- Huur hoose
- Sigaar cabid
- Qaylin ama codka oo xidhma
- Xajiin
- Ku neefsashada neef kiimiko ama wasakhaynta hawada

Shayada aad samayn karto si aad ugu ladnaato

- Nasasho badan hel.
- Cab biyo badan oo dareere ah, sida shaaha iyo maraqa, si ay u qooyaan cunaahaaga iyo dheecaanaa kale ee jidhkaaga.
- Ku luqluqo biyo diirran oo cusbo leh. Isku qas 1/2 qaaddo oo cusbo ah iyo 1 koob ama 240 mililitir oo biyo diiran ah.

- 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.

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.

- Mudmuudso kiniin adag ee cunaha ama buskad adag.
- Isticmaal daawooyinka firmasiyada sida caadiga ah u iibiyaan. Carruurto ma haboona inay qaataan asbiriin.
- Jooji sigaar cabid, ama sigaar qof kale soo cabay (Haash).

Xaalahadaha badankooda, cuno xanuunka ayaa iska iskaga bogsanaya. **La kulan dhakhtarkaaga haddii aad isku aragto xumad, finan ama calaamado ka sii daraya.** Haddii aad leedahay **cudur dhaliyaha** xanuunka sida cuno xanuunka. Daawooyinka antibaayootiga ayaa laga yaaba inuu dhakhtarkaagu kuu qoro. Qaado daawooyinka dhammaan inta xanuunku kaa tagayo. Ha joojin qaadashadooda haddii aad xaataa ladnaato. Xanuun dhaliyaha, sida durayga ama hargabka (Hargab), laguma dawayn karo antibaayootiga.

Isla markiiba takhtarkaaga wac haddii aad yeelato:

- Dhibaatiyin daran oo liqista ah
- Dhib ba'an xagga liqista
- Ay ku hayso qandho ka sarreysa 100.5 darajo F ama 38 darajo C
- Finiinicyo kaa soo baxaan
- Jiilicsan ama barar qanjidhada qoorta ku dhexyaala

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaacyo ah qabtid.

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Sore Throat. Somali.