

# 喉嚨痛

## 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  $\frac{1}{2}$  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.

喉嚨痛是咽喉發炎或不適，導致人在吞嚥時疼痛或不舒服。其他症狀包括發燒、喉部出現白斑以及頸部淋巴腺腫大。

### 病因

引起喉嚨痛的原因可能是：

- 感染
- 過敏
- 濕度低
- 吸煙
- 大聲叫喊或聲帶損傷
- 吸入化學品煙霧或空氣污染物

### 您可以做下列事情以得到舒緩

- 多休息。
- 充分飲用液體。可以喝熱液體，例如茶和湯，以緩和喉部疼痛並使痰液變清。
- 用溫鹽水嗽口。在 1 杯或 240 毫升的溫水中加入  $\frac{1}{2}$  茶匙的鹽。
- 含潤喉片或硬糖塊。
- 服用非處方止痛藥。兒童不應服用阿斯匹靈。
- 戒菸、避免被動吸菸。

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.**

大多數情況下，喉嚨痛都會自癒。如果發燒、出皮疹或症狀惡化，請去看醫生。可在喉嚨後部用棉籤取樣，以確定是否有感染。

- 如有細菌感染，例如鏈球菌喉炎，醫生可能會開立抗生素。持續服藥直到痊癒。即使您感覺好多了，也切勿停藥。
- 病毒感染，例如感冒或流感，無法用抗生素治療。

### 如有以下狀況，立刻聯絡醫師：

- 呼吸困難
- 有嚴重吞嚥問題
- 發燒體溫超過華氏 100.5 度或攝氏 38 度。
- 皮疹
- 頸部淋巴腺疼痛或腫大

若您有任何疑問或擔憂，請諮詢您的醫生或護士。