

Contact your doctor if:

- you continue to feel sick or get worse
- you develop any new symptoms

Patient's name: _____

Special Instructions: _____

Medications: _____

Date this card given: _____

Care of a Sore Throat

Sore throats caused by viruses:

Viruses cause most sore throats. A virus can make you feel sick. It can give you throat pain and a fever. If you are sick with a virus you usually start to feel better after 2 to 3 days. Antibiotic medication will not work on viruses.

Sore throats caused by bacteria:

If your doctor thinks your sore throat may be caused by bacteria, he or she may do a test called a throat swab. For this test a cotton tip applicator is touched to the back of your throat and put in a special tube. It takes about 2 days to get the results back. If this test shows your sore throat is caused by bacteria, you will begin taking antibiotic medication.

How you can help your throat feel better:

- Take care of yourself. Rest and take it easy until you feel better.
- Drink lots of fluids and eat lightly. If you have any medical conditions, check with your doctor about the amount of fluid you can have.
- Gargle with warm, salt water. Mix ¼ teaspoon (1.25 ml) of salt in 1 cup (240 ml) of warm water.
- Suck on hard candy or throat lozenges.
- Acetaminophen can help relieve pain and fever. Tylenol®, Tempra® and Panadol® are all types of acetaminophen.

Turn over →