

Sore throat

- A sore throat is most often caused by a virus.
- Symptoms typically last 5-6 days.
- Symptoms of an upper respiratory tract infection often develop within 2-3 days after onset of the sore throat.

Symptoms:

- Sore throat
- Swollen lymph nodes in neck
- Fever up to 102 degrees Fahrenheit
- Fatigue
- Muscle aches
- Nasal congestion, runny nose, cough within 2-3 days

Self-care measures:

- Rest
- Drink plenty of non-alcoholic fluids (water, sports drinks)
- Use Ibuprofen(✓) 400 mg every 6-8 hours or Acetaminophen(✓) 650 mg every 6 hours as needed to reduce fever/discomfort
- Gargle with warm salt water
- Use throat sprays/lozenges (containing benzocaine*) for throat pain

Items marked with a () are available after being evaluated by a nurse in the Health Services Office (Commons, Room 226).*

Items marked with a (✓) are available in the Self-Care Room.

Limit spread to others:

- Wash hands frequently
- Avoid intimate contact
- Cover your cough and sneezes using the crook of your elbow
- If you have a fever- stay home or in residence hall and away from others until fever free for more than 24-hours (temperature should be less than 100 degrees Fahrenheit without medication)



When to seek medical attention:

- Fever over 100 degrees Fahrenheit
- Difficulty swallowing
- Sore throat not improving after 3 days
- Significant swelling of tonsils with or without white spots

