

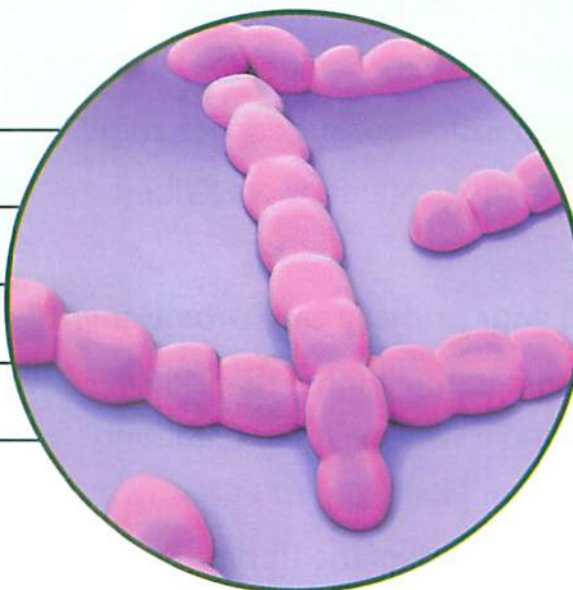


## What is Pharyngitis? (Sore Throat)

Pharyngitis is swelling in the back of the throat that causes pain and discomfort. It can also cause the throat to feel dry and scratchy.

### What are the Symptoms?

• Sore throat	• Mild headache
• Sneezing	• Mild body aches
• Coughing	• Runny nose
• Watery eyes	



### What causes Pharyngitis?

Pharyngitis is usually caused by a **virus**. Sometimes, it can be caused by a bacteria. Other causes include allergies, pollution, smoking or other irritants.

### How is it Treated?

Since most infections are caused by a virus, symptoms usually go away on their own within 2 weeks. Your doctor may prescribe medicines to make you feel more comfortable. Antibiotics will not help and can actually make you feel worse.

Sometimes, sore throat can be caused by a bacteria (strep throat). Your doctor will determine if this is the case and tell you if antibiotics might be helpful.





*Symptoms usually go away  
on their own within*

**2 weeks**

**Things you can do to feel better:**

- ◆ Rest
- ◆ Drink plenty of fluids
- ◆ Gargle with warm salt water
- ◆ Drink warm beverages
- ◆ Eat popsicles or suck on ice chips
- ◆ Take medications as prescribed

**Call your primary care provider with any of the following:**

- ◆ Temperature higher than 100.4 °F
- ◆ Trouble swallowing or breathing
- ◆ Rash or joint pain
- ◆ Pus on back of the throat
- ◆ Blood in saliva or mucus
- ◆ Worsening symptoms or symptoms longer than 2 weeks

