



SORE THROAT

A sore throat is characterized by a painful or scratchy feeling that results in discomfort when trying to swallow or speak. This can be caused by a "cold" virus, a bacteria called group A strep, or environmental stimuli like cold weather, pollen, or other allergens.



Associated symptoms:

Soreness, pain, or discomfort in throat may be accompanied by:

- pain when swallowing
- fever
- red and swollen tonsils
- white patches in throat
- tiny red spots of roof of mouth
- swollen lymph nodes in front of neck

A sore throat caused by a *virus* is often accompanied by a:

- cough
- runny nose
- hoarseness, "lost voice"
- conjunctivitis, "pink eye"

Strep Throat can also cause a rash known as scarlet fever (scarlatina)

Call UHS if you experience:

- difficulty breathing
- difficulty swallowing
- blood in saliva or phlegm
- dehydration
- joint swelling and pain
- rash
- any other severe symptom that is concerning

How is it spread/caused?

- Close contact with people who have sore throats, colds, or other upper respiratory infections
- Group A strep can be spread if you breathe in those droplets, touch a surface with the droplets and then touch your mouth or nose, drink from the same glass or eat from the same plate as a sick person, or touch sores on the skin caused by group a Strep (impetigo)

How is it treated?

- A health care provider will determine the type of illness by asking about your symptoms and doing a physical exam. Sometimes, they swab your throat. If strep throat is the cause of throat soreness, an antibiotic is needed.
- Most sore throats are caused by a virus and will resolve on their own within one week.
- Warm beverages, throat lozenges, salt water gargles, a cool mist vaporizer, popsicles, and various over the counter medications, like ibuprofen, can help you feel better.

Check out the latest updates and more details from **the CDC:**



Sore Throat

Strep Throat ↘



Saint Liam Hall, Notre Dame
(574)631-7497 - uhs.nd.edu