

Sore Throat

85–90% of time, sore throats are caused by a virus and can be treated without seeing a medical provider ...

When sore throats are caused by virus, symptoms typically resolve on their own after 5–6 days and can be eased with non-prescription supplies. Symptoms of a viral upper respiratory tract infection (nasal congestion, runny nose, and cough) often develop within 2–3 days after onset of the sore throat.

Symptoms

- Sore throat
- Swollen lymph nodes (glands) in the neck
- Fever up to 102° F
- Muscle aches
- May follow a seasonal pattern
- Nasal congestion, runny nose, cough within 2–3 days

Self-care measures

- Rest.
- Hydrate with plenty of water (avoid alcohol and caffeine).
- Use Ibuprofen (Advil®) or Acetaminophen (Tylenol®) as needed to reduce fever/discomfort, following package instructions for dosing.
- Avoid cigarettes and second-hand smoke.
- Gargle with warm salt water and use throat sprays/lozenges (containing Benzocaine) to treat throat pain.

Limit spread to others

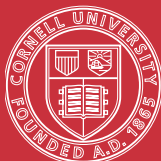
- Wash hands frequently.
- Avoid intimate contact.
- Cover your cough and sneezes using the crook of your elbow.

(over)

Cornell

Health

health.cornell.edu



- If you have a fever, stay home and away from others until fever free for more than 24 hours (temperature should be less than 100°F without medication).

When to seek care from a medical provider

- Fever over 102°F
- Fever over 101°F for more than 3 days
- Unable to swallow your saliva (spit)
- Significant/worsening swelling of only one tonsil
- Sore throat does not improve in 2–3 days and you do not have a runny nose, congestion, or cough
- You develop a rash
- You have persistent abdominal pain

To make an appointment at Cornell Health, call 607-255-5155 during business hours, or go to myCornellHealth (from *health.cornell.edu*) and find a time that works for you.

10/18/19