

Sore Throat: Here's Help

A sore throat can make you feel miserable.

It's often the first sign that you're getting sick.

A lot of people worry that a sore throat is strep throat.

But unlike strep throat, a sore throat is usually caused by a cold virus or allergies.

Most of the time, sore throats go away on their own.

But if your sore throat is strep, then your doctor may give you antibiotics.

And if you don't have strep?

Most of the time, antibiotics won't help a sore throat.

Try these things at home to feel better: Gargle with warm salt water once an hour.

Use 1 teaspoon of salt mixed in 1 cup of warm water.

Drink plenty of fluids.

Hot fluids such as tea or soup can soothe your sore throat.

It takes a little time for a sore throat to go away, so take care of yourself.

Watch for signs of any problems.

Call your doctor if you have new or worse trouble swallowing, a new or worse fever, or if your sore throat gets much worse on one side.

When your throat is sore, be kind to yourself and rest.

And you'll feel better soon.