Pharyngitis (Sore Throat)

Description
Inflammation and infection of the throat which can be caused by a variety of viruses, bacteria or fungi. It is most commonly caused by viruses. Bacteria and fungi are less common causes.

Common Symptoms
- Pain/difficulty swallowing
- Cough
- Fever
- Swollen glands
- Red throat or throat that has patches of white/gray on it
- Generalized aches
- Headache

General Measures
- Frequent warm saltwater gargles (one teaspoon salt in 8 oz. glass of water)
- Stop smoking
- Increase fluids (at least 8-10 glasses per day)
- Good hygienic practices (for example, hand washing, discard used tissues, do not share towels, etc.)

Medication
- For pain and fever take over the counter pain medications as directed
- Use throat lozenges
- Antibiotics may be prescribed for bacterial infections such as strep throat

Call the Telephone Care Program (TCP) 800-455-0057 for:
- Difficulty breathing or swallowing
- Persistent fever
- Severe headache
- Cough with yellow, brown, or bloody sputum
- Chest pain
- Skin rash

For questions or concerns, call the Telephone Care Program 1-800-455-0057