Ohio Northern University Health Center

**SORE THROAT (PHARYNGITIS)**

**Bacterial sore throat** is an inflammation to the mucous membranes of the throat caused by pathogenic bacteria. Usually requires antibiotic therapy.

**Viral sore throat** is an inflammation of the mucous membranes of the throat caused by a virus. *Antibiotic therapy is not effective.*

**Symptoms may include:**
- Sore throat (maybe sudden or slow onset)
- Fever
- Fatigue
- Difficulty swallowing
- Slight cough and congestion
- White patches on tonsils
- Painful neck glands
- Hoarseness

*These are typical symptoms of both bacterial and viral illnesses. However, they may vary from illness to illness, and from individual to individual.*

**Treatment:**
- Acetaminophen (Tylenol), 2 tablets every 4-6 hours for fever and pain OR
- Ibuprofen (Motrin or Advil) with food, 200 mg, 1 tablet every 4 hours or 2 tablets every 6-8 hours
- Sudafed, 60 mg, 1 tablet every 4-6 hours for congestion.
- Chloraseptic spray or lozenges
- Warm salt water gargles
- Drink plenty of fluids to prevent dehydration
- Get plenty of rest
- Steamy shower to help relieve congestion
- Limit talking or singing if hoarseness is present.
  (Even whispering or mouthing words can inflame the vocal cords)

**Call the ONU Health Center at 419-772-2086 if you have the following:**
- Symptoms not relieved by over-the-counter medications in 2-3 days
- Fever above 100.5 F persists for 48 hours
- Extreme difficulty swallowing
- White patches on the back of the throat
- Painful swollen neck glands