

**Ohio Wesleyan University
Student 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, 1-2 pills every 4-6 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 Student Health Center at extension 3160 if you have the following:

- Symptoms are 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