

Types of Sore Throat

Viral sore throat symptoms:

- Cough
- Fever
- Mucus production
- Runny nose
- Watery eyes
- Fatigue

Strep throat/tonsillitis symptoms:

- Sudden onset of throat pain and difficulty swallowing
- Fever over 101°F
- Headache
- Body aches
- Nausea/Vomiting
- Redness of throat
- Swollen lymph nodes
- White patches on throat

Infectious mononucleosis (“Mono”) symptoms:

(Commonly diagnosed in college students)

- Persistent sore throat - symptom for more than 1 week
- Fatigue
- Swollen lymph nodes (front and back of the neck)
- Fevers
- Headaches
- Body aches
- Dizziness
- Skin rash

Treatment for sore throat:

- Increase your fluid intake with water, juices, non-caffeinated beverages, soup broth, Powerade, Gatorade
- Gargle with warm salt water 3-4 times per day for 2 minutes (dissolve ½ teaspoon of salt in 1 cup of warm water)
- For throat discomfort and fever, use Acetaminophen (Extra Strength Tylenol) 2 tablets every 4 hours as needed (*maximum of 8 tablets in 24 hours*) or Ibuprofen (e.g. Advil or Motrin) 3 tablets every 8 hours with food.
- Get plenty of rest.
- Eat a balanced and nutritious diet
- Use throat lozenges, hard candy, ice chips, or popsicles to keep your throat moist which lessens the discomfort.
- If you have a sore throat for longer than 5 days, go to your Student Health Center for evaluation.
- **If your temperature is greater than 101°F or have difficulty swallowing or severe symptoms, please call the UD Student Health Center for an appointment at 937-229-3131.**
- ***If you have asthma or other respiratory illnesses, chronic heart, liver, blood or neurological disease or have diabetes, or are taking immunosuppressive medications, please call UD Student Health Center to speak with a nurse.***