

How to Treat Sore Throats

Most people will get over a sore throat in 10-14 days.

These tips may help you feel better, sooner:

- **REST.** Get extra sleep to help your body fight the infection. Do not go to class if you have a temperature of 100.4 or higher.
- **DRINK PLENTY OF FLUIDS.** Warm tea with honey, water, fruit juices and soups will help sooth your throat. Ice chips, popsicles and smoothies can be soothing if you want something cold.
- **WARM MOIST AIR.** A steamy shower can help loosen nasal discharge, which may be causing post nasal drip and contributing to your sore throat.
- **GARGLE WITH WARM SALT WATER.** Half a teaspoon of salt (1-2 packets of salt from the cafeteria) mixed in warm water can help sooth your throat.
- **IBUPROFEN.** Taking 400-600 mg every 6-8 hours with food can help reduce swelling and pain in your throat. Try this for up to 3 days.