

## HOME CARE FOR SORE THROATS

1. Salt water gargles: 1 teaspoon of salt to 1 cup warm water. Gargle and spit out. Do this 4-5 times/day.
2. Drink plenty of water-at least 10 glasses/day.
3. You may take Tylenol 325 mg 2 tablets every 4 hours or Ibuprofen 200 mg 2-3 tablets every 6 hours with food for pain or fever.
4. Soothing teas can be very helpful. Add lemon juice or honey in hot water.
5. Lozenges or hard candy to soothe an irritated throat.
6. Make sure to get plenty of rest.
7. Avoid tobacco smoke at all times.

Make sure you call to schedule a follow-up appointment within 2-3 days if you are worse, your symptoms do not get better, or any change in symptoms. You can also call the Health Services to speak to a nurse with any questions or concerns.