



## Did you know ?

Antibiotics are rarely needed for a sore throat in adults!

### Where does sore throat come from?

*Most sore throats in adults are caused by viral infections, which antibiotics cannot treat. Other causes are strep throat, allergies, and smoking or exposure to second-hand smoke.*

### What are the common symptoms?



**Painful swallowing**



**Dry, scratchy throat**



**Cough**



**Runny nose**



**Hoarseness**

### How can we manage a sore throat?

Taking antibiotics needlessly can lead to side effects and can reduce their effectiveness when they are truly needed! Viral sore throats generally improve within a week and don't require antibiotics. You can manage your symptoms by:



**Using lozenges**  
(not for children under 4 years)



**Drinking warm beverages and plenty of fluids**



**Drinking warm tea with honey**



**Speaking to your pharmacist** for recommendations on over-the-counter medications that can help (like paracetamol).



### When should we seek medical help?



**Persistent symptoms that worsen or last longer than a week**



**Blood or phlegm in saliva**



**Difficulty breathing or swallowing**



**A high fever or signs of dehydration**



**Joint pain or a rash**

### **SORE THROAT SELF-ASSESSMENT TOOL**

*[Click here](#) for a helpful resource to evaluate the severity of sore throat through questions about symptoms such as pain, fever and difficulty in swallowing.*

*(This is not a substitute for professional medical advice. If you have any concerns, it is best to consult with a doctor or pharmacist).*

### Preventing colds and flu:



Wash or sanitise your hands frequently



Avoid close contact with people who are sick



Do not smoke or expose yourself to second-hand smoke