

Sore Throat

A sore throat is an inflamed or irritated throat. Signs include pain when you swallow, fever and swollen glands in the neck.

Causes

A sore throat may be caused by:

- Viral infections such as a cold or flu that often last 5-7 days. There is no antibiotic that can treat a virus.
- Bacterial infections such as strep throat that can be treated with antibiotics.
- Smoking.
- Shouting or voice strain.
- Allergies.
- Breathing fumes.

Your Care

A throat culture may be done. If you have a bacterial infection, an antibiotic will be ordered. Take all of the pills until they are gone. Do not stop taking them when you feel better.

Other things that may help you feel better:

- Gargle with warm salt water. Mix $\frac{1}{4}$ teaspoon of salt in 1 cup of water.
- Use throat lozenges or sprays for sore throats.
- Use cough medicine.
- Avoid smoking, alcohol, coffee, and hot or spicy food.
- Follow-up with your doctor as directed.

Call your doctor **right away** if you:

- Have trouble breathing
- Have a fever over 101 degrees F or 38 degrees C
- Get a rash
- Do not feel better in 5 days
- Have swelling inside your mouth
- Are not able to open your mouth

Talk to your doctor or nurse if you have any questions or concerns.

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Cuna Xanuun

Cuna xanuun waa cune barara ama lur hayo. Calaamadaha waxaa ka mid ah xanuun marka wax la laqayo, qandho iyo barar gala qanjirrada qoorta.

Sababaha

Cuna xanuun waxaa laga yaabaa iney keento:

- Jirro fayras sida hergeb ama ifilo badanaa socota 5-7 maalmood. Ma jiraan antibiyootiko lagu daaweyn karo fayraska.
- Cudur bakteeriyo sida strep-ta cunaha oo lagu daaweyn karo antibiyootiko.
- Sigaar cabid.
- Qaylin ama codka oo xidhma.
- Xajiin.
- Ku neefsashada neef kiimiko.

Daryeelkaaga

Abuurka cunaha ayaa laga yaabaa in la sameeyo. Haddii aad qabto cudur bakteeriyo, antibiyootik ayaa lagu armi doonaa. qaado dhammaan kaniiniyada ilaa uu kaa tago cuna xanuunku. Ha joojin qaadashada markaad is tiraahdo waad fiicnaatay.

Waxyaabaha kale ee laga yaabo iney kugu caawiyaan inaad ka soo rayso:

- Ku luqluqo biyo diirran oo cusbo leh. Isku qas $\frac{1}{4}$ qaaddo oo cusbo ah iyo 1 koob oo biyo ah.
- Isticmaal lozenges-ta cunaha ama daawada buufinta cuna xanuunka.
- Isticmaal daawada qufaca.
- Ka fogow sigaar cabid, aalkolo, qaxwo, iyo cunto kulul ama basbaas leh.
- Takhtarkaaga ula soco sidii uu ku faray.

Isla markiiba takhtarkaaga wac haddii:

- Dhibaato ku qabto neefsashada
- Ay ku hayso qandho ka sarreysa 101 darajo F ama 38 darajo C
- Finiinicyo kaa soo baxaan
- Aadan ku bogsan 5 maalmood
- Uu afku gudaha kaa bararo
- Aadan awoodin inaad afka kala furto

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaacyo ah qabtid.

Sore Throat. Somali.

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