

Skeltons Chemists

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Opening Times

Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

Your FREE Healthy Living Leaflet for April 2024

1. Name 3 symptoms of sore throats?
2. How can you soothe a sore throat?
3. How do you gargle?
4. If these haven't helped, what else can you do?
5. What causes a sore throat?
6. What is laryngitis?
7. What are the main symptoms?
8. What is tonsillitis?
9. What is glandular fever?
10. What are the symptoms of glandular fever?



Photo [126295533](#) | [Sore Throat](#) © [Andrey Popov](#) | [Dreamstime.com](#)

Answers on the bottom of P2

Sore throat

Sore throats are very common and usually nothing to worry about. The symptoms are:

- A painful throat, especially when swallowing
- A dry scratchy throat
- Redness in the back of your mouth
- Bad breath
- A mild cough
- Swollen neck glands

The symptoms are similar for children, but they can also get a temperature and appear less active. They normally get better by themselves within a week. There are things you can do to help soothe your throat and shorten how long it takes to heal by:



Photo [78603743](#) | [Child Temperature](#) © [Aleksandra Suzi](#) | [Dreamstime.com](#)

- ♦ Gargling with warm salty water – dissolve half a teaspoon of salt in a glass of warm water and gargle with it, as often as you like (children should not try this)
 - ♦ Drinking plenty of water
 - ♦ Eating cool or soft food
 - ♦ Avoiding smoking or smoky places
 - ♦ Sucking ice cubes, ice lollies or hard sweets but do not give young children anything small and hard to suck because of the risk of choking
- If these do not help, you can talk to our pharmacist about other ways of relieving the pain and discomfort of a sore throat such as:
- * Paracetamol or ibuprofen
 - * Medicated lozenges containing a local anaesthetic,

antiseptic or anti-inflammatory medicine

* Anaesthetic spray

Some medicines are not suitable for everybody, so it is best to check with our pharmacist.

What causes a sore throat?

Sore throats are usually caused by viruses (like cold or flu) or from smoking. Very occasionally they can be caused by bacteria. They can also be caused by:

Laryngitis: This usually comes on suddenly and gets worse during the first 3 days. The main symptoms are a hoarse croaky voice, sometimes loss of voice, irritating cough that does not go away, always needing to clear your throat, a sore throat. It usually goes away on it's own after 1-2 weeks. You can ease the symptoms by speaking as little as possible, drinking plenty of fluids, keeping the air moist with bowls of water, gargling with salty water.

Tonsillitis: this can feel like a bad cold or flu. The tonsils at the back of your throat will be red and swollen. The main symptoms are a sore throat, problems with swallowing, a high temperature of 38C or above, coughing, a headache, feeling sick, earache, feeling tired. The symptoms will usually go away after 3-4 days. You can help the symptoms by getting plenty of rest, drinking cool drinks, taking paracetamol or ibuprofen, and gargling with salty water. To stop these infections



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spreading - if you have a high temperature or do not feel well enough to do your normal activities, try to stay at home and avoid contact with other people, use tissues when you cough or sneeze and throw them away and wash your hands after coughing or sneezing.

Glandular fever: This is a viral infection that mostly affects teenagers and young adults. It can get better without treatment, but it can last for weeks and makes you feel very ill. The symptoms include high temperature, swollen glands, which may be in the neck, head, armpits, elbows or groin, sore throat, a rash which may be harder to see on black or brown skin, headache, tiredness. Here are some things that you can do to help ease the symptoms - Rest, drink plenty of fluids to avoid dehydration, take pain killers

like paracetamol or ibuprofen. Do not do strenuous activities like heavy lifting or playing sports.

If any of these symptoms last more than a few days, come back to see us where we might be able to prescribe an antibiotic or visit your GP.



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To find out more about this or any other health concern you might have, talk to one of our trained team.

Answers: Q1, Pain when swallowing, dry scratchy throat, redness in the back of your throat, bad breath, mild cough and swollen glands. Q2, Gargle, drink plenty of water, eat cool or soft food, avoid smoking, suck ice cubes, ice lollies or hard sweets, rest. Q3, Dissolve half a teaspoon of salt in a glass of warm water, gargle with the solution, then spit it out and repeat as often as you like. Q4, You can ask our pharmacist about pain killers you can take or medicated lozenges you can suck. Q5, It is usually a viral infection which means that antibiotics will not be of any use, though it can be laryngitis, tonsillitis or glandular fever. Q6, It is when your voice box or vocal cords become irritated or swollen. Q7, A hoarse, croaky voice, sometimes losing your voice, an irritating cough, always needing to clear your throat, a sore throat. Q8, It is an infection at the back of your throat. Q9, A viral infection that mostly infects teenagers and young adults. Q10, High temperature, swollen glands, sore throat, rash, headache and tiredness.