



UNIVERSITY OF MARYLAND UNIVERSITY HEALTH CENTER

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Pharyngitis

Pharyngitis is:

- Common throat disorder
- An inflammation of the pharynx
- Caused by a viral or bacterial infection

Symptoms

- Usually appear suddenly
- Fatigue
- Painful swallowing
- Voice hoarseness
- Swollen throat possibly covered with thick mucous
- Harsh cough and persistent desire to clear the throat
- Dry, sore throat
- Mild fever
- Headache
- Pain in ears

TREATMENT

- Force fluids (six 8-oz. glasses per day)
- Avoid alcohol and caffeine
- Pain and/or fever: Ibuprofen (Advil) and/or Acetaminophen (Tylenol)
- Gargle with warm salt water every 2 hours (1/2 tsp. salt to 8 oz. glass of water)
- Lozenges or hard candy to keep throat lubricated
- Rest
- Avoid smoking or smoke filled rooms

STREP THROAT

Strep throat:

- Is caused by the bacteria *Streptococcus pyogenes*
- Accounts for approximately 15% of pharyngitis
- Diagnosed by a throat swab

TREATMENT

- Antibiotics
- Full course of antibiotics must be completed to prevent serious illnesses:
- Rheumatic Fever
- Kidney disease



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Upper Respiratory Infection (Common Cold)

Upper Respiratory Infection:

Is a Viral infection
Caused by many different viruses
Usually lasts from 4 to 10 days

Symptoms:

- Nasal congestion
- Cough
- Nasal discharge
- Fatigue
- Watery eyes
- Sneezing
- Generalized "sick" feeling
- Hoarseness
- Sore throat
- Stuffy ears

Treatment

- Antibiotics are NOT EFFECTIVE
- Increase fluids: Avoid caffeine, alcohol and diet beverages
- Aches and fever: Take Acetaminophen (Tylenol) or Ibuprofen (Advil) as directed
- Sore Throat: Gargle with salt water every 2 hours (1/2 tsp. salt per glass of water)
- Nasal Congestion:
 - Over the counter Decongestant (such as Sudafed) as directed
 - Saline nasal spray
 - Increase humidity (hot steamy showers, vaporizer, pan of water on a radiator)
- Cough:
 - Liquid Cough medications with expectorants to help thin secretions
 - Liquid Cough medications with suppressants for coughing that interfere with class or sleeping
 - Rest
 - Eat well-balanced meals
 - Avoid smoking or rooms with smoke

SEEK MEDICAL CARE IF:

- Temperature over 100°F
- Chest pains, wheezing cough, shortness of breath
- Enlarged tonsils or tonsils with white spots on them
- Ear or face pain Swollen glands on sides or back of neck
- Cold Symptoms for longer than 10 days
- Sore throat longer than three days

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