

Solving sore throats

Run time - :50

ANCHOR LEDE

Temperatures may be warming, but we're still in the peak season for sore throats. Many cases have time-tested treatments, but some can have serious complications. Tim Ditman of OSF HealthCare has more.

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Doctor Awad Alyami [AH-wahd // all-ee-AH-me], a pediatrician at OSF, says if your sore throat comes with a cough or runny nose, it's likely a viral infection. You can start treatment at home with Tylenol, ibuprofen, and gargling salt water.

If your sore throat comes with a fever, neck swelling, and white patches in the back of your mouth, it's likely strep throat. That can be more serious, and you should see a provider right away. Treatment for strep is antibiotic medicine.

How to avoid all this? Wash your hands, and be on top of your overall health.

\*\*\*SOT\*\*\*

Dr. Awad Alyami

OSF HealthCare pediatrician

**"If the child is sick, especially with symptoms that could be strep, it's better to get them to a health care professional early. They can get checked and isolated for 12 to 24 hours." (:15)**

I'm Tim Ditman.

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Doctor Alyami says when in doubt, see a provider.