

Solving sore throats

ANCHOR LEDE

Temperatures will soon drop, putting us in the peak season for sore throats. Many cases have time-tested treatments, but some can have serious complications.

TAKE VO

Doctor Awad Alyami [AH-wahd // all-ee-AH-me], a pediatrician at OSF HealthCare, 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 before they start antibiotics."
(:19)

VO TAG

Doctor Alyami says when in doubt, see a provider.