

COVID's razor: What to know this fall

ANCHOR LEDE

Respiratory illnesses will soon begin their yearly upswing. The latest news is a COVID variant that can cause a severe sore throat. So, what's the level of concern as you start to make fall plans?

TAKE VO

OSF HealthCare E-D physician Fred Burke says you can treat sore throats at home with ibuprofen, chloraseptic sprays, warm tea and lozenges. But if you have trouble keeping food down, trouble breathing or feel dizzy, see a doctor.

SOT

Dr. Fred Burke

OSF HealthCare

"You're less likely to want to eat or drink, which can lead to further dehydration." (:06)

VO TAG

Other tips for navigating fall illnesses:

- * Be up to date on vaccines.
- * Practice good hygiene, like washing your hands and staying home when sick.
- * Consider masking in crowds.
- * If you're hosting a party, consider asking people to take an at-home COVID test.