### 喉嚨痛

#### **Sore Throat**

A sore throat is an inflamed or irritated throat that causes pain or discomfort when a person swallows. Other signs may include a fever, white patches in the throat and swollen lymph glands in the neck.

喉嚨痛是咽喉發炎或不適,導致人在吞嚥時 疼痛或不舒服。其他症狀包括發燒、喉部出 現白斑以及頸部淋巴腺腫大。

#### **Causes**

A sore throat may be caused by:

- An infection
- An allergy
- Low humidity
- Smoking
- Shouting or voice strain
- Breathing in chemical fumes or air pollution

## Things you can do to feel better

- Get plenty of rest.
- Drink plenty of liquids. Drink hot liquids, such as tea and soup, to soothe the throat and thin mucus.
- Gargle with warm salt water. Mix ½
  teaspoon of salt in 1 cup or 240 milliliters
  (ml) of warm water.
- Suck on sore throat lozenges or hard candies.
- Use over the counter pain medicine.
   Children should not take aspirin.
- Stop smoking and avoid second-hand smoke.

#### 病因

引起喉嚨痛的原因可能是:

- 感染
- 過敏
- 濕度低
- 吸煙
- 大聲叫喊或聲帶損傷
- 吸入化學品煙霧或空氣污染物

#### 您可以做下列事情以得到舒緩

- 多休息。
- 充分飲用液體。可以喝熱液體,例如茶和湯,以緩和喉部疼痛並使痰液變清。
- 用溫鹽水嗽口。在 1 杯或 240 毫升的溫水中加入 ½ 茶匙的鹽。
- 含潤喉片或硬糖塊。
- 服用非處方止痛藥。兒童不應服用阿斯匹靈。
- 戒菸、避免被動吸菸。

In most cases, a sore throat will heal on its own. See your doctor if you have a fever, a rash or your signs worsen. A swab of the back of the throat may be done to see if you have an infection.

- If you have a bacterial infection, such as strep throat, antibiotic medicine may be ordered by your doctor. Take all of the medicine until it is gone. Do not stop taking it when you feel better.
- Viral infections, such as a cold or flu (influenza), cannot be treated with antibiotics.

大多數情況下,喉嚨痛都會自癒。**如果發燒、出皮疹或症狀惡化,請去看醫生**。可在喉嚨後部用棉籤取樣,以確定是否有感染。

- 如有細菌感染,例如鏈球菌喉炎,醫生可能會開立抗生素。持續服藥直到痊癒。
   即使您感覺好多了,也切勿停藥。
- 病毒感染,例如感冒或流感,無法用抗生素治療。

# Call your doctor right away if you have:

- Trouble breathing
- · Severe problems swallowing
- A fever over 100.5 degrees F or 38 degrees C
- A rash
- Tender or swollen lymph glands in the neck

Talk to your doctor or nurse if you have any questions or concerns.

### 如有以下狀況,立刻聯絡醫師:

- 呼吸困難
- 有嚴重吞嚥問題
- 發燒體溫超過華氏 100.5 度或攝氏 38 度。
- 皮疹
- 頸部淋巴腺疼痛或腫大

若您有任何疑問或擔憂,請諮詢您的醫生或 護士。

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