

# Sore Throat

EMERGENCY:  
CALL **911** IF

- You have trouble breathing.



## When to seek **professional** help

- Your throat has been sore for more than 3 days and you are not getting better.
- You have a fever (above 39°C) and your temperature is not going down, even after taking medication.
- You have a great deal of difficulty speaking or swallowing.
- There are changes in the colour or texture of your skin (feels like sandpaper).

### How to get help

- 24/7, dial **811** to speak to a nurse
- Call your pharmacist
- Make an appointment for a screening test on [clicsante.ca](https://clicsante.ca) or dial 1-877-644-4545
- Call your CLSC
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811** *option 3*
- Find an appointment on [rvsq.gouv.qc.ca](https://rvsq.gouv.qc.ca)

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

A sore throat can be very painful, cause a burning feeling and prevent you from swallowing properly for a few days.

## What to do at home



**Mouth rinse:** Boil water and pour into a glass. Add a teaspoon of salt to the water and stir well. Once the water has cooled off, rinse your mouth with the warm salt water and gargle several times day.



**Hydration:** Drink hot or cold beverages, depending on what feels best.



**Ice:** Suck on ice cubes or eat frozen treats.



**Steam:** Inhale steam from a bowl of hot water or take a hot shower.



**Food:** Eat easy to swallow foods: soups, purées, eggs, cottage cheese or yogurt.