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Sore throat in adults: Symptom Checker

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No DocID – not contained in FarCry

**Title**

Sore throat

**Feature Title**

Sore throat

**List Title**

Sore throat

**Content is Contracted**

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**MCV Main tag**

**MCV Other tag(s)**

Content Packages > Symptom checker mobile > Adult > Head and neck

**MCV Related tag(s)**

**Primary Location**

Diseases and Conditions

**Tease**

Sore throat is a common problem. Identify possible causes based on symptoms you're experiencing.

**Abstract**

Find possible common causes of sore throat in adults. See our Symptom Checker.

**Benefit Summary**

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**FeatureID**

**Gender**

**Age**

Adult

**ENTER IN FARCRY:**

**When to get medical help** (1, 16)

Get emergency care if your sore throat is accompanied by:

Difficulty breathing

Difficulty swallowing

See your doctor as soon as possible if your sore throat lasts longer than one week or is accompanied by:

Fever of 103 F (39.4 C) or higher

Hoarse voice for more than one week

Pus on the back of your throat

Blood in your saliva or phlegm

Skin rash

Signs of dehydration

**Self-care strategies** (2, 3)

Most sore throats go away within about a week. In the meantime, try these tips:

Drink plenty of fluids.

Gargle with warm salt water.

Suck on hard candy or throat lozenges.

Rest your voice.

Use a humidifier or take a steamy shower.

Avoid smoke and other air pollutants.

Take an over-the-counter pain reliever, such as ibuprofen (Advil, Motrin, others), naproxen (Aleve, others) or acetaminophen (Tylenol, others). Use only as directed on the label, and do not take combinations of pain relievers.

**More Information**

Sore throat DS00526

**END OF FARCRY TEXT**

Find possible causes of sore throat based on specific factors. Check one or more factors on this page that apply to your symptom.

**Accompanied by**

Blue-colored skin or lips

Chills or sweats

Cough

Difficult or painful swallowing

Difficult or raspy breathing

Enlarged, tender lymph nodes in neck

Fever

Headache or facial pain

Heartburn

Hoarse or muffled voice

Muscle aches

Red, swollen tonsils

Runny or stuffy nose

Skin rash

Sneezing

Watery eyes

White patches or pus on tonsils

Yellow or greenish phlegm or discharge from your nose

**Possible causes** (4, 5)

These diseases and conditions match at least one of the factors you selected. Those with the most matches are listed first.

DS00170 Acute sinusitis (6)

Accompanied by cough

Accompanied by headache or facial pain

Accompanied by runny or stuffy nose

Accompanied by yellow or greenish phlegm or discharge from your nose

DS00056 Common cold (7)

Accompanied by cough

Accompanied by headache or facial pain

Accompanied by muscle aches

Accompanied by runny or stuffy nose

Accompanied by sneezing

Accompanied by watery eyes

Accompanied by yellow or greenish phlegm or discharge from your nose

DS00529 Epiglottitis (8)

Accompanied by blue-colored skin or lips

Accompanied by difficult or painful swallowing

Accompanied by difficult or raspy breathing

Accompanied by fever

Accompanied by hoarse or muffled voice

DS00967 GERD (9)

Accompanied by cough

Accompanied by difficult or painful swallowing

Accompanied by heartburn

Accompanied by hoarse or muffled voice

DS00174 Hay fever (10)

Accompanied by cough

Accompanied by headache or facial pain

Accompanied by runny or stuffy nose

Accompanied by sneezing

Accompanied by watery eyes

DS00081 Influenza (flu) (11)

Accompanied by chills or sweats

Accompanied by cough

Accompanied by fever

Accompanied by headache or facial pain

Accompanied by muscle aches

Accompanied by runny or stuffy nose

Accompanied by sneezing

DS00366 Laryngitis (12)

Accompanied by cough

Accompanied by hoarse or muffled voice

DS00352 Mononucleosis (13)

Accompanied by chills or sweats

Accompanied by enlarged, tender lymph nodes in neck

Accompanied by fever

Accompanied by headache or facial pain

Accompanied by red, swollen tonsils

Accompanied by skin rash

DS00260 Strep throat (14)

Accompanied by difficult or painful swallowing

Accompanied by enlarged, tender lymph nodes in neck

Accompanied by fever

Accompanied by headache or facial pain

Accompanied by red, swollen tonsils

Accompanied by skin rash

Accompanied by white patches or pus on tonsils

DS00273 Tonsillitis (15)

Accompanied by difficult or painful swallowing

Accompanied by enlarged, tender lymph nodes in neck

Accompanied by fever

Accompanied by headache or facial pain

Accompanied by hoarse or muffled voice

Accompanied by red, swollen tonsils

Accompanied by skin rash

Accompanied by white patches or pus on tonsils

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