Newsletter Peel Park Surgery October 2019

Sore throat

**Sore throats are very common and usually nothing to worry about. They normally get better by themselves within a week.**

To help soothe a sore throat and shorten how long it lasts, you can:

* gargle with warm, salty water (children should not try this), drink plenty of water
* eat cool or soft foods, avoid smoking or smoky places, suck ice cubes, ice lollies or hard sweets – *but do not give young children anything small and hard to suck because of the risk of choking and* rest

To help relieve the pain and discomfort of a sore throat, you can: use [paracetamol](https://beta.nhs.uk/medicines/paracetamol-for-adults) or [ibuprofen](https://www.nhs.uk/medicines/ibuprofen-for-adults/), use medicated lozenges or anaesthetic sprays (although there's little proof they help).You can buy them from a supermarket or from a pharmacist without a prescription.

**See a GP if:**

* your sore throat does not improve after a week, you often get sore throats
* you're worried about your sore throat, you have a sore throat and a very high temperature, or you feel hot and shivery, you have a weakened immune system – for example, because of diabetes or chemotherapy

A severe or long-lasting sore throat could be something like strep throat (a bacterial throat infection).

Earache

**How to treat earache yourself .**There are some things you can do to help relieve earache and ear pain.

**Do**

* use painkillers, such as paracetamol or ibuprofen (children under 16 should not take aspirin)
* place a warm or cold flannel on the ear

**Don't**

* do not put anything inside your ear, such as cotton buds
* do not try to remove earwax
* do not let water get inside your ear

**Get an urgent GP appointment if:**

You or your child have earache and become generally unwell, a very high temperature or feel hot and shiver swelling around the ear ,fluid coming from the ear, hearing loss or a change in hearing, something stuck in the ear, your child is under 2 and has earache in both ears. Call 111 for advice if you cannot get an urgent appointment