

Simple sore throat remedies

(to try first)

If that scratchy throat hurts when you swallow, you can try some simple home remedies, suggests the *NIH News in Health*.

- Drink hot tea with lemon or hot soup.
- Keep your throat moist with lozenges or hard candies (not for children age 5 and younger).
- Gargle with warm salt water.
- Cold liquids, ice chips, or popsicles can numb the pain. Throat sprays and over-the-counter pain relievers can help too.
- Use a humidifier or vaporizer, especially in the bedroom when sleeping, to keep air from getting too dry.

But if your sore throat is severe, if you have a fever or swollen glands, you might have strep throat, a common bacterial infection. Contact your doctor.

