Sore throats are common complaints from college students.

SYMPTOMS MAY INCLUDE:
- Soreness or pain in the throat, especially when you swallow or talk
- Swollen neck glands
- The back of the throat and/or the tonsils look bright red or have pus deposits or white spots
- Sores on the roof of the mouth
- Fatigue
- Fever
- Postnasal drip
- Bad breath
- Headache, and/or earache

CAUSES:
- Bacterial or viral infection, such as strep throat, tonsillitis, or mononucleosis
- Shouting for long periods of time
- Tobacco or marijuana smoke
- Air pollution, dry air, and/or allergies
- Post nasal drip
- Self-induced vomiting
- Infection transmitted through oral sex

WITH A SORE THROAT, IS IT VERY HARD FOR YOU TO BREATHE, ARE YOU UNABLE TO SWALLOW YOUR OWN SALIVA, OR ARE YOU UNABLE TO SAY MORE THAN 3 OR 4 WORDS BETWEEN BREATHS?

DO YOU HAVE ANY OF THE FOLLOWING PROBLEMS WITH SORE THROAT:
- Fever
- Swollen, enlarged neck glands
- Headache
- General aching feeling
- Ear pain
- Skin rash
- Loss of appetite and severe fatigue
- Vomiting
- Abdominal pain
- Chest pain
- Dark urine
- Bright red or white deposits on the tonsils or back of the throat

IMMEDIATE

SAY, AHHHH!

SELF-CARE: Gargle every 2 to 3 hours with a solution of 1/4 teaspoon of salt and 1/2 cup of warm water. Drink warm beverages. For strep throat, drink and eat cold liquids and foods. Don’t smoke. Avoid spicy foods. Suck on hard candy or lozenges. Take an over-the-counter medication for pain.

OVER-THE-COUNTER MEDICATIONS

The ECU Student Health Service pharmacy carries a wide variety of over-the-counter medications and products at a significantly reduced cost. You do not have to have an appointment to buy these. Just go to the cashier’s window, check what you want on the OTC form, and pay for your purchase.

PAIN RELIEVERS:
- Aspirin: Relieves mild to moderate pain, inflammation and tenderness in joints.
- Acetaminophen: Relieves mild to moderate pain. Reduces fever.
- Ibuprofen: Relieves mild to moderate pain, particularly for menstrual cramps. Decreases inflammation. Helps reduce fever.
- Naproxen: Relieves mild to moderate pain. Anti-inflammatory. Reduces fever. Duration of action is 8-12 hours.

COLD & FLU:
- Antihistamines: Relieves itching, sneezing, teary eyes, and runny nose.
- Decongestants: Helps to widen blocked nasal passages and sinuses.
- Cough Expectorant: Reduces the thickness of mucus in order to help remove congestion from the chest. Can help prevent a cold or flu from getting worse to the point of bronchitis.
- Cough Suppressant: Designed to help control coughing, particularly a dry, hacking, persistent cough.
- Analgesic & Antipyretic: Reduces sinus pain, headache, and/or fever.

READ LABELS. MAKE SURE YOUR OTC IS RIGHT FOR THE SYMPTOMS YOU HAVE.

The ECU Student Health Service pharmacy offers these non-prescription contraceptive/safer sex options:
- Latex male condoms
- Polyurethane male condoms
- Flavored condoms
- Spermicides (Prescription contraceptive methods are also available.)

STOP BY THE ECU STUDENT HEALTH SERVICE TO CHECK OUT WHAT IS AVAILABLE FOR YOU!
TALK TO THE PHARMACIST ABOUT POSSIBLE SIDE EFFECTS AND DRUG INTERACTIONS.