

Dhuun Xanuun

Sore Throat

A sore throat is an inflamed or irritated throat that causes pain or discomfort when a person swallows. Other signs may include a fever, white patches in the throat and swollen lymph glands in the neck.

Causes

A sore throat may be caused by:

- An infection
- An allergy
- Low humidity
- Smoking
- Shouting or voice strain
- Breathing in chemical fumes or air pollution

Things you can do to feel better

- Get plenty of rest.
- Drink plenty of liquids. Drink hot liquids, such as tea and soup, to soothe the throat and thin mucus.
- Gargle with warm salt water. Mix $\frac{1}{2}$ teaspoon of salt in 1 cup or 240 milliliters (ml) of warm water.
- Suck on sore throat lozenges or hard candies.
- Use over the counter pain medicine. Children should not take aspirin.
- Stop smoking and avoid second-hand smoke.

Dhuun xanuunku waa gubasho ama dhuun cuncun keenaya xanuun ama deganaansho la'aan marka qofku wax laqo. Astaamaha kale waxaa kamid noqon kara qandho, nabaro cadcad oo dhuunta kasoo baxa iyo qanjirada qoorta oo barara.

Waxa Sababa

Dhuun xanuunka waxaa sababi kara:

- Caabuq
- Xasaasiyad
- Huur qoran
- Sigaar
- Qaylo iyo codka oo cariiri noqda
- Neefsashada qiiqa kiimikada ama hawo wasakheysan

Waxyaabaha aad Samayn Karto Si aad u fiicnaato

- Nasiino badan qaado.
- Cab biyo badan. Cab cabitaano qandac ah, sida shaax iyo maraq, si aad ugu daaweyso dhuun xanuunka iyo xabka.
- Ku luqluqo biyo cusbo leh oo qandac ah. Ku qas cusbo $\frac{1}{2}$ oo qaado 1 koob ama 240 milimitir (ml) oo biyo qandac ah.
- Muudmuudso kaniiniga qufaca ama nactac adag.
- Isticmaal daawada xanuunka ee lagu gado dukaamada. Caruurtu waa inaysan qaadan xanuun baabi'iyaha aspirin.
- Jooji sigaar cabista iskana ilaali sigaarka dadka lala wadaago.

In most cases, a sore throat will heal on its own. **See your doctor if you have a fever, a rash or your signs worsen.** A swab of the back of the throat may be done to see if you have an infection.

- If you have a **bacterial** infection, such as strep throat, antibiotic medicine may be ordered by your doctor. Take all of the medicine until it is gone. Do not stop taking it when you feel better.
- **Viral** infections, such as a cold or flu (influenza), cannot be treated with antibiotics.

Call your doctor right away if you have:

- Trouble breathing
- Severe problems swallowing
- A fever over 100.5 degrees F or 38 degrees C
- A rash
- Tender or swollen lymph glands in the neck

Talk to your doctor or nurse if you have any questions or concerns.

Inta badan xaaladaha, dhuun xanuunku si iskiis ah ayuu u baaba'aa. **Booqo dhakhtarkaaga haddii aad dareento qandhp, jir cuncun ama astaamaha oo kasii daraaya.** Muuno laga qaado qaybta gadaale ee dhuunta ayaa la sameyn karaa si loo eego inaad qabto caabuq iyo in kale.

- Haddii aad qabto caabuqa **bakteeriyada**, sida dhuun ciriiri, daawada antiboodhiga ayuu dhakhtarku kuu qori karaa. Qaado dhammaan daawooyinka illaa aad ka buskooneyso. Ha joojin qaadashada daawada marka aad dareento caafimaadk.
- Caafuqa **Fayraska**, sida qaboowga iyo hargabka (ifilada), laguma daaweyn karo antiboodhi.

Soo wac dhakhtarkaaga isla markaas haddii aad qabto:

- Neefsasho dhib ah/ama neef qabatow
- Dhibaato dhanka wax liqida ah
- Qandho ka badan 100.5 digrii F ama 38 digrii C
- Jir cuncun
- Qanjiro barar ama qanjiro xanuun qoorta ah

La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad qabtid wax su'aalo ah ama walaacyo.