

Sore Throat

Follow-up Advice	Conditional referral: <ul style="list-style-type: none">• If symptoms persist for more than 7-10 days, consult GP Consider supply, but advise patient to make an appointment with GP: <ul style="list-style-type: none">• Symptoms suggesting oral candidiasis/tonsillitis
Counselling Points	<ul style="list-style-type: none">• Sore throats are usually a self-limiting illness (whether caused by viral or bacterial infection) and will resolve in 7-10 days• Patients should avoid smoky or dusty atmospheres and reduce or stop smoking• Ensure patient maintains an adequate fluid intake and provide advice on symptomatic relief