

Soothe a Sore Throat

Drink hot tea with lemon or eat hot soup.

Use lozenges or hard candies to keep your throat moist.

Gargle warm salt water or use ice chips.

Numb the pain with cold liquids or popsicles. Throat sprays and pain relievers can help too.

Use a humidifier to keep air from getting too dry.

Contact a health care professional if the sore throat persists for several days.

*Call the BCBS **24/7 Nurseline** at any time to speak with a nurse for health advice. (888)315-9473



To learn more about the 24/7 Nurseline and programs available to UT SELECT members, visit: www.livingwell.utsystem.edu.

**This benefit is available free of charge to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants.*