

# TIP OF THE WEEK

## Treating a Sore Throat

A sore throat can usually be treated at home. Sometimes, it is necessary to see a doctor if you have other symptoms. Here are some tips to try before calling your doctor:

- Gargle warm salt water.
- Drink hot tea.
- Use a cooling menthol lozenge.
- Take an over-the-counter pain reliever.
- Call the 24/7 Nurseline\* for more advice, and to find out when it's a good idea to see your doctor.

**\*(888)315-9473**

Free of charge to UT SELECT members



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