

SORE THROAT

SORE THROAT RELIEF SERVICE.

Do you have sore throat or tonsillitis?
Fferyllwyr Llŷn can help you by giving expert advice and treatment.

➔ **Free NHS Wales service**



 Fferyllwyr Llŷn



WHAT DOES THE SERVICE OFFER?

Sore throat test and treat is a service offered, and allows the pharmacist to assess your symptoms and where appropriate, swab your throat. This test will tell the pharmacist if the infection is bacterial or viral.



WILL I GET A THROAT SWAB?

The pharmacist will ask you some questions to decide if you need a throat swab and complete a clinical assessment. Not everyone will need a throat swab and if your answers suggest it's likely a viral infection, a swab may not be necessary. If a swab is required, you will need to wait a few minutes to get your results.

WHAT HAPPENS IF I GET A POSITIVE TEST?

A positive test means your sore throat is likely caused by a bacterial infection however this does not always mean antibiotics are needed and it may be suitable to manage with painkillers and advice alone, depending on your symptoms.

The pharmacist will discuss with you the options around managing your sore throat.

WHEN WILL I GET BETTER?

Sore throat (viral or bacterial) in most cases will resolve on its own. 40% of cases will resolve within 3 days and 85% of cases will resolve within 1 week without treatment.

WHO IS NOT SUITABLE FOR THIS SERVICE?

- Children under the age of 6 years old.
- People with persistent symptoms that haven't improved after 1 week.
- People with a weakened immune system.
- A high temperature not controlled with paracetamol or ibuprofen.
- People with certain medical conditions.
- People who have had 5 or more episodes in the last year.

If you're not sure just ask a member of the pharmacy team and they should be able to let you know if you are suitable.