

# Sore throat, rhinitis

Sore throat, rhinitis (running nose) during a COVID-19 infection (adults and children of school age)



A sore throat and rhinitis are common during a COVID-19 infection. Sometimes a sore throat can be very painful.



## What can you do?

### For a sore throat:

- Gurgles with salt water or sage tea
- Drink plenty of fluids, such as unsweetened herbal tea or ginger tea
- Cold compresses around your neck may bring relief
- Suck (e.g., an ice cube) to moisten the throat
- If necessary, take medication to relieve pain and reduce inflammation
- Rest

### For rhinitis:

- Drink plenty of fluids to stimulate nasal secretions and unblock the nose
- Increase the air humidity, e.g., by hanging damp cloths in the room
- Sleep with your upper body slightly raised to help free your airways
- Steam inhalation
- Use nasal sprays for a few days where necessary
- Rest

Avoid infecting others: wash your hands regularly (for at least 20 seconds, with soap) or disinfect them; cough or sneeze into your elbow and not your hands; keep your distance; and wear an FFP2 mask when in contact with other persons/medical personnel.

If you are worried or need medical information for yourself, your child, or a relative you are caring for, call ☎ 1450, the health advice hotline.



## When should I call a doctor?

Unless the infection is mild, it is generally recommended that you inform your general practitioner. You should certainly seek medical advice if you:

- have very severe symptoms (e.g., a high or persistent fever, severe pain)
- have difficulty breathing
- experience shortness of breath after minor exertion or when talking
- feel pain or pressure in the chest area
- have a chronic respiratory illness
- (or your child) are unable to drink or hold down fluids
- notice you are starting to find it hard to stay awake (slipping into unconsciousness)
- notice the skin of your lips, toes or fingers turning blue
- notice one of your legs/lower legs swelling and/or becoming painful

or

- have one or more of the risk factors which increase the likelihood of becoming severely ill from a COVID-19 infection.

# Sore throat, rhinitis

during an acute COVID-19 infection (adults and children of school age)



## Overview of the key risk factors:

- Age >50
- Cancer
- Cardiovascular disease
- High blood pressure
- Vascular disease
- Smoker
- Trisomy 21
- Overweight with a body mass index (BMI) >30
- Chronic liver or kidney disease
- Stroke or heart attack (in recent years)
- Diabetes mellitus
- Respiratory disease
- Neurological and psychiatric disease (e.g., dementia)
- Immunosuppression (due to disease or medication)
- Pregnant (especially with additional risk factors)

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