**SYMPTOMATIC MANAGEMENT GUIDELINES FOR NON-HEALTH STAFF**

**SORE THROAT**

Authorized non-health staff may manage a sore throat as follows:

1. Ask about the presence of other “cold” symptoms, such as cough, runny nose, headaches and body aches.
2. Check the student’s temperature and if ≥100°F, offer the student acetaminophen 650-1000 mg every 4 hours [MDD 4 g] or ibuprofen 400-600 mg every 6 hours [MDD 2400 mg].
3. Also offer the student acetaminophen 650-1000 mg every 4 hours [MDD 4 g] or ibuprofen 400-600 mg every 6 hours [MDD 2400 mg] if there are body aches, a very sore throat, or headaches, even if there is no elevated temperature.
4. Offer the student a throat lozenge or have him/her gargle with salt water every hour as needed.
5. Refer student to the Wellness Center’s next open hours to assess the need to obtain a throat culture.

# WHEN TO CONTACT THE ON-CALL HEALTH AND WELLNESS STAFF

* If the student’s temperature is ≥101°F
* If the student is having difficulty swallowing, trouble breathing or is drooling
* If the student’s neck is stiff or swollen