

# SORE THROAT

## Why Betadine® Mouthwash & Gargle?⁹

BETADINE® Mouthwash & Gargle is a medicated solution with anti-viral, anti-bacterial and anti-fungal properties that kills most germs in your mouth.

It is recommended for adults and children over 3 years old:

- as a **gargle** to relieve throat irritation
- as a **mouthwash** to relieve inflammatory conditions and infections of the mouth
- and as a **routine mouthwash** to prevent bad breath



## HOW TO USE BETADINE® MOUTHWASH & GARGLE⁹

### Adults and children over the age of 3⁹

**As a gargle:** At the first sign of a throat irritation, use 1 full green cap of BETADINE® Mouthwash & Gargle solution and gargle for **30 seconds<sup>12</sup>, 4 times a day<sup>13</sup>**.

**Do not dilute. Do not swallow.**

### As a mouthwash:

• **For inflammation/infection:** Use 1 full green cap of BETADINE® Mouthwash & Gargle. Rinse mouth for 30 seconds and repeat for up to 4 times a day.

**Do not dilute. Do not swallow.**

• **For daily routine:** Mix 1 full green cap of BETADINE® Mouthwash & Gargle with 2 full green caps of water. Rinse mouth for 30 seconds.

**Do not swallow.**

### Children under 3 years old⁹

**To treat infections and wounds inside the child's mouth,** mix 1 full green cap of BETADINE® with 3 full green caps of water. Soak a ball of cotton wool or a similar applicator in the dilution and paint (apply) to the affected area inside the mouth.

**BETADINE® Mouthwash & Gargle has shown efficacy against other oral conditions<sup>10,11</sup>**

Oral recurrent aphthous stomatitis (ORAS)

Oral mucositis

Cold sores (Herpes Labialis)

# 3in1

**GERM-KILLER**  
Bacteria • Virus • Fungus

Healthy healing starts with  
**BETADINE®**

**[S0] BETADINE® Mouthwash & Gargle.**

Contains povidone-iodine 1% w/v.  
Contains ethanol. Registration No. C/16.4/142.

Please refer to the package insert for full prescribing information.



**Please note:** This leaflet is for information only and should not be used for diagnosis. For more information on sore throat, consult your healthcare professional.

ZA/10/BFC/032018/TT/BD

### References

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- 13 Kanagalingam J., et al. Practical use of povidone-iodine antiseptic in the maintenance of oral health and in the prevention and treatment of common oropharyngeal infections. Int. J. Clin. Pract. (2015) 69(11), 1247-1256.



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# DON'T STOP SINGING

# 3in1

**GERM-KILLER**  
Bacteria • Virus • Fungus

## Don't let a scratchy throat irritate you.

At the first sign of a throat irritation, use BETADINE® Mouthwash & Gargle for: **30 seconds<sup>12</sup>, 4 times a day<sup>13</sup>**.

Healthy healing starts with  
**BETADINE®**  
**MOUTHWASH & GARGLE**

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# SORE THROAT

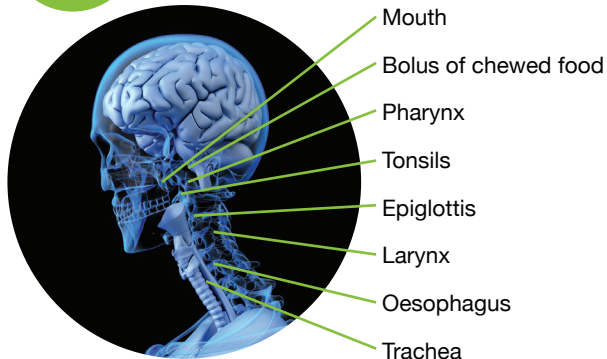
## SORE THROAT: A SYMPTOM OF INFECTION<sup>1</sup>

Oral and throat infection is a common term used to define many different infections of the mouth and throat. A sore throat is a symptom of inflammation of the pharynx (pharyngitis) or tonsils (tonsillitis), or both (pharyngotonsillitis).

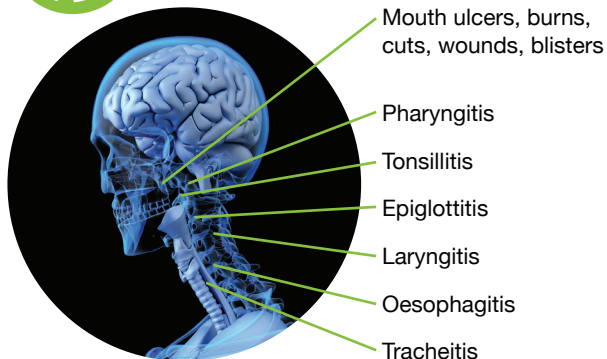
These infections spread through close contact with others. Pharyngotonsillitis can include irritation, itching and pain that can make it difficult to swallow.



### ANATOMY



### DISEASES



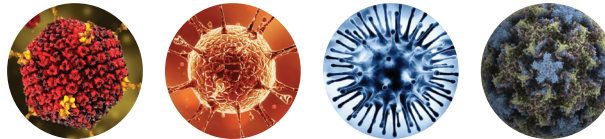
## WHAT CAUSES ORAL AND THROAT INFECTIONS?<sup>2,3,4</sup>

Did you know that there are main causes of a sore throat?

- 70% of sore throats in adults and children are caused by viruses (commonly called colds and flu).<sup>2</sup>
- 10% are caused by bacteria.<sup>3</sup>

### Viruses commonly known to cause sore throats<sup>5</sup>

Adenovirus    Coronavirus    Influenza virus    Rhinovirus



## SORE THROAT RISK FACTORS<sup>4</sup>

Anyone can get a sore throat but these factors can increase your risk:

- Age (children and teens 5 – 15 years old are most likely to get a sore throat)
- Exposure to someone with an oral and throat infection
- Time of year (winter and early spring)
- Weather (cold air may irritate your throat)
- Irregularly shaped tonsils or large tonsils
- Pollution or exposure to smoke
- A weak immune system (prescription medication may weaken the immune system)
- Post-nasal drip or allergies
- Acid reflux disease

## The difference between bacterial and viral infections?<sup>5,6</sup>

	Clinical Manifestations	Age Group <sup>6</sup>
<b>VIRAL</b> (commonly named cold and flu)	Low fever, coughing, sneezing, runny nose, watery eyes, fatigue, hoarseness, generalised body aches, abdominal pain, or diarrhoea.	Occurs in all age groups.
<b>BACTERIAL</b>	High fever (body temperature >38.5°C), tonsillar exudates, chills, muscle pain, rash, swollen lymph nodes.	Occurs in all age groups. Peak prevalence of strep throat in children aged 5-10 years.

Sometimes there may be an overlap in clinical manifestations (how the symptoms present themselves). This means that differentiating between viral and bacterial infections can be challenging.

## HOW TO TREAT A SORE THROAT?

The usual duration of a sore throat is 5-7 days. As most sore throats are viral they do not require an antibiotic prescription<sup>4</sup>. In fact, oral or systemic antibiotics in common colds and sore throat are associated with marginal or no benefit to patients.<sup>7,8</sup> The ideal agent to treat your sore throat should:

- Kill the cause of infection.
- Soothe the symptoms to reduce inflammation.

## BETADINE<sup>®</sup> HAS YOU COVERED!<sup>9</sup>

Don't let a scratchy throat irritate you!  
Get your BETADINE<sup>®</sup> Mouthwash and Gargle now!

