



# GLANDS (SWOLLEN)

Swelling in front of or behind the ears, both sides of the face and neck, armpit, or groin

## CAUSES

### INFECTION

Swelling of the glands in the body occurs when it is fighting a virus or bacteria in the system. Along with the swelling, the person usually feels sick and has a fever. Different kinds of infections will cause different glands in the body to swell.

#### Symptoms:

- Swelling in front of or behind the ears, both sides of the face and neck, armpit or groin
- Fever
- Weak feeling

#### DO:

- Apply a warm compress to the swollen areas to reduce discomfort.
- Drink plenty of water and juice.
- Take anti-fever medicine if the body temperature reaches 39 degrees Celsius in adults and 38.5 degrees in children.
- Seek help to determine the kind of medication needed to combat the infection.

#### DON'T:

- Don't engage in strenuous physical activity. Rest as much as you can.

### SORE THROAT

Swollen glands on the sides of the neck, along with discomfort in swallowing solid food, are symptoms of a sore throat. This is usually caused by a bacterial infection in the throat.

#### Symptoms:

- Swollen tonsils
- Discomfort or pain when swallowing
- Fever, in some cases

#### DO:

- Drink plenty of fluids. A glass of lemon juice with a teaspoon of honey is highly recommended for sore throats.
- Take throat lozenges to help ease symptoms.
- Gargle using a solution of warm water and salt.

#### DON'T:

- Don't smoke if your throat is sore, as it will make your condition worse.



Smoking worsens a sore throat.