

Appendix 1: Poster/Flip chart "Key messages through educational intervention on acute respiratory illness (ARI) management for the drug sellers at pharmacy"

Symptoms of acute respiratory illness (for both children and adults):

- Runny nose, stuffy nose or nasal congestion, cough, breathing difficulty

Any of these above symptoms with or without the symptoms below

- Fever, sore throat, sneezing

Advice about acute respiratory illness:

What to do

For children (2 months to 5 years):

- Keep the baby warm in winter

For children (>2 months) and adults:

- **If febrile, give acetaminophen, sponge the whole body, and encourage drinking of plenty of water for patients 6 months and above.**
- **Also, follow-up in 2 days if complicated ARI or 5 days if uncomplicated ARI and symptoms have not improved**

Advice about acute respiratory illness:

What should NOT be done/given

For children (2 months to 5yrs):

- Antibiotic except for pneumonia,
- Medicines containing Pseudoephedrine
- Antihistamine
- Changing regular food or stop breast feeding in breastfed baby

For children (2 months and older) and adults:

- Steroid, NSAID (non steroidal anti-inflammatory drug)/Pain killer for fever

For all children aged <2 months, refer to physician.

For children aged 2 months to <5 years, see box below for referral guidelines.

For children (2 months and older) and adults:

- Severe fever, chest pains, or headaches
- **Breathing difficulties** such as wheezing or shortness of breath (for children >5yrs of age and adults)
- Blood with cough,
- Cough >**3 consecutive weeks**

Contact physician

Cough and or runny nose and fever (adults): Over the counter drugs as cough syrups and antihistamines can be given with acetaminophen if fever.

Advice: To relieve the cough **drink warm lime water, honey, lemon tea or warm salt water gargling**

Classification of cough or breathing difficulty among children <5 years

<p>Severe pneumonia Or Very severe disease</p> <p>Any general danger sign or chest indrawing</p> <p>*General Danger signs:</p> <ul style="list-style-type: none"> ▪ Inability to drink or breastfeed, Repeated vomiting, Convulsion, Lethargy/abnormally sleepy/unconscious <p><u>Management</u> Refer URGENTLY to physician/hospital</p>	<p>Pneumonia</p> <p>Fast breathing</p> <ul style="list-style-type: none"> ▪ 2 months to 12 months- 50 or more respiration per minute ▪ 12 months to 59 months-40 or more respiration per minute ▪ <u>Management</u> Antibiotic (Oral Amoxycillin) for 5 days ▪ Advise the caretaker to return immediately if the child develops danger signs ▪ Follow-up in 2 days 	<p>No pneumonia: cough or cold</p> <p>No signs of pneumonia or very severe disease</p> <ul style="list-style-type: none"> ▪ <u>Management</u> If coughing for more than 3 weeks contact physician ▪ To relieve the cough drink warm lime water, honey, lemon tea ▪ Advise the mother when (*danger sign) to return immediately ▪ Follow up in 5 days if not improving
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Over the counter drugs: For acute respiratory illness (For adults)

- Dextromethorphan (Cough suppressants)
- Guaiphenesin+pseudoephedrine (Cough expectorants)
- Loratadine (Non-sedating antihistamine)
- Chlorpheniramine (Sedating antihistamine)
- Diphenhydramine (Sedating antihistamine)
- Promethazine (Sedating antihistamine)
- Paracetamol
- Norsol drop