



9

## Acute Respiratory Infection



Respiratory Rate

Acute Respiratory Infection (ARI) is an important cause of mortality and morbidity in children. Most children up to the age of five years are susceptible to ARI. If not treated in time some of them develop pneumonia, which can result in death. The child has some or all of the following symptoms:

- Cough
- Running nose
- Fever
- Difficulty in breathing.

Serious morbidity and death are preventable if it is identified early and treated/referred in time.

### Care during coughs & colds

- Keep the child warm.
- Give plenty of fluids and continue breast-feeding.
- Give home remedies – ginger, honey, lemon, kadha, etc.