

- Increase feeds after the child recovers.
- Enough rest is to be taken by the child.
- Giving immunization to children on time for vaccine preventable diseases also helps.
- Timely administration of Vitamin A.
- Good nutrition and avoiding exposure to cold, dust and smoke will help in preventing pneumonia.

### **Roles and responsibilities of ASHA:**

- Advise about feeding the child: the feeding should be continued during illness and the frequency of feeding increased after illness
- Clear the nose if it interferes with feeding (use saline and a moistened wick to help soften the mucus).
- Increase fluids; give the child extra fluids to drink.
- Soothe the throat and relieve cough with a home remedy such as lemon with honey and ginger, tulsi, warm water etc.
- Control fever using Paracetamol.
- Keep the baby warm.
- You should accompany the parents in taking the child to the nearest health facility if the child has any of the following danger signals:
  - Fast breathing.
  - Difficulty in breathing.
  - Unable to drink.
  - Lethargy (susti).