

Fast breathing	Pneumonia	<ul style="list-style-type: none"> • Give Cotrimoxazole for 5 days. (2 Paediatric tablets twice daily for a child from 2 up to 12 months; 4 tablets twice daily for a child from 12 months up to 5 years) • Follow-up in 2 days. <ul style="list-style-type: none"> ◆ If improving, advise home care and continue. ◆ If no improvement, insist on referral.
No signs of pneumonia or very severe disease	Cough or Cold	<ul style="list-style-type: none"> • Advise home care for cough or cold. • If coughing for more than 30 days, refer.



Home Management for Common Cold or Cough

- Keep the young child warm and away from the draught.
- If the child's nose is blocked and this is interfering with feeding, clean the nose by putting in nose drops (boiled and cooled glass of water mixed with pinch of salt) and by cleaning the nose with a soft cotton wick.
- Breastfeed frequently and for longer period at each feed. Exclusively breastfeed for six months.
- Child should continue to be given normal diet during cough and cold. This is important as this will prevent malnutrition and also help the child to recover from illness.
- In case the child is not able to take the normal quantities of food, s/he should be given small quantities of food frequently.
- Child can also be given foods of thicker consistency such as khichari, dalia, sooji or rice in milk, idli etc..
- Small quantities of oil/ghee should be added to the food to provide extra energy.
- After the illness, at least one extra meal should be given to the child for at least a week to help the child in speedy recovery.
- Give increased amounts of fluids.
- Give extra fluids (as much as the child will take), such as dal soup, vegetable soup, plain clean water or other locally available fluids.
- Always feed from a cup or spoon. Never use a bottle.

Note: If the child is sleeping and has cough or difficult breathing, count the number of breaths first before you try to wake the child.