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
- 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

**Contact physician**

**Symptoms of acute respiratory illness (for both children and adults):**
- Runny nose, stuffy nose or nasal congestion, cough, breathing difficulty
- Fever, sore throat, sneezing

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

**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 gurgling**

Classification of cough or breathing difficulty among children <5 years

<table>
<thead>
<tr>
<th>Severe pneumonia Or Very severe disease</th>
<th>Pneumonia</th>
<th>No pneumonia: cough or cold</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any general danger sign or chest indrawing</td>
<td>Fast breathing</td>
<td>No signs of pneumonia or very severe disease</td>
</tr>
<tr>
<td><em>General Danger signs:</em></td>
<td>2 months to 12 months- 50 or more respiration per minute</td>
<td><strong>Management</strong> If coughing for more than 3 weeks contact physician</td>
</tr>
<tr>
<td>- Inability to drink or breastfeed, Repeated vomiting, Convulsion, Lethargy/abnormally sleepy/unconscious</td>
<td>12 months to 59 months-40 or more respiration per minute</td>
<td>To relieve the cough <strong>drink warm lime water, honey, lemon tea</strong></td>
</tr>
<tr>
<td><strong>Management</strong></td>
<td><strong>Management</strong> Antibiotic (Oral Amoxycillin) for 5 days</td>
<td>Advise the mother when (*danger sign) to return immediately</td>
</tr>
<tr>
<td>Refer URGENTLY to physician/hospital</td>
<td>Advise the caretaker to return immediately if the child develops danger signs</td>
<td>Follow up in 5 days if not improving</td>
</tr>
<tr>
<td></td>
<td>Follow-up in 2 days</td>
<td></td>
</tr>
</tbody>
</table>

**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