PNEUMONIA
every breath counts

HOW TO LOOK OUT FOR PNEUMONIA
AND WHAT TO DO ABOUT IT

ADVICE TO THE CAREGIVER

If pneumonia is suspected:

- Seek care quickly at nearest health centre
- Continue feeding and give more fluids
- Watch out for danger signs and return to the health centre straight away if you see them

DANGER SIGNS

1. Fever
2. Coughing gets worse
3. Unusually sleepy/can’t wake up
4. Refusing to eat
5. Convulsions
6. Chest in-drawing

To prevent pneumonia:

- Children should get all recommended vaccinations
- Wash hands often, keep smoke out of the home, and feed child nutritious food or breastmilk

PNEUMONIA CAN KILL
SO EVERY SECOND COUNTS

935,000 CHILDREN UNDER 5 DIED FROM PNEUMONIA IN 2013

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WHAT IS PNEUMONIA?

- A dangerous infection of the lungs caused by bacteria and other germs
- Air sacs in lungs fill with pus and fluid
- Not enough oxygen gets into the body
- A child has to breathe faster and harder

HOW TO IDENTIFY FAST BREATHING

Get a timer, clock, or watch that can measure one minute. Count how many breaths the child takes in one minute. Counting is easier if the child is calm and undressed from the waist up.

- Cough
- Fast, difficult breathing
- Chest goes in when child breathes (in-drawing)

Sometimes pneumonia comes with a fever, but not always.

Cough with fast breathing is a sign of PNEUMONIA. When a child has a cough, check for fast breathing and in-drawing. If either is present, refer the child to a health facility immediately.

<table>
<thead>
<tr>
<th>If the child is...</th>
<th>The child has fast breathing if you count...</th>
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<tbody>
<tr>
<td>2 months up to 12 months old</td>
<td>50 or more breaths per minute</td>
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<tr>
<td>12 months to 5 years old</td>
<td>40 or more breaths per minute</td>
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FAST BREATHING means the child has PNEUMONIA and must be referred straight away.