

POSSIBLE

LOWER RESPIRATORY TRACT INFECTION

Supportive Management

For cough

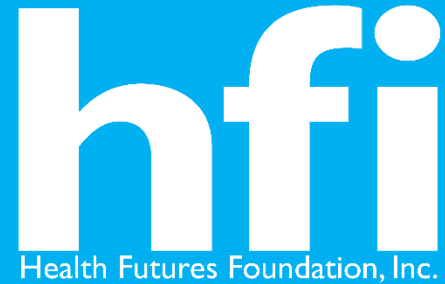
- Rest in a comfortable position. If lying down, sit up in bed.
- Drink clear liquids all day (e.g. water, tea, broth, water with lemon). Drink around 8 glasses (or 2 liters total) of fluid per day. Avoid juices with high sugar content.
- Take immune-boosting food, like food rich in Vitamin C (e.g. orange, pineapple, grapes, and broccoli).
- Have plenty of rest. Sleep for 7-8 hours every night in a dark room, as melatonin – a powerful anti-oxidant that promotes healing through boosting the immune function – are found to be produced in higher amounts when sleeping in darkness. If sleeping in a dark room is not possible, wear an eye patch instead.
 - Sit upright in bed or chair, and find a comfortable position.
 - Place one or both hands over the abdomen, just below the ribs.
 - Deeply breathe in through the nose, while keeping mouth closed. Breathe in for a count of four.

For fever

- Apply cool, wet towel on the forehead, groin, and armpits.
- Have a warm bath or a tepid sponge bath using comfortably warm water (43° C – 46° C). Perform sponge bath for 20-30 minutes. Avoid using cool water, ice, or alcohol for the bath as they may cause shivering, which, in turn, may further increase body temperature.
- Dress in light clothing and remove excess clothes. Sleep with a light layer of blanket.
- Keep room well-ventilated, and at a moderate, comfortable temperature. If the room feels warm, place a fan nearby.
- Keep self hydrated.
 - Drink around 8 glasses (or 2 liters total) of fluid per day.
 - Avoid dehydrating drinks such as caffeinated drinks (e.g. cola, coffee, tea, energy drinks), as well as alcohol.

For weakness

- Provide self with adequate rest periods.
- Limit activities to within tolerance to limit fatigue.
- Perform oxygen-conserving techniques:
 - Sitting instead of standing to perform tasks
 - Eating small meals
 - Performing slower, purposeful movements



Unit 6, 4/F, The One Executive Office Building, 5 West Avenue, Barangay Nayong Kanluran, Quezon City, Philippines 1104

Telefax
(632) 411 8698

Mobile
(63) 927 892 1062
(63) 928 507 4479

www.healthfuturesfoundation.com

Find us on Facebook
Health Futures Foundation, Inc.

Find us on Twitter
@healthfutures

Find us on Instagram
@healthfutures

POSSIBLE

LOWER RESPIRATORY TRACT INFECTION

Supportive Management

For shortness of breath

- Perform deep-breathing exercises.
 - Find a quiet and comfortable place where you can be alone with yourself.
 - Sit upright in bed or chair, and find a comfortable position.
 - Place one or both hands over the abdomen, just below the ribs.
 - Deeply breathe in through the nose, while keeping mouth closed. Breathe in for a count of four.
 - Feel the abdomen rise with each inhalation, and as far as possible.
 - Through a pursed-lip, breathe out. Breathe out for a count of seven.
 - Feel the abdomen sink with each exhalation.
 - Perform deep-breathing exercises for 5-10 minutes at a time, and as many times each day.
- Stay in a cool, smoke-free, dust-free room with low humidity. Let breeze from an open window or from a fan be directed to face, this may lessen sensation of breathlessness.
- If a smoker, consider to stop smoking.

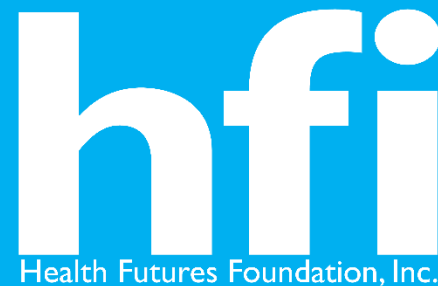
Herbal Medicine

• Salabat

- In an uncovered non-aluminum saucepan, add three middle-finger-sized luya and 500 mL of water. Boil in low heat for 15-minutes. Strain. Drink the decoction throughout the day. May add calamansi and honey for flavor.

• Strong Ginger Tincture

- This is intended to be used only by adults only. Keep it away from children.
- Fill a jar with 50 gram peeled fresh ginger. Pour 90% of alcohol (e.g. tuba) over the top to make 100 mL. Shake the jar well. Keep the jar stored in a dark cabinet and shake periodically for two weeks. After two to three weeks, strain and store the ginger tincture in a cool, dark place. For use, take 0.25 to 0.5 mL.



Unit 6, 4/F, The One Executive Office
Building, 5 West Avenue,
Barangay Nayong Kanluran,
Quezon City, Philippines 1104

Telefax
(632) 411 8698

Mobile
(63) 927 892 1062
(63) 928 507 4479

www.healthfuturesfoundation.com

Find us on Facebook
Health Futures Foundation, Inc.

Find us on Twitter
[@healthfutures](https://twitter.com/healthfutures)

Find us on Instagram
[@healthfutures](https://www.instagram.com/healthfutures)

POSSIBLE

LOWER RESPIRATORY TRACT INFECTION

Herbal Medicine

• Lagundi Leaves Decoction

– The amount of lagundi leaves to be used corresponds to the age of the person the decoction is intended for. For a person aged 2-6, use either 1 tablespoon of dried leaves or 1 ½ tablespoons of fresh leaves; for a person aged 7-12, use either 2 tablespoons of dried leaves or 3 tablespoons of fresh leaves; and for those older than 12, use either 4 tablespoons of dried leaves or 6 tablespoons of fresh leaves. Boil the leaves in 330 mL water for 15 minutes or until the water is halved. Strain. Divide the decoction in 3 doses, and take each dose 3 times a day.

• Calamansi or Lemon Juice

– Squeeze out the juice from the calamansi or lemon, add warm water and sugar or honey to taste. Drink as tolerated.

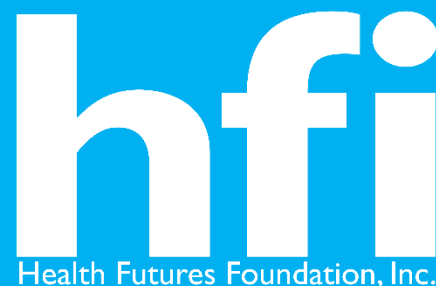
• Garlic Syrup

– Mix a pounded clove of garlic in a glass of thick sugar water or honey. Take three to four times a day.
– Garlic can be irritating to the gastrointestinal tract. Do not take on an empty stomach.

• Mangga Leaves

– Boil chopped young leaves (dried or fresh) in 2 glasses of water for 15 minutes. Cool and strain. Divide the decoction into 3 parts. Take 1 part 3 times a day. Amount of water leaves to be boiled:

- If dried leaves:
 - For adults: 4 tablespoons
 - For ages 7-12: 2 tablespoons
 - For ages 2-6: 1 tablespoon
- If fresh leaves:
 - For adults: 6 tablespoons
 - For ages 7-12: 3 tablespoons
 - For ages 2-6: 1 ½ tablespoons



Unit 6, 4/F, The One Executive Office Building, 5 West Avenue, Barangay Nayong Kanluran, Quezon City, Philippines 1104

Telefax
(632) 411 8698

Mobile
(63) 927 892 1062
(63) 928 507 4479

www.healthfuturesfoundation.com

Find us on Facebook
Health Futures Foundation, Inc.

Find us on Twitter
@healthfutures

Find us on Instagram
@healthfutures

POSSIBLE

LOWER RESPIRATORY TRACT INFECTION

Herbal Medicine

• Sampaloc Leaves

– Boil chopped young leaves (dried or fresh) in 2 glasses of water for 15 minutes. Cool and strain. Divide the decoction into 3 parts. Take 1 part 3 times a day. Amount of water leaves to be boiled:

– If dried leaves:

- For adults: 8 tablespoons
- For ages 7-12: 4 tablespoons
- For ages 2-6: 2 ½ tablespoon

– If fresh leaves:

- For adults: 10 tablespoons
- For ages 7-12: 5 tablespoons
- For ages 2-6: 2 ½ tablespoons

• Balanoy Leaves

– Boil dried leaves in 2 glasses of water for 15 minutes. Cool and strain. Divide decoction into 3 parts. Take 1 part 3 times a day. Amount of dried chopped leaves to be boiled:

- For adults: 4 tablespoons
- For ages 7-12: 2 tablespoons
- For ages 2-6: 1 tablespoon

• Mani

– Take 50 grams of the peanut kernels, add water and boil, then mash. Drink the water and eat the residue. Do this twice a day.

• Onion Juice and Honey

– Mix equal amounts of onion juice and honey. Take 3-4 teaspoons of this mixture daily.

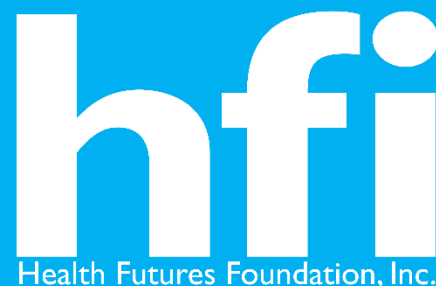
– This is not recommended to be taken in if with gas pain.

• Saha ng Saging/Balat ng Punong Saging (Sheathing Leafstalks of the Banana)

– For decreasing temperature (for fever)

– Wrap the fresh sheathing leafstalks of the banana around the neck, armpits, and groins of the person with fever. Replace the used sheathing leafstalks with a new one as needed (e.g. when the sheathing leafstalks have become warm).

Consult doctor for proper diagnosis and pharmacologic management of the condition.



Unit 6, 4/F, The One Executive Office Building, 5 West Avenue, Barangay Nayong Kanluran, Quezon City, Philippines 1104

Telefax
(632) 411 8698

Mobile
(63) 927 892 1062
(63) 928 507 4479

www.healthfuturesfoundation.com

Find us on Facebook
Health Futures Foundation, Inc.

Find us on Twitter
@healthfutures

Find us on Instagram
@healthfutures