

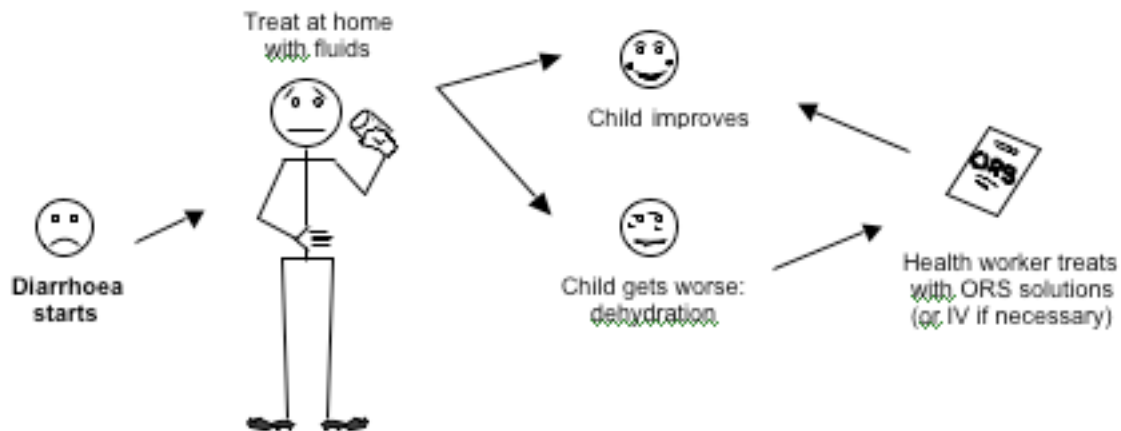
DIARRHOEA & ORAL REHYDRATION – KEY MESSAGES

PREVENTION OF DIARRHOEA



1. Breast feeding exclusively up to six months of age
2. Give your child only clean drinking water to drink
3. Wash your hands with *soap and water* before preparing or touching food, before feeding your child and after any contact with the child's stool.

TREATMENT OF DIARRHOEA



1. Fluids (clean water, breastmilk, ORS) are the main treatment for diarrhoea. Only diarrhoea with blood needs medicine.
2. Diarrhoea leads to dehydration (drying up). Dehydration is very dangerous. To prevent dehydration:

3. **KEEP BREASTFEEDING:** offer your child the breast more often than usual and for as long as the child wants at each feed.

4. Give your child **EXTRA FLUIDS (Oral Rehydration Solution – ORS):**

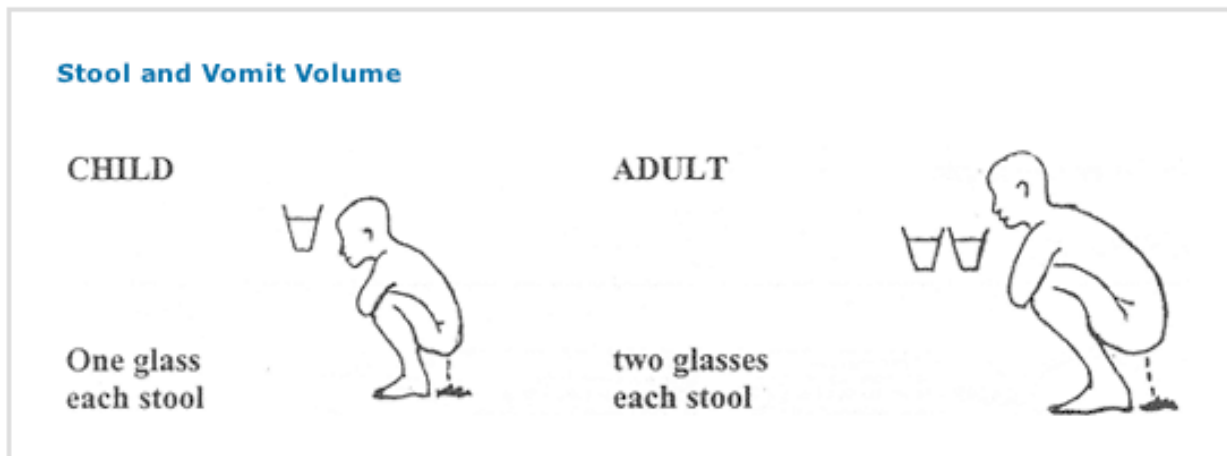


ORS is better than just water because it contains salt and sugar and is absorbed more quickly than water or juice.

ORS DOES NOT STOP DIARRHOEA. IT PREVENTS THE BODY FROM DRYING UP. THE DIARRHOEA WILL STOP BY ITSELF

How much should I give?

- 1 cup ORS or sugar-and-salt solution after every vomit or diarrhoea for children over 2 years
- For small children up till two years, give half a cup.
- For adults, especially pregnant women, give 2 cups.



NOTE:

1. If child vomits, wait ten minutes and give it ORS again. Give the ORS in small sips. Usually vomiting will stop.
2. Children over six months with diarrhoea MUST also continue to eat normal food (eg cereals). This helps them to get better faster.
3. Go to the clinic if:
 - i. your child is under 6 months
 - ii. your child has any of these signs:

- Not taking any liquid
- Will not stop vomiting
- Vomiting green fluid
- Large amounts of very watery diarrhoea
- Not passing water (urine) at least 4 times a day
- Diarrhoea with blood
- Very lethargic (floppy)
- Convulsions (shaking all over)
- Very hot or very cold

ORAL REHYDRATION SOLUTION ('oralite' OR salt and sugar solution)

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1. Wash your hands with soap and water before preparing solution.
2. Oralit is a powder that comes in small packets.

Mix one packet is mixed with 1 litre of clean drinking or boiled water. It is safe to use for 24 hours after it is mixed.



3. ORS can also be made at home:

- eight teaspoons of sugar and
 - one teaspoon of salt
- in one litre of clean or boiled water

If no bottle, use a pot that has had ONE LITRE marked on the side:

Stir the mixture till all the contents dissolve. It should not be more salty than your tears.