

3 Giving oral rehydration solution

OVERVIEW



Oral rehydration solution (ORS) is the first way to treat people suffering from diarrhoea and dehydration.

If a patient has no signs of dehydration (see *Action tool 1*), he/she can be treated at home.

For NO signs of dehydration

- Children with diarrhoea should be given ORS even if they do not show signs of dehydration yet
- Demonstrate how to prepare and give ORS.
- The caregiver should give the amount of ORS indicated in the table below.

Age	Amount of ORS after each loose stool	ORS packets needed
Less than 24 months	50–100 ml (¼–½ cup)	1 packet/day
2–9 years	100–200 ml (½–1 cup)	1 packet/day
10 years or more	As much as wanted	2 packets/day

For SOME signs of dehydration

- Give the recommended amount of ORS.
- If the patient passes watery stools or wants more ORS than shown in the table above, give more.
- If the patient does not improve or some of the signs of severe dehydration appear, refer the patient to a health facility (see *Action tool 33*).

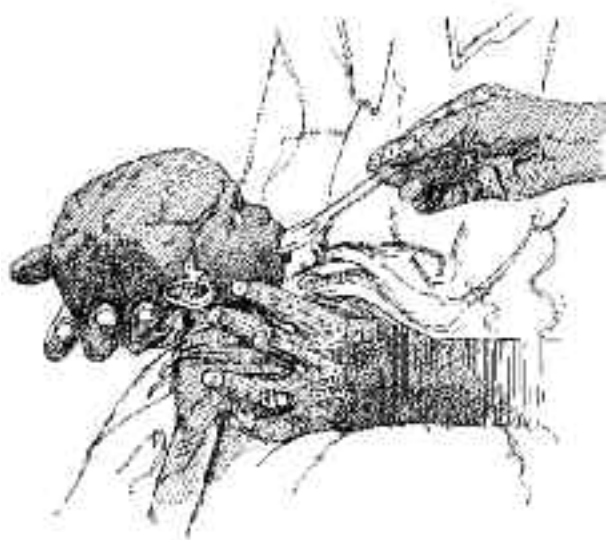
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How to give ORS

➔ It is important to teach mothers/caregivers the correct method of administering ORS to children so that they can help the child get better and prevent the epidemic from spreading. Instruct them as follows:

1. Give a teaspoonful every 1–2 minutes for a child under 2 years of age.
2. Give frequent sips from a cup for an older child.
3. If the child vomits, wait 10 minutes and then give the solution more slowly.
4. If diarrhoea continues after the ORS packets are used up, give home remedies until you get more ORS packets.



Giving ORS to a child



Giving ORS to an adult