

TREAT YOUR CHILD'S DIARRHEA AT HOME

DIARRHEA CAN LEAD TO DEATH IF NOT TREATED PROPERLY

Giving Oral Rehydration Solution (ORS) prevents death by replacing lost body fluids and salts. Follow the illustrated instructions on the other side of this page to make ORS at home.

IMPORTANT POINTS ABOUT ORS

- Wash hands with soap and water before preparing solution.
- Continue to breast feed, but supplement fluid intake with ORS.
- For the small very and very sick give ORS by teaspoon.
- Give small sips, frequently
- Give enough ORS for the patient pass pale, yellow urine, four or five times a day.
- If the child vomits, wait for ten minutes and then begin again.
- Feed after every loose bowel movement.
- Continue to give solids if child is four months or older. Gruels can be made with: rice, cereal, potato, cassava, yogurt.
- If the child still needs ORS after 24 hours, make a fresh solution.

GIVE ZINC TO DECREASE AND STOP DIARRHEA FLUID LOSS

- For infants less than six months old, give Zinc 10 mg once daily for 10 days.
- For children six months and older, and adults, give Zinc 20 mg once daily for 10 days.
- You can get Zinc tablets at the clinic. You can dissolve the tablet in the ORS if they can not swallow tablets.

TAKE THE CHILD TO A HEALTH CLINIC IF:

- diarrhea increases or is bloody
- vomiting persists
- child has fever
- child is lethargic
- child is very thirsty
- child is very sick looking

DIARRHEA CAN BE PREVENTED BY:

- Drinking clean, safe water (boil water before drinking if necessary)
- Washing your hands with soap and water:
 - after using latrines
 - after disposing of your child's stools
 - before eating, feeding, handling food

TRETE DIARE PITIT OU LA LAKAY OU.

DIARE KAPAB TOUYE MOUN SI LI PA BYEN TRETE.

- Lè ou bay yon moun seròm, ou kapab sovel' paske seròm ranplase dlo ak sèl ki soti nan kò a.
- Pouw' ka prepare seròm nan lakay ou, swiv jan yo diw' pouw' fè a ki nan lòt bò paj la .

BAGAY ENPÒTAN KONSÈNAN SERÒM

- Se pouw' lave menw' ak dlo e ak savon anvan ou prepare seròm nan.
- Kontinye bay tete, men se pouw' bay seròm nan tou.
- Pou ti moun ki malad anpil, bay seròm nan ak ti kiyè.
- Bay vye ti gout, de tan zan tan.
- Bay moun ki malad la seròm 4 ou 5 fwa chak jou pouw' kapab pipi pal oubyen jon.
- Si ti moun nan vomi, tann 10 minut epi bali seròm nan ankò.
- Bay tete aprè chak fwa timoun nan twalèt diare
- Kontinye bay timoun nan manje gwo manje si li gen 4 mwa oubyen si li pi gran.
- Ou kapab fè labouyi ak diri, sereyal, pòm de tè, manyòk, e yawout.
- Se pouw' prepare yon lòt seròm si seròm ou te fè a pase 24 trè.

BAY VITAMIN FÈ POU DIMINYE E RETE DIARE.

- Pou timoun ki poko gen 6 mwa, bay fè 20 mg yon fwa chak jou pou 10 jou.
- Pou timoun ki gen 6 mwa pou pi piti, bay 20 mg chak 10 jou.
- Wap jwenn vitamin fè nan klinik la. Ou kapab fonn grenn nan nan seròm nan si timoun nan(yo) pa ka vale grenn yo.

MENNEN TIMOUN NAN NAN YON KLINIK SI:

- diare a vin plis oubyen si diare a gen san la danl'.
- vomisman pa vle rete
- timoun nan gen fyèv
- Kò/manm timoun nan kraze/kase
- timoun nan mande dlo anpil
- timoun nan sanble malad anpil

YON MOUN KAPAB EVITE DIARE LÈ LI:

- bwè dlo pwòp, bon dlo(boyi dlo anviw' bwèl si nesèsè)
- Lave menw' ak dlo ak savon
- lè ou soti nan twalèt
- lèw sot jete twalèt pitit ou
- anvan ou manje, anvan ou bay timoun tete, anvan ou manyen maje.