

# THE ORT BROCHURE

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A POCKET REFERENCE FOR SCOUTS



WORLD ORGANIZATION OF  
THE SCOUT MOVEMENT

UNICEF



## INTRODUCTION

Deaths related to diarrhoeal deaths occur at the rate of:

6	every minute
342	every hour
8,219	every day
57,533	every week
3,000,000	every year!

Each year, 90% or 2,700,000 of them could have been saved if they were treated correctly with **Oral Rehydration Therapy (ORT)**, along with antibiotics in a few cases.

### Diarrhoea leads to dehydration and death

#### ORT saves lives!

It is therefore important that ORT is received by **every** child who suffers from diarrhoea and dehydration.

This is where you Scouts, can pool your efforts and make the difference. Your interest and commitment to ORT will help save the lives of thousands of children around the world. You can improve their lives and show them you care. Through your action, you can give them a better tomorrow and build a future full of promise and hope:

COMMITMENT = CARING

## WHAT YOU SHOULD KNOW

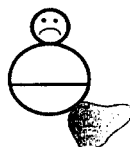
### 1. DIARRHOEA -DEHYDRATION - REHYDRATION

In diarrhoea the stools contain more water and are more frequent than usual. During diarrhoea water and salts are lost from the body. This is called dehydration. Dehydration can lead to death if it is not properly treated.

A) Normal Baby



B) Dehydrated Baby



loss of water and salts

The correct treatment for dehydration is rehydration, which is the replacement of water and salts into the body. **Oral Rehydration Therapy (ORT)** is rehydration through the mouth by **drinking adequate amounts of the right type of fluids.**

C) Baby Being Rehydrated



ORT fluid

D) Normalcy Achieved



ORT is simple, inexpensive and yet very effective! It should begin **as soon as diarrhoea starts.**

Diarrhoea → Dehydration = Loss of Water & Salts
ORT → Rehydration = Replacement of Water & Salts

## 2. THE RECOMMENDED ORT FLUIDS

Any fluid containing the 3 basic ingredients: water, salt, and a substrate is an excellent ORT fluid. A substrate helps carry the water and salts into the body more effectively.

- **ORS (Oral Rehydration Salts) Solution** is the best ORT fluid because it contains all the essential ingredients in the correct proportions.
- **Home available fluids**
  - ◇ rice or cereal based gruels
  - ◇ yoghurt based drinks
  - ◇ potato/ cassava gruels
  - ◇ salty vegetable soups
  - ◇ green coconut water

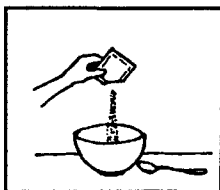
- **Other home fluids** can be given along with food
  - ◊ water (clean and safe)
  - ◊ weak tea (regular or herbal)
- **Breastmilk** is very nutritious. In the first 4-6 months of life children should be fed exclusively on breastmilk and it should be continued up to 2 years.

Give:

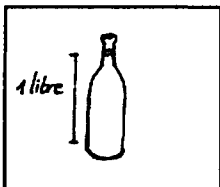
- Half (1/2) cup or more, spoon by spoon, to a young child after each stool.
- 1 cup or more to an older child after each stool.

### 3. ORS SOLUTION

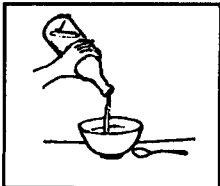
This special drink is the best ORT fluid to prepare it:



Wash your hands with soap and water. Pour entire contents of one ORS packet into a clean container.



Measure 1 liter (or amount indicated on the packet) of clean drinking water.



Pour the water into the container. Mix the solution with a clean spoon until all the powder is dissolved. Taste the solution. (It should taste no saltier than tears.)

Keep the container covered. The solution can be kept and used for one day (24 hours). Throw away any solution that remains from the day before and make a fresh solution.

### 4. FLUIDS - FEEDING - FAST REFERRAL

**FLUIDS:** Give more fluids than usual and as much as a child wants.

**FEEDING:** Continue feeding during diarrhoea to prevent malnutrition from occurring:

- continue breast feeding or
- continue feeding as usual and in addition give one extra meal each day for at least 1 week after diarrhoea stops.

**FAST REFERRAL:** A child **must** be taken to a physician / health worker if he / she is very sick or if certain danger signs appear:

- A child passing many watery stools
- A child who vomits repeatedly
- A child who is very thirsty
- A child who does not eat or drink properly
- A child who has fever
- A child with blood in his/her stools (dysentery).

### 5. PREVENTION

Diarrhoea can be prevented if simple measures of hygiene are taken:

- Washing hands with soap and water:
  - ◊ After using latrines
  - ◊ After disposing of a child's stools
  - ◊ Before eating / feeding / handling food
- Drinking clean, safe water (boiling water before drinking if necessary)
- Keeping water and food clean and covered.

Also:

- Exclusively breastfeed child during the first 4-6 months up to 2 years
- Give child nourishing solid foods to prevent malnutrition
- Immunize child against measles, as this is a protective factor for diarrhoeal diseases.

## WHAT YOU SHOULD DO

### 1. REACH OUT TO THE FAMILIES

Each one of you should adopt 5 families and bring the ORT message into these homes. With the help of your leader select families in your neighbourhood who have young children, and explain to them what diarrhoea is, why dehydration is dangerous, what ORT is, how to prepare and use ORS Solution, why it is important to continue feeding during diarrhoea and how diarrhoea can be prevented with simple measures. During the 6 months that follow you should make periodic visits to these families and make sure that the messages are not forgotten.

### 2. ORGANIZE A SCHOOL EVENT

ORT can be part of one of your school functions or can be a special Scout event. You can spread the message of ORT by organizing various activities:

- A rally where you can speak about ORT or organize a march or sport event,
- Contests: song, painting and story writing with prizes for each one,
- Debates on ORT,
- A play / skit talking about ORT,
- A puppet show,
- Set-up an ORT stall / kiosk where you can demonstrate how to prepare and use ORS solution, and distribute promotional materials.

### 3. SET-UP OF AN ORT STALL / KIOSK

Inform people about ORT and promote its use, at school, at market places, at youth functions and at fairs. You can tell people about ORT, demonstrate how to prepare and use ORS solution, explain the 3 "F's", illustrate how diarrhoea can be prevented and also distribute promotional materials.

### 4. CREATE AND DISTRIBUTE PROMOTIONAL MATERIALS

Show your creativity and commitment to ORT. In your own words communicate the message of ORT by:

- Making posters to publicize a school event or for your ORT stall / kiosk,
- Making cards, pin-ups and stickers,
- Composing songs,
- Creating scripts for plays/ skits and puppet shows.

### 5. ORGANIZE A RALLY

A rally is an occasion to have fun. You can communicate the ORT message as well as promote ORT use. The messages can be conveyed through different means:

- Speeches where you can speak of ORT,
- Marches, walkathons, or marathons for ORT,
- Through a celebration to mark your achievement and distribute awards for those who have greatly contributed for ORT.

### 6. ADOPT A COMMUNITY

The entire troop adopts a community and bring ORT into every home therein. Grouped into small teams you should visit all the homes in the community, and explain diarrhoea and dehydration, the importance of ORT, how to use and prepare ORS solution, and how to prevent diarrhoea. Organize also a play/skit and a puppet show for kids, about ORT. At the end of the "campaign", organize a ceremony to celebrate your success. You can:

- hoist a flag, or plant a symbolic item in the community.

During the 6 months that follow the "campaign" you should make periodic visits to the community to make sure that the messages are not forgotten.

**Bravo! You have saved the lives of dozens of children and given them a better future!**