

IV. FEED YOUR CHILD

DURING DIARRHOEA CONTINUE TO FEED YOUR CHILD AS USUAL.

Continue:

- to breastfeed your child or
- to feed your child as usual and also give him/her one extra meal each day for at least 1 week after diarrhoea stops.

V. SEEK MEDICAL CARE

TAKE YOUR CHILD TO A PHYSICIAN/ HEALTH WORKER:

- ▲ if your child is very sick or
- ▲ if your child has one or more of the following danger signs:
 - 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 who has blood in his/ her stools.



VI. PREVENT DIARRHOEA

DIARRHOEA CAN BE PREVENTED BY SIMPLE METHODS:

- wash your hands with soap and water:
 - *after using latrines
 - *after disposing of your child's stools
 - *before eating/ feeding/ handling food



- drink clean, safe water (boil water before drinking if necessary)



- keep your water and food clean and covered.



Also:

- exclusively breastfeed your child during the first 4-6 months up to 2 years
- give your child nourishing solid foods to prevent malnutrition
- immunise your child against measles.



TREAT YOUR CHILD'S DIARRHOEA AT HOME



- I. DEHYDRATION-REHYDRATION
- II. GIVE PLENTY OF FLUIDS
- III. GIVE ORS SOLUTION
- IV. FEED YOUR CHILD
- V. SEEK MEDICAL CARE
- VI. PREVENT DIARRHOEA

I. DEHYDRATION-REHYDRATION

DIARRHOEA IS DANGEROUS BECAUSE IT CAN LEAD TO DEATH IF IT IS NOT PROPERLY TREATED.

During diarrhoea your child loses water and salts from the body. This is called dehydration. Your child will die if these losses are not replaced.



normal child
(normal fluid level)



dehydrated child
(lowered fluid level)

The replacement of water and salts into the body is called rehydration. Rehydration can be done by giving your child more fluids to drink. This is called Oral Rehydration Therapy (ORT).



rehydration
(fluid level increases)



healthy child
(fluid level normalized)

Diarrhoea leads to dehydration and death.

ORT is the best form of rehydration and it gives life.

Give ORT as soon as diarrhoea starts.

II. GIVE PLENTY OF FLUIDS

AS SOON AS DIARRHOEA STARTS, GIVE YOUR CHILD MORE FLUIDS THAN USUAL AND AS MUCH AS HE/ SHE WANTS.

Give your child:

- ORS solution
- rice gruels
- cereal gruels
- yoghurt drinks
- potato/ cassava gruels
- green coconut water.

Give along with food:

- water (clean and safe)
- weak tea (regular or herbal)

If your child is breastfed continue breastfeeding!



III. GIVE ORS SOLUTION

TO PREPARE AND USE ORS SOLUTION FIRST WASH YOUR HANDS WITH SOAP AND WATER.



1. pour all the powder of one packet into a clean container



2. measure 1 litre (or amount indicated on packet) of clean water



3. pour the water into the container and mix with a clean spoon until the powder is totally dissolved.

Keep the container covered and give:



- half ($\frac{1}{2}$) cup or more to a young child after every stool
- 1 cup or more to an older child after every stool.

Use the solution for one day (24h) and then throw away what is left. Make a fresh solution the next day.