

## Oral Rehydration Solutions: Made at Home

The **most effective, least expensive** way to manage diarrhoeal dehydration.

### Do-It-Yourself .... Encouraging self-reliance

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To prevent too much liquid being lost from the child's body, an effective oral rehydration solution can be made using ingredients found in almost every household. One of these drinks should be given to the child every time a watery stool is passed.

Ideally these drinks (preferably those that have been boiled) should contain:

- starches and/or sugars as a source of glucose and energy,
- some sodium and
- preferably some potassium.

The following traditional remedies make highly effective oral rehydration solutions and are suitable drinks to prevent a child from losing too much liquid during diarrhoea:

- **Breastmilk**
- **Gruels** (diluted mixtures of cooked cereals and water)
- **Carrot Soup**
- **Rice water - Congee**

A very suitable and effective **simple solution** for rehydrating a child can also be made by using salt and sugar, if these ingredients are available.

If possible, add 1/2 cup **orange juice** or some mashed **banana** to improve the taste and provide some **potassium**.

Molasses and other forms of raw sugar can be used instead of white sugar, and these contain more potassium than white sugar.

If none of these drinks is available, other alternatives are:

- **Fresh fruit juice**
- **Weak tea**
- **Green coconut water**

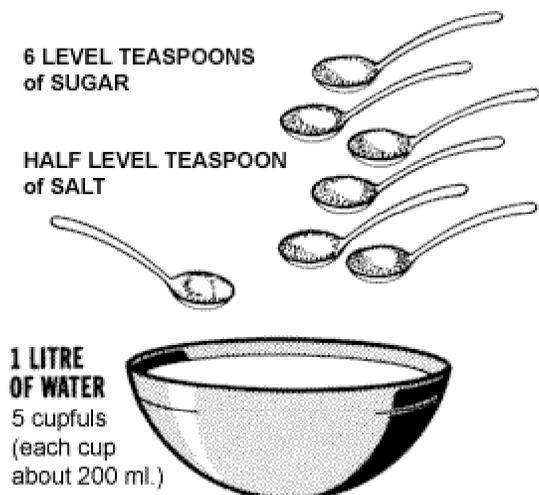
If nothing else is available, give

- water from the cleanest possible source - (if possible brought to the boil and then cooled).

### 🚰 Home made ORS recipe - The "simple solution"

#### Preparing One (1) Litre Oral Rehydration Solution [ORS] using Salt, Sugar and Water at Home

Mix an oral rehydration solution using one of the following recipes; depending on **ingredients and container availability**:



#### Ingredients:

Half (1/2) level teaspoon of Salt

Six (6) level teaspoons of Sugar

One (1) Litre of clean drinking or boiled water and then cooled

5 cupfuls (each cup about 200 ml.)

#### Preparation Method:

Stir the mixture till the salt and sugar dissolve.