

Managing Diarrhoea at home

Making ORS

Do a demonstration of preparation of ORS



(a)

Wash your hands
with soap



(b)

Pour all the ORS powder
into a container having
capacity of 1 litre



(c)

Measure 1 litre of drinking
water (boiled & cooled) &
pour it in a container

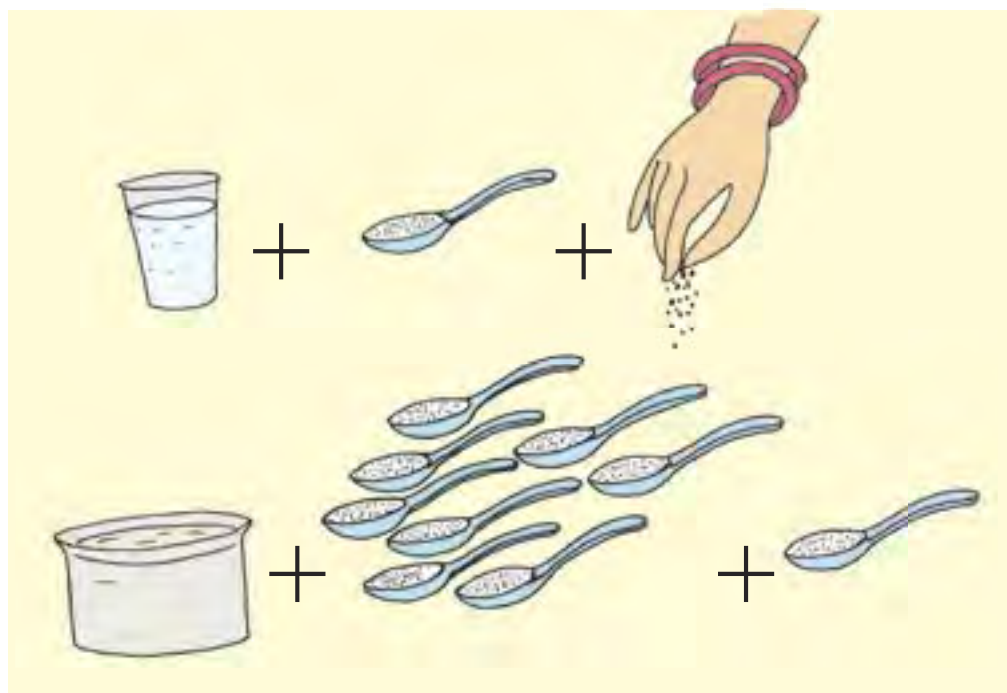


(d)

Stir well until the
powder is mixed
thoroughly

Nowadays, one litre plastic water bottles are available and can be used to measure the correct quantity of water.

If the ORS packet is not available, teach the mother how to make home-made ORS: For one glass (200 ml) of water, add a pinch of salt and a spoon of sugar. (See in the diagram how a pinch of salt is taken with three fingers and how a spoon of sugar is measured). Alternatively, one litre of water with 50 gm of sugar (8 spoons) and 5 gm (a teaspoon) of salt. A juice of half a lime can be squeezed in. Taste to see that it is not too salty, or too sugary. It should taste of tears. Spoon is taken as 5 ml. Measure this amount and ensure it comes to 5 ml.



Note: Discard ORS fluid if it is kept for more than 24 hrs.

