

Severity of dehydration of child

Dehydration	Child is	Thirst	Tongue and mouth	Eyes	Talu (AF)	Skin fold on pinching	Urine
None	Alert, restless	present	moist	moist	normal	Normal, returns quickly	normal
Mild Dehydration	Restless, irritable	present	dry	Dry and sunken	sunken	Fold stays a while	Little
Severe Dehydration	Sleepy, floppy	Not drinking	dry	Dry and sunken	sunken	Fold stays for long	absent

Home Available Fluids (HAF)

Give the baby a lot of watery foods like 'Sharbat', coconut water, rice-kanji, light tea etc. You should talk about commonly available, locally accepted liquids which are given to children.

Oral Rehydration Salt (ORS)

ORS packets are available in your kit and with other health workers.

Take one liter of water in a clean container. Empty the full packet of ORS in this. Stir it. Start giving this fluid spoon by spoon to the child. Prepare fresh ORS everyday.

Other tips

- Mother/father or other care taker, should wash hand properly before feeding the baby. It should not give new infection.
- Give ORS spoon by spoon to avoid vomiting.
- If possible, use boiled water for preparing ORS. At least make sure it is from safe sources.
- Continue breastfeeding if the baby is breastfeeding.
- Give other foods and drinks along with ORS.
- Bottle feeding is bad for any child. Avoid it in diarrhea also.

When to refer the child

- If dehydration is severe. (Start fluids and then send)
- If the vomiting does not stop