

- After the child recovers and normal appetite reappears, the child may be given more food than normal to regain lost weight.
- Give extra fluids
- Give ORS (Oral Rehydration Solution)
- Advise the mothers to give Oral Rehydration Solution (ORS). You must have adequate stock of ORS, being the depot-holder, especially in the monsoon season and during any outbreak of diarrhoea.
- Guide the mothers for preparing ORS. Take one litre of clean drinking water in a clean container after washing your hands with soap and water. Add one packet of ORS in it and stir it thoroughly so that the powder is mixed. Cover the vessel. One teaspoon of ORS should be given every one-two minutes to infants as per the table below:

1. Continue feeding
2. Give extra fluids
3. Give ORS
4. Refer in case of danger signs

Advise the mothers to give Home Available Fluids (HAF) e.g. plain clean water, lassi, shikanji

Upto 2 months	2 months up to 2 years	2 years and more
5 Spoons	$\frac{1}{4}$ - $\frac{1}{2}$ cup	$\frac{1}{2}$ - 1 cup
<i>Give more if the child wants</i>		

(Do a demonstration of preparation of ORS)



Fig. 39

Wash your hands with soap



Fig. 40

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



Fig. 41

Measure 1 litre of drinking water & pour it in container



Fig. 42

Stir well until the powder is mixed thoroughly