

## ORAL REHYDRATION SOLUTION (ORS)

# ORS Preparation

1. Measure 1 litre of safe drinking water (boiled or chlorinated) with a clean one litre bottle.
2. Empty and dissolve contents of 1 satchet Oral Rehydration Salts into the 1 litre of clean water.



3. Drink the fluid at least:

<b>Infants</b>	continue breastfeeding/normal fluids and give 50-100ml (10-20 teaspoons per loose stool).
<b>Children</b>	(2 – 12 years) – more than 1L in a day (give more if child wants more).
<b>Adults</b>	Drink 200ml (1 glass) per loose stool and freely as required.

**IMPORTANT:** Continue to DRINK the ORS SOLUTION until you reach the nearest health facility and until the diarrhoea stops.!!!

4. Store in a clean container with a lid. Discard remaining solution after 24 hours.

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