

# THE ONLY REAL SOLUTION TO DIARRHOEA ORS (ORAL REHYDRATION SOLUTION)

Diarrhoea continue to be a public health problem leading to U5 mortality  
Use of ORS as a safe and effective intervention to prevent and treat diarrhoea  
World Health organisation (WHO) - advocates for low osmolarity ORS  
Na 75 mequiv, K 20 mequiv, Cl 65 mequiv, HCO<sub>3</sub> 10 mequiv and Glucose 75 mg only

## Low osmolarity ORS



Reduced Glucose, low Sodium concentration overall osmolarity 254mOsm/L

Advantages : Decrease in Stool output – 20% reduction in vomiting – 30 % reduction in need for IV treatment- 40 %

## Zinc Supplementation

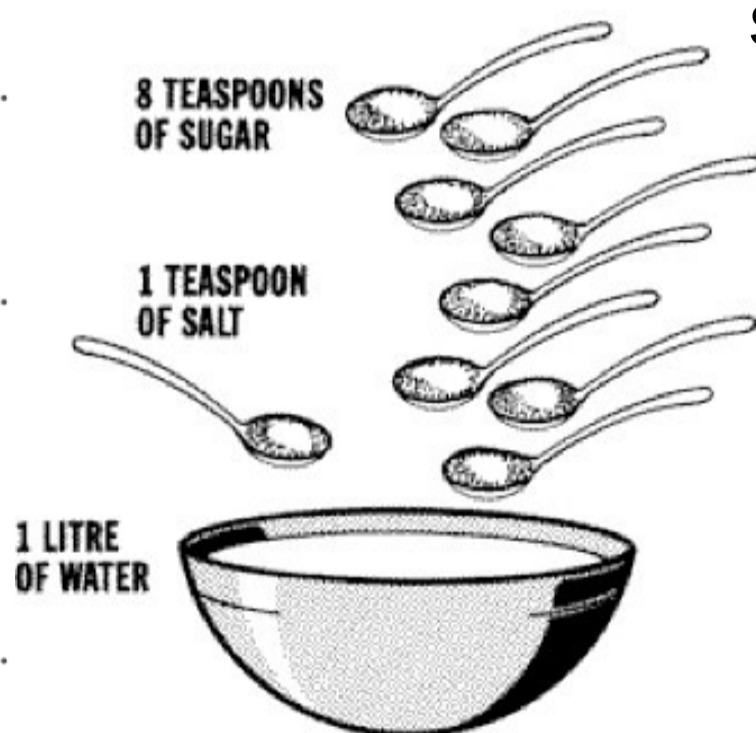


Zinc supplementation as an adjuvant to low osmolarity ORS

Zinc -decrease the severity/duration and incidence of cases , 14 days course of Zinc Introduction of Zn to community programmes resulted increase use of ORS , decreased use of unnecessary antimicrobials and decrease in medical visits

Zinc supplementation, at a dosage of 20 mgs per day for children older than six months or 10 mg per day in those younger than six months, for 10–14 days

## ORS prep (Home made)



**Step 1** Boil approximately 1 liter of filtered clean water. Boiling the water will kill any contaminating bacteria and ensure that the water is sterile.

**Step 2** Measure out 1 liter of the boiled water and in a suitable container like a pitcher. Always ensure that anything that is going to be exposed to the solution is clean and as close to sterile as you can make it.

**Step 3** Add to the boiled water a pinch (1tea spoonful) of regular table salt. Stir the solution well and ensure that the salt fully dissolves in the water.

**Step 4** Add a heaping handful (8 tea spoonful) of sugar. Regular baking sugar will work for this situation.. Stir the sugar into the solution until it dissolves. This solution is now ready to consume. The taste may be gross but it will save lives.

**Step 5** Taste it if it is like tears then it is perfect.

