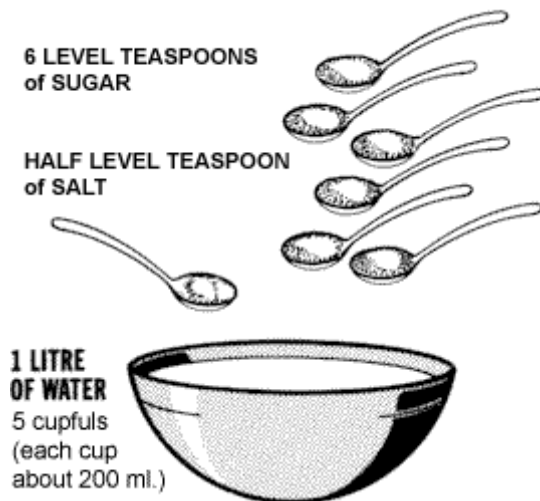


Frequently Asked Questions

? **How do I prepare an Oral Rehydration Salts ORS solution at home?** If ORS packets are not available, mix an oral rehydration solution using one of the following recipes; depending on ingredients and container availability:

Recipe for Making a 1 litre ORS solution using Sugar, Salt and Water

1. **Clean Water - 1 litre - 5 cupfuls** (each cup about 200 ml.)
2. **Sugar - Six level teaspoons**
3. **Salt - Half level teaspoon**
4. **Stir the mixture till the sugar dissolves.**



The home-made solution is adequate in most causes. If the diarrhoea is severe, ask your chemist for a special packet of Oral Rehydration Salts. Follow the instructions on the packet carefully. Drink sips of the ORS (or give the ORS solution to the conscious dehydrated person) every 5 minutes until urination becomes normal. (It's normal to urinate four or five times a day.) Adults and large children should drink at least 3 quarts or litres of ORS a day until they are well. If you are vomiting, continue to try to drink the ORS. Your body will retain some of the fluids and salts you need even though you are vomiting. Remember to take sips of liquids slowly. Chilling the ORS may help. If you have diarrhea, continue to drink the ORS. The fluids will not increase the diarrhea. Someone with symptoms of severe dehydration needs to go to an emergency room or other health care facility to get intravenous fluids (fluids given directly into the veins through a needle) if possible. If able to drink, he or she should also drink the ORS. During or after treatment of dehydration, whatever is causing the diarrhea, vomiting, or other symptoms