



Oral Rehydration Solution Guidelines

How to prepare the oral rehydration (sugar and salt) solution?

1. Ensure your hands are clean – use hand sanitiser or wash hands with soap and water.
2. Wash all the utensils you will need in clean water.
3. Boil one litre of water and allow it to cool.
4. Add eight level teaspoons of sugar and a half a level teaspoon of salt.
5. Mix until the sugar and salt are dissolved.

How much should you drink?

The solution should be given after each watery stool.

- A child under the age of 2 years should be given least 1/4 to 1/2 of a large (250 ml) cup of the solution after each watery stool. Offer one teaspoon every one to two minutes.
- A child aged 2 years or older should be given at least 1/2 to 1 large (250 ml) cup of the solution after each watery stool. Encourage the child to take frequent sips.
- Adults should drink as much of the solution as they can.

If vomiting accompanies the diarrhoea, don't stop offering or drinking the solution. Pause, for 5 - 10 minutes and then restart at a slower pace.

Infants who breastfeed should continue for as long as they will feed.