

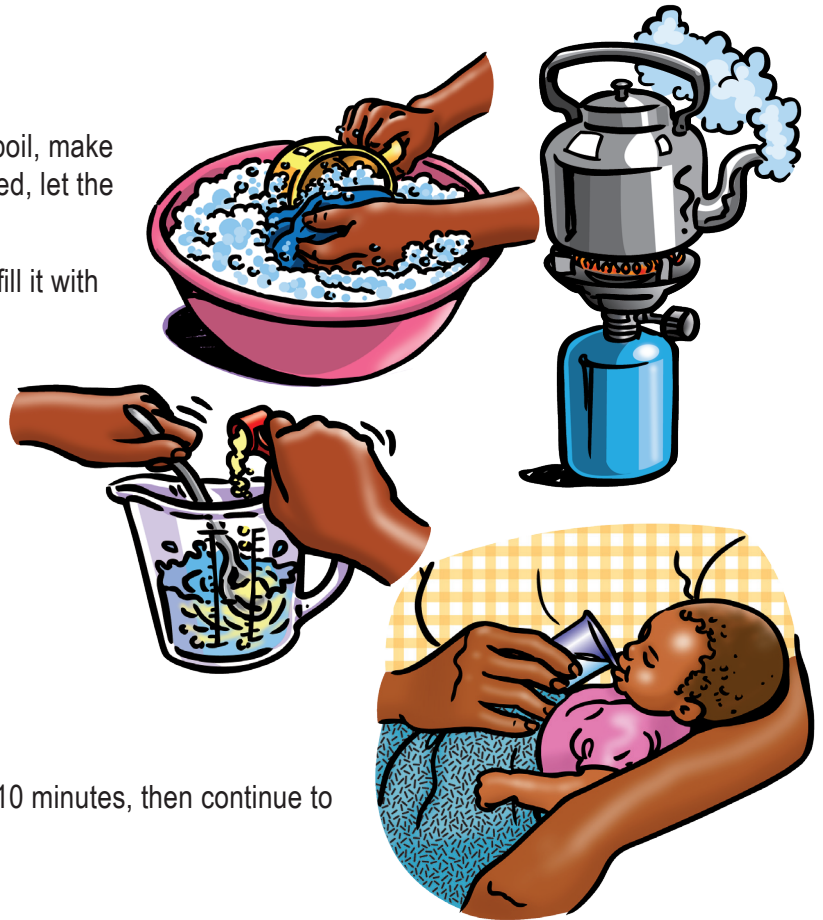
Caring for your Child

Managing Diarrhoea

If your child has diarrhoea, it is important to continue to give your child breastmilk if they are under 6 months and if they are older than 6 months, to continue with milk and small meals. Diarrhoea can cause dehydration, which means that your child does not have enough water in his/her body. Dehydration can cause death within a day, so it is important to give your child a special drink called Oral Rehydration Solution (ORS) in between meals as soon as possible if your child has diarrhoea.

How to Make ORS:

1. Boil a litre of water. Once the water comes to a boil, make sure it boils for an entire minute. After it has boiled, let the water cool
2. Clean a 1-litre bottle with soap and water. Then fill it with the cooled boiled water
3. Add 8 level teaspoons of sugar and ½ level teaspoon of salt to the bottle of water, and mix well
4. If your child is less than 2 years old, give him/her ½ a cup of ORS after every time he/she has diarrhoea. If your child is 2 – 5 years old, give him/her 1 cup of ORS after every time he/she has diarrhoea. Feed to your child in small sips from a cup and be guided by the child's thirst
5. If your child vomits after drinking the ORS, wait 10 minutes, then continue to give your child ORS but in smaller sips



Danger Signs:

Go to your local clinic **IMMEDIATELY** if your child:

- Is unable to drink anything
- Is vomiting everything he/she eats
- Has blood in his/her diarrhoea
- Is breathing fast
- Has sunken eyes or a very dry mouth
- Is lethargic/unconscious



USAID Disclaimer

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