

Simple Solution ORS-Oral Rehydration Salts

Preparing 1 (one) Litre solution using Salt, Sugar and Water at

Home Mix an oral rehydration solution using the following recipe. **Ingredients:**

Six (6) level teaspoons of Sugar

Half (1/2) level teaspoon of Salt

One Litre of clean drinking or boiled water and then cooled - 5
cupfuls (each cup about 200 ml.)

Preparation Method:

Stir the mixture till the salt and sugar dissolve.

Effective homemade remedy for watery diarrhea

An efficient and effective homemade remedy to be used when watery diarrhea strikes and is a good substitute for oral rehydration salts:

Ingredients:

1/2 to 1 cup precooked baby rice cereal or 1½ tablespoons of granulated sugar

2 cups of water

1/2 tsp. salt

Instructions: Mix well the rice cereal (or sugar), water, and salt together until the mixture thickens but is not too thick to drink. Give the mixture often by spoon and offer the child as much as he or she will accept (every minute if the child will take it). Continue giving the mixture with the goal of replacing the fluid lost: one cup lost, give a cup. Even if the child is vomiting, the mixture can be offered in small amounts (2-1 tsp.) every few minutes or so.

Banana or other non-sweetened mashed fruit can help provide potassium. Continue feeding children when they are sick and to continue breastfeeding if the child is being breastfed.