



HEALTH AND WELLNESS CLUB
ORS & ZINC THERAPY- TACKLE DIARRHOEA

Dear Parent,

Diarrhoea, is the condition of having at least three loose or liquid bowel movements each day. It is frequently caused by poor sanitation and hygiene, can have serious, and even deadly results, typically as a result of diarrhea-related dehydration. It particularly affects infants, children and old people.

About 1.7 to 5 billion cases of diarrhoea occur per year. On an average, young children get diarrhoea three times a year. Frequent episodes of diarrhoea are also a common cause of malnutrition and can result in stunted growth and poor intellectual development.

Hand washing is the best method for the prevention and spread of bacteria, parasites and viruses that cause diarrhoea. It is especially important before eating and after using the bathroom or changing a diaper. Hand sanitizers are not appropriate for such situations.

Protect all your food from contamination. Be sure to properly prepare, refrigerate, cook, and serve all food. Raw milk and raw eggs should not be eaten.

Diarrhoea generally lasts for several days, and leaves the body without water and salts that are necessary for survival. Most people who die from diarrhoea actually die from severe dehydration and fluid loss from the body.

Dehydration from diarrhoea can be prevented by giving extra fluids at home, or it can be treated simply and effectively by giving adequate glucose-electrolyte solution called Oral Rehydration Salts (ORS) solution.

ORS Jodi (ORS and Zinc) has proven to be successful in the prevention and management of acute diarrhoea and dehydration. ORS is available in the market in a powder form in sachets/ readymade solutions or one can also easily make it at home as well.



All we need to know:

How to make the ORS drink which is available in powder form?

1. Put the contents of the ORS packet in a clean container. Check the packet for directions and add the amount of clean water as indicated. Too little water could make the diarrhoea worse.
2. Add water only. Do not add ORS to milk, soup, fruit juice or any soft drinks. Do not add sugar.
3. Stir well, and feed it to the child from a clean cup. Do not use a bottle.

How do I prepare an ORS solution at home?

If ORS packets are not available, you can prepare it at home as well.

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

The home-made solution is adequate in most cases and is very effective for rehydration. Be very careful to mix the correct amounts. Too much sugar can make the diarrhoea worse and too much salt can be extremely harmful to the child.

Can the ORS solution be stored? The ORS solution should be covered and not kept for more than 24 hours, due to the risk of bacterial contamination.

Can ORS be used for everyone? ORS is safe and can be used to treat anyone suffering from diarrhoea, before a detailed diagnosis is done by the doctor. Adults need rehydration treatment as much as children, although children must always be treated immediately because they become dehydrated more quickly.

What happens if the ORS is prepared with dirty water? The benefits of fluid replacement would be lost if you use contaminated water. Boil and cool the water before use. In situations where it is difficult to boil water, use the filtered water possible.

PREPARE AND PREVENT, DON'T REPAIR & REPENT

Asha Prabhakar
(Principal)

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