

Dehydration: Cure**List of illustrations**

1. An infant with dehydration has cracked dry lips and the skin has no elasticity when pinched and the fontanel may be sunken down.
2. Mother must keep her breast clean when breast feeding baby.
3. Mother must continue to breastfeed the baby as much as possible
4. Boil some clean water for at least 6 minutes
5. Measure 1 litre of boiled water in a clean bottle
6. Dissolve the packet of ORS in bottle, and cool the mixture.
7. Feed the baby a little at a time, a few spoons of ORS every 15 minutes, and try to use the whole bottle in 12 hours.
8. Discard any ORS which remains and make fresh ORS the next day
9. Mother must keep checking the baby carefully to see it is improving
10. Mother can also feed rice water to the baby to give it strength
11. If baby still has diarrhoea and is not improving after 24 hours go to get medical help quickly.
12. Babies with dehydration are at risk of dying very easily.

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Deshydration: Cure

OBJECTIVE: Ensure proper treatment of diarrhea and dehydration

ACTIVITY: Demonstration to make oral rehydration solution

TIME: ½ hour

MATERIAL: 1 empty 1 litre bottle, a clean jug, a teaspoon, ORS packet.

KEY MESSAGE: «Continuous to breastfeed and rehydrate a baby with diarrhoea»

HOMEWORK: Know how to make SSS and water Rice Water

METHOD: Demonstration of ORS

1. Explain that a person suffering from diarrhea is dehydrates, because a lot of water is lost. So, like a plant that is dying for lack of water, a vulnerable child can wither and die very easily.
2. Explain that the dehydration of diarrhea should be treated as soon as it happens (Show Card No.1 & 2)
3. Show the type of ORS package available in your country and explain where these can be obtained.
4. Give a practical Demonstrate how to make ORS.
5. Wash your hands very well with soap before making ORS.
6. Wash the bottle thoroughly with soap and water.
7. Boil water thoroughly for at least 6 minutes and allow to cool
8. Measure one litre of boiled water using the bottle.
9. Stir until ORS is dissolved in the water and let it cool down.
7. Keep bottle closed when not in use.

RECOMMENDED PRACTICES

- Give it a little ORS every few minutes during the day (not all at once)
- Try to finish the whole bottle in a 24 hour period
- Discard the extra and create a new mix each day.
- If diarrhea persists for more than 24 hours, take the baby to the clinic
- Continue breastfeeding, even if the diarrhea persists.
- Supplement ORS with mild liquid porridge or rice water.

