

Trainer's Guide to treatment of Dehydration

Dehydration:

1. Dehydration is the excessive loss of water through severe diarrhoea and/or vomiting.
2. Dehydration can be caused by illnesses like ordinary diarrhoea, cholera, measles, and H1N1.
3. Dehydration is one of the main causes of death for children under the age of 5.
4. The symptoms of dehydration in children are:
 - The mouth becomes dry and cracked.
 - The fontanel sinks into the skull on young babies.
 - The skin loses elasticity: the skin stays heaped when pinched.
5. Dehydration can be prevented by drinking enough water during the course of an illness.
6. Dehydration can be treated with oral rehydration solutions such as a Sugar Salt Solution (SSS).
7. Flat Coca-cola (without bubbles) is another possible way to treat dehydration.
8. When an infant is suffering from diarrhoea and dehydration, it is important to continue breast feeding as normal. Ensure breasts are washed with soap before breastfeeding.

Use of SSS:

Children

1. Give 1 teaspoon of SSS every 5 minutes.
2. Try to finish 750 ml of SSS within 1 day.
3. If diarrhoea does not stop within 24 hours, take the child to a clinic.

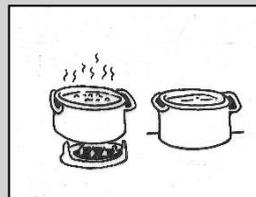
Adults

1. Drink SSS regularly throughout the day.
2. Try to finish at least one 750 ml bottle a day.

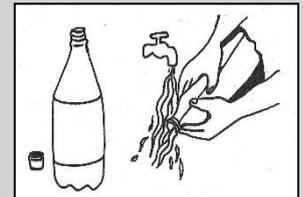
Recipe:

1. Materials needed:
 - a. Sugar
 - b. Salt
 - c. 750 ml bottle
 - d. Boiled water
 - e. Teaspoon
2. The recipe is illustrated below:
 1. Boil water and leave it to cool.
 2. Wash a 750 ml plastic bottle well.
 3. Pour the boiled (and cooled) water into the plastic bottle, measuring exactly 750 ml.
 4. Measure $\frac{1}{2}$ level teaspoon of salt and add it to the warm water.
 5. Measure 6 level teaspoons of sugar and add them to the warm water.
 6. Stir/shake the bottle well until the sugar and salt have dissolved.
 7. Taste the SSS to make sure it is no more salty than tears.

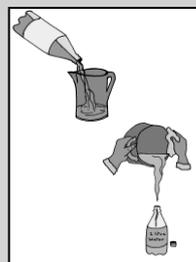
Step 1



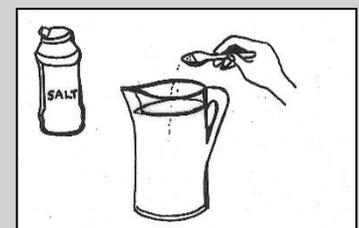
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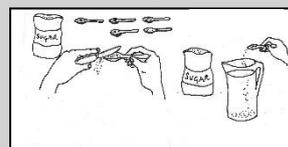
Step 3



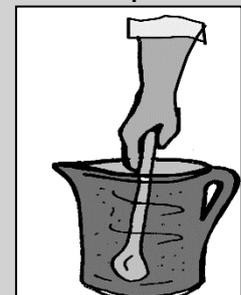
Step 4



Step 5



Step 6



Step 7

