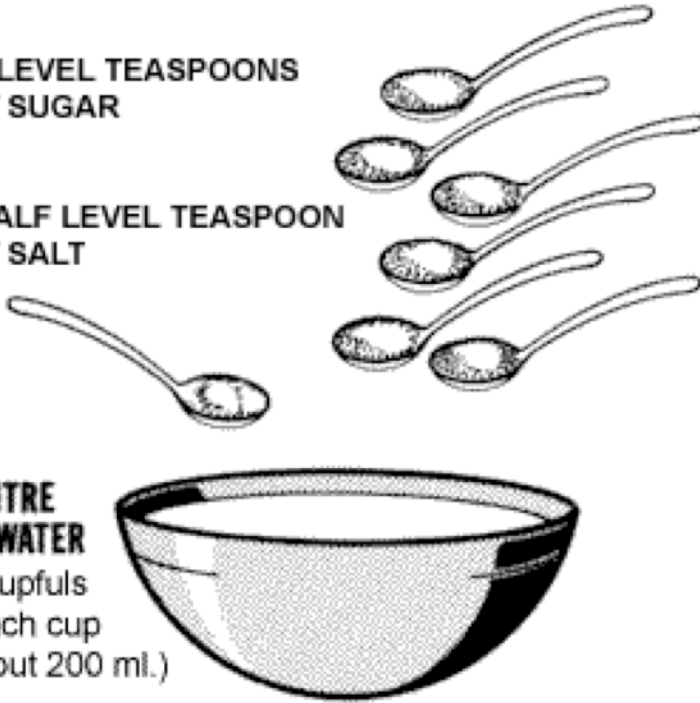


Oral Rehydration Solution Recipe

6 LEVEL TEASPOONS
of SUGAR

HALF LEVEL TEASPOON
of SALT

1 LITRE
OF WATER
5 cupfuls
(each cup
about 200 ml.)



Use Sea Salt when possible.

Do not boil the salt and sugar, let water cool first if you are heating/boiling for sterilization.

Add flavor with flavor packet if person not medically compromised.

If diarrhea is active, add zinc.

Dilute salt/sugar if child or elderly person is extremely sick to avoid complications.

In case of diseases present clean or sterilize water and containers.

Consult medical professional if diarrhea does not resolve within 3-4 days.

Amount of ORS depends on weight/age of child.

If traveling, pre-package the sugar and salt.

Raw sugar and molasses contain more potassium.

Fresh juice, weak tea, green coconut water are options when no ORS available.

Taste test of salt with no measuring is the taste of tears.

Children under 2 .5 cup per feeding. Older children .5 to 1 cup. Adults/large child 3 quarts/liters per day until well. In extreme dehydration take by teaspoon until normal urinating returns.