

## ORS (Oral Rehydration Salts)

ORS (Oral Rehydration Salts) Day is celebrated every year on 29th July to highlight the importance of Oral Rehydration Salts as cost effective method of health intervention.

Oral Rehydration Therapy (ORT), a simple, cost-effective treatment given at home using either packets of Oral Rehydration Salts (ORS) or a simple home solution of sugar, salt and water can prevent about 90% of child deaths from diarrhoeal dehydration.

Dehydration from diarrhoea can be prevented by giving extra fluid at home, or it can be treated simply and effectively by giving ORS solution. ORS contains a variety of salts (electrolytes) and sugar. The combination of electrolyte and sugar stimulates water and electrolytes absorption from gut. It therefore prevent or reverse dehydration and replace lost salts in condition such as diarrhoea and vomiting. ORS is available in the market in a powder form in sachets/readymade solution or one can easily make it at home as well.

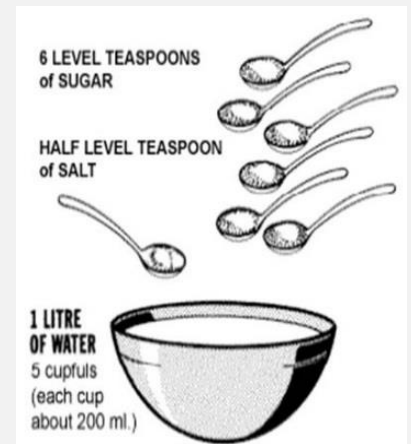
### How to prepare ORS drink available in powder form?

1. Put the content of the ORS packet in a clean container. Check the packet for direction and add the amount of clean water indicated. Too little water could make the diarrhoea worsen.
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
4. Feed it to the child from a clean cup. Do not use a bottle.

### How to prepare an ORS solution at home?

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

- Clear water- 1 litre- 5cup ful (each cup about 200ml)
- Sugar- Six level teaspoons(1 teaspoon =5 grams)
- Salt-Half level teaspoon
- Stir the mixture till the sugar dissolves the homemade solution is adequate in most cases and vary effectively for rehydration. Be very careful to mix the correct amounts. Too much sugar can make the diarrhoea worsen and too much salt can be extremely harmful to child.



### How to store the ORS solution?

The ORS solution should be covered and not kept more than 24 hrs. Due to the risk of bacterial contamination.

### Can ORS solution 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.

### Reference

[www.rehydrate.org](http://www.rehydrate.org)