

Intensified Diarrhoea Control Fortnight (IDCF)

ORS and Zinc

THE MOST EFFECTIVE DIARRHOEA TREATMENT

Restore your child's energy and strength



ORS

Give ORS until Diarrhoea stops. It helps maintain water and mineral level of the body.

ZINC

After Diarrhoea, continue giving one Zinc tablet per day, everyday for 14 days.

ZINC means 14 Days

Give your child the protection of ORS and Zinc


Benefits of ORS

Fulfills the deficiency of salt and vital nutrients in the body


Helps reduce vomiting and Diarrhoea

Hydrates the body and initiates faster recovery from Diarrhoea


Process of making ORS solution



Pour 1 litre drinking water in a clean utensil



Pour 1 big packet of ORS in it



Stir the ORS powder well with a clean spoon

Use ORS solution within 24 hours of preparation, discard the leftover solution.


Benefits of Zinc

Reduces duration and intensity of Diarrhoea

Ensures protection from Diarrhoea for 3 months


Increases immunity for a longer period

Dosage of Zinc tablets for different age groups



2 - 6 months old child

½ tablet (10 mg) in clean water or mother's milk.



6 months - 5 years old child

1 tablet (20 mg) in clean water or mother's milk.


Zinc for 14 days, once daily.

How do you know a child has Diarrhoea?


More watery than normal stool or completely watery stool indicates that the child has Diarrhoea.

Symptoms of dehydration


(Consult doctor if you see 2 or more symptoms)




If a child is restless, irritated, dizzy or unconscious



Eyes appear sunken



If the child is extremely thirsty or unable to drink water (not applicable for children less than 2 months)



On gentle pinching, the skin gets to normal position very slowly (Lack of elasticity in the skin)

Prevention of Diarrhoea



Before cooking, feeding food and after cleaning child's stool/toilet use, wash hands properly with soap.



Dispose off child's stool quickly and safely. Use latrines and maintain personal hygiene.

To avoid outbreak of Diarrhoea, eat clean and home cooked meals. Avoid eating street food.

Remember



During and after Diarrhoea, continue feeding mother's milk. Give extra milk during and after illness, and supplementary nutrition to the child.

ORS Dosage for Different Age Groups



Less than 2 months old child

5 spoons of solution after every motion



2 months to 2 years old child

½ cup to ¾ cup after every motion



2 years to 5 years old child

¾ cup to 1 cup after every motion

Give ORS to the child from the onset of Diarrhoea and after every motion, till Diarrhoea subsides.

For more information, contact your nearest healthcare centre or Dial 104