

Intensified Diarrhoea Control Fortnight



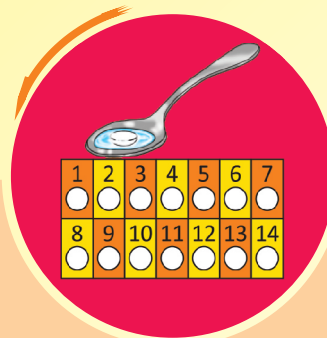
Treatment for children with diarrhoea



Dissolve 1 big packet of ORS in 1 litre of clean drinking water in a clean vessel



Give ORS solution by spoon frequently, especially after every motion



Give one Zinc tablet dissolved in 1 spoon of water or mother's milk for 14 days even if diarrhoea stops



Continue breastfeeding during and after diarrhoea along with other dietary supplements. Breastfeed more during and after illness

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 home cooked meals and avoid street food.

- Use ORS solution within 24 hours of preparation
- A child should be given only mother's milk from birth till 6 months
- ORS and Zinc work better together and are more effective

To know more about diarrhoea, contact ASHA/ANM

Hand Washing for Good Health

How to wash hands



Wet your hands with water and rub soap on them



Rub the palms of your hands with each other



Rub the back of the hand and the spaces between the fingers with the palm and fingers of the other hand



Rub the nails of one hand against the palm of the other



Rotationally rub the thumb of one hand with the other hand and vice versa



Rub and clean your wrist also



Rinse both the hands well with water