

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