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# ORT ACTION GUIDE

THE SCOUT MANUAL  
FOR SAVING LIVES OF CHILDREN

WORLD ORGANISATION OF THE SCOUT MOVEMENT  
UNICEF

*Janet?*

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## THE SCOUTS AND UNICEF

*The World Organisation of Scout Movement and UNICEF share the objective of playing an active part in the promotion of children's rights and health, and have a long history of exchange of information & ideas as well as cooperation in joint activities.*

*By informing the young people of the world the key elements of primary health care, the Scouts and UNICEF are helping them acquire skills to enable them to take on the responsibility of their own health and also that of their families and communities.*

*The Scouts and Guides have been the leading activists around the world with UNICEF, as early as 1979, during the International Year of the Child.*

*In 1985, Mr. James Grant, Executive Director of UNICEF, challenged the Scouts & Guides to participate in the "Child Survival and Development Revolution", which focuses on 4 simple child survival techniques: growth monitoring, oral rehydration therapy, breastfeeding and immunization, and following the guidelines of "Help Children Grow", a child health resource kit jointly produced by WOSM & WAGGGS in cooperation with UNICEF, the Scouts and Guides launched their revolution to help ensure health for all children.*

*A number of UNICEF offices have also established relationships with national & community Scout organisations, notably the Scouts in Venezuela who are successfully carrying out "Project UNICEF :Serving our Children" through their participation in the national immunization days, as well as other national health campaigns, in informing families on important health issues including ORT.*

*Also German Scouts & Guides cooperated with the national UNICEF committee to provide water pumps in villages in Sudan.*

*Recently the Scouts of the UK were invited to take part in a competition to create a card for UNICEF, based on the theme of UNITE, a joint venture of the Scouts of the UK and Uganda to work together for immunization and AIDS prevention.*

*Today, UNICEF is focusing its efforts on the promotion of ORT globally. The Scouts can make a very valuable contribution to help spread this important message and to educate people both in developing and industrialized nations.*

*Let us be partners once again and work together, and build a better future for all.*

**JAMES GRANT**  
Executive Director, UNICEF

**JACQUES MOREILLON**  
Secretary General, WOSM

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## ORT ACTION GUIDE

*This Manual is your personal guide to help save the lives of millions of children around the world, by taking up the biggest killer of children: **DIARRHEAL DEHYDRATION.***

*In making your commitment to fight diarrheal dehydration you join UNICEF and other organisations including several youth organisations, to mobilize communities, empower families with the knowledge of ORT and make it a reality in every home.*

*As Mr. James Grant, Executive Director of UNICEF stated:*

*"There is no excuse for the deaths of 3 million children every year and the mental and physical stunting of millions more, due to the combined effects of malnutrition and infection."*

*The Manual consists of 3 sections:*

1. *The Essential Facts:* *giving the basic background knowledge on diarrheal diseases.*
2. *Actions You Can Take:* *a list of suggested activities for Scouts with guidelines for their planning & implementation.*
3. *Annexes:* *a collection of illustrations, promotional and educational material, containing key messages, which can be used as such or adapted as required.*

*This handbook for Scout leaders and trainers, can be used:*

- *as a reference guide*
- *to create an awareness among Scouts of this global problem*
- *to motivate Scouts to join in the ORT mobilization movement*
- *to plan activities for Scout teams and troops, and*
- *to train Scouts for specific activities.*

## **THE 10 ESSENTIAL FACTS**

- 1. The Global Problem**
- 2. What is Diarrheal Dehydration**
- 3. What is the Treatment**
- 4. The Fluids**
- 5. Feeding**
- 6. Fast Referral/ Further Help**
- 7. Other Treatments**
- 8. Prevention of Diarrhea**
- 9. The Goal to Achieve**
- 10. Social Mobilization**

## 1. The Global Problem

*Over the centuries diarrhea has killed more children than war, plague or any other causes! Even today on the threshold of the 21st century, deaths related to diarrheal diseases are at the rate of:*

<b>6</b>	<b>this minute</b>
<b>342</b>	<b>this hour</b>
<b>8,219</b>	<b>this day</b>
<b>57,533</b>	<b>this week</b>
<b>3,000,000</b>	<b>this year.</b>

*Sadly enough, 90% = 2,700,000 of them could have been saved if they had been correctly treated.*

**Let's not waste another minute, let's act now!**

*Diarrhea is caused by the ingestion of germs present in stools. These germs can spread through water, foods, hands, eating & drinking utensils, and flies. Diarrheal diseases are common in developing countries especially in poor & overcrowded rural areas where access to or availability of safe drinking water, as well as good sanitation, is often lacking. Diarrhea is also present in industrialized nations where basic hygienic conditions are not met.*

What we need is more people who specialize in the impossible.

Theodore Roethke

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## 2. What is Diarrheal Dehydration

*Acute diarrhea leads to dehydration which is the loss of fluids and salts from the body. This causes collapse of the vital organs of the body. To restore the body balance, the fluid and salt losses should be replaced. If the losses are not replaced death occurs very rapidly thereafter.*

*Diarrhea is also responsible for causing malnutrition among children in the developing world. A child suffering from malnutrition cannot defend himself from infections including diarrhea and so a vicious circle is formed.*

Our lives begin to end the day we become silent about things that matter.

Martin Luther King

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## 4. The Fluids

**ORT** short for **Oral Rehydration Therapy** is not only the means of restoring the water and salt losses of the body but also prevents malnutrition. It was discovered 25 years ago in Bangladesh. *Lancet*, a reputed medical journal stated ORT as being, "potentially the most important medical breakthrough of the century."

Today, ORT is universally accepted as being the ideal treatment for diarrhea, as well as being a preventive measure for dehydration if given as soon as diarrhea starts.

Several types of fluids have been recommended by WHO, all containing 3 principal ingredients, **water, salt, & a substrate**, the substrate helping the body to absorb the water more efficiently:

- **Breastmilk** should be the exclusive nutritional source during the first 4-6 months of life; it should continue to be a major component of the diet upto 2 years because it contains all the necessary nutrients in the correct proportions and in addition helps prevent infections.

- **Home fluids:**

- \*rice & cereal based gruels
- \*yoghurt based drinks
- \*potato/ taro gruels
- \*salty vegetable soups
- \*green coconut water.

- **Other fluids** can be given only if they accompany feeding:

- \*water (cleanest & safest possible)
- \*weak tea (regular or herbal).

- **ORS (Oral Rehydration Salts).** To prepare this solution, dissolve 1 whole packet in 1 liter of water. This solution is ideal for restoring the body balance, especially during cholera; it also helps prevent dehydration if given early.

**Give:**

- 1/2 cup, spoon by spoon to a young child after each stool
- 1 cup to an older child after each stool.

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## 5. Feeding

*The old belief that the intestines should be allowed to rest during diarrhea is wrong.*

*A child should not only continue to be fed, but should receive an extra meal every day for at least 1 week following diarrhea, to prevent malnutrition which affects a child's growth.*

*If a child is breastfed it should be continued.*

*Even if the child vomits or wants less food, small frequent meals should be given, but feeding should not be stopped or reduced.*

## **6. Fast Referral/ Further Help**

*It is important for parents to know when to seek help. If a child's condition does not improve after 3 days, or deteriorates, with or without treatment, it is essential that professional care be sought.*

*Parents have to learn to recognize these danger signs and symptoms, because they signal that immediate medical attention is needed:*

- extreme thirst*
- poor drinking or feeding*
- blood in stools = dysentery*
- fever*
- many watery stools*
- frequent vomiting.*

*If ORT is given right from the onset of diarrhea, complications and death can be avoided.*

## **7. Other Treatments**

*It is a general belief that drugs such as antibiotics and antidiarrheals can cure all cases of diarrhea.*

*Antibiotics are unnecessary for most common causes of diarrhea. Only serious conditions such as cholera and dysentery, require prescription of antibiotics by a doctor. In most cases, the body can eliminate the germs within a few days without any medication. Antidiarrheals can interfere with the natural elimination of these germs and should thus be avoided.*

**The danger of diarrheal diseases is dehydration.**

*UNICEF, WHO, PAHO and all international & national medical and health organisations recommend ORT/ ORS for all cases of diarrhea. It is therefore essential that all health professionals and health workers give ORS.*

**Use ORT/ ORS in all cases!**

Every era opens with its challenges and they cannot be met by elaborating methods of the past.

Charles A. Lindberg

## 8. Prevention of Diarrhea

*Hygiene plays a very important role in the well being of an individual. Diarrhea results from the ingestion of germs which have contaminated food, water or hands.*

*Germs are present everywhere, and to avoid contamination it is important that:*

- *you drink clean, safe water: boil it before drinking if necessary*
- *you wash hands with soap & water after visiting latrines*
- *you wash hands with soap & water after disposing off child's stools*
- *you wash hands before handling foodstuffs.*

*Children are very susceptible to infections, and it is therefore important that all precautionary measures be taken to prevent them:*

- *breastfeed during the first 4-6 months, and if possible continue upto 2 years, because not only is it the ideal nourishment but it is also the source of antibodies which protect against certain infections*
- *correct weaning practices: malnutrition results if food is incorrectly prepared or if insufficient quantities are given*
- *immunization against measles is a protective factor from diarrheal diseases.*

The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind.

William James

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## 9. The Goal to Achieve

*Today ORT exists in many hospitals and clinics, but it has not reached the homes.*

*The objective is:*

**to bring ORT to every home around the world.**

*In 1990 the World Summit for Children, promised to achieve specific health and development goals. UNICEF with other UN and international organisations are helping countries to achieve these goals by the year 2000.*

*Many countries have committed themselves:*

**to achieve 80% ORT use rate.**

*The challenge is a great one, because in many countries the current use rate is 20 - 30%!*

*Commitments at the governmental levels have been made. The goal can be achieved only with the active participation of all, including the health professionals, international organisations and institutions. Youth organisations are a very important part of this mobilization, and the Scouts can contribute greatly in building the stepping stones toward achieving this goal.*

Perseverance is a great element of success. If you only knock long enough and loud enough at the gate, you are sure to wake up somebody.

Henry Wadsworth Longfellow

## 10. Social Mobilization

*There are many approaches to achieve a goal. Every community, country, organisation etc. contributes through its distinctive spectrum of actions. The key word for all is:*

### **MOBILIZE**

*What is "to Mobilize":*

- *it is the organisation of activities around a specific goal, to spread a message using all communication tools.*

**MOBILIZING = COMMUNICATING**

- *think globally, act locally; you can contribute to saving the lives of millions of children around the world; show them you care.*

**COMMITMENT = CARING**

*Why mobilize for ORT:*

- *diarrhea is universal and it should be everyone's priority*
- *ORT is a **simple, inexpensive, & very efficient** treatment which can save the lives of many children*
- *children represent the future, our hope for tomorrow.*

**GIVING ORT = GIVING LIFE & HOPE**

*Whom to mobilize:*

- *everyone:*
  - \*politicians*
  - \*artists, actors, entertainers, athletes*
  - \*physicians, health workers, nurses*
  - \*traditional healers, pharmacists*
  - \*parents, teachers, counsellors, students*
  - \*religious leaders*
  - \*local, national & international organisations.*

**KNOWLEDGE = THINKING & ACTING SMART**

## **8 SUGGESTED ACTIONS**

- 1. PRACTICE WHAT YOU PREACH**
- 2. CREATE & DISTRIBUTE PROMOTIONAL MATERIAL**
- 3. THE FAMILY OUTREACH CAMPAIGN**
- 4. SPREAD THE KNOWLEDGE OF ORT**
- 5. COMMUNICATE WITH ART**
- 6. ORGANISE FOCUS GROUPS**
- 7. PARTICIPATE IN HEALTH RELATED ACTIVITIES**
- 8. ORGANISE A RALLY**

## 1. PRACTICE WHAT YOU PREACH

*To be credible you have to show that you believe in ORT. Emphasize your commitment by setting the example yourself:*

- *use ORT/ ORS in your own home when members of your family suffer from diarrhea; convince friends, relatives and neighbours to do likewise*
- *have ORS packets readily available especially when you are out camping, to treat any cases of diarrhea*
- *use ORS during your special events:*
  - \* *at jamborees: share worldwide ORT mobilization experiences and demonstrate ORS/ ORT preparation techniques*
  - \* *at sport events, camps etc.: ORS can be used to treat and prevent dehydration of any origin; intense exercise such as marathons, hikes and mountain climbs, especially in very hot weather can lead to moderate or severe dehydration, an ideal occasion to enjoy ORS, the healthy thirst quencher.*



## 2. CREATE & DISTRIBUTE PROMOTIONAL MATERIAL

*To inform and promote ORT in your community:*

- *find out what materials are already available in the area, as well as material which can be obtained from the head office, UNICEF and other sources*
- *highlight the important points which will convey your message.*

*Determine types of promotional material you will be preparing:*

- *posters*
- *flyers*
- *stickers*
- *T - shirts etc..*

*Remember that a message which is short, to the point and easy to understand will have a better impact and give more fruitful results than a long and complicated message.*

*Illustrations can reach everyone, even those who cannot read.*

*Your first sentence, or phrase should be compelling/ arresting and draw interest, so that a person will spend the time to read further.*

*Use names, words and symbols which are locally familiar; the people have to be able to relate to the situation and understand that it can be of benefit to them.*

*These are just a few pointers to help you prepare your communication material. Seek guidance from the head office, physicians, health workers, UNICEF representative or anyone else who is knowledgeable about ORT.*

### 3. THE FAMILY OUTREACH CAMPAIGN

*This campaign is organised to empower families with the knowledge of ORT. The objective is to inform, motivate and educate mothers and other family members about ORT and correct ORS preparation.*

*Arm yourselves with the:*

- *facts about the community:*
  - \*how serious is the diarrheal diseases situation*
  - \*people's knowledge of ORT & its use*
- *necessary materials:*
  - \*flipcharts*
  - \*ORS packets*
  - \*utensils to demonstrate preparation of ORS*
  - \*certificates of proficiency on ORT.*

*Each scout or team of scouts is assigned a certain number of homes to visit. Using the materials available teach families:*

- *what diarrhea is and its treatment of choice*
- *how to prepare ORS solution*
- *the importance of continued feeding*
- *which danger signs require medical attention*
- *prevention methods: hand washing, use of latrines, safe disposal of stools & wastes, and measles immunization.*

*When every family member has understood every item, a certificate of proficiency on ORT may be issued. A celebratory event may be organised when all homes in the community are empowered with the knowledge of ORT!*

*Each scout or team can be awarded merit badges when 5, 10, or 15 houses have been empowered with the knowledge of ORT. Other categories for awarding merit badges can also be established based on tasks accomplished. The requirements for each category can be determined at National Scout Organisation levels.*

#### **4. SPREAD THE KNOWLEDGE OF ORT**

*It is important to convey the knowledge of ORT to all. You can spread the message to the public, or to other youth by:*

- *writing articles, short stories, etc. which could be published in school & club newsletters, or in local newspapers.*
- *speaking about ORT on local radio & TV programs*
- *making ORT a theme of your local, regional or global Jamboree in the Air*
- *creating a comic strip with the message of ORT.*

*Show your commitment to ORT by expressing its importance, in your own words and in your way.*

## 5. COMMUNICATE WITH ART

*Expression of emotions, ideas and thoughts through theater, mime, other live shows and paintings, are very powerful tools for communication. The audience is more receptive to the moods and feelings portrayed because there exists a dialogue/ interaction between the artist and the spectator. Also it can reach a large audience because no language barrier exists.*

*Use visual arts to mobilize for ORT:*

- *role playing ORT situations which can evolve to street theater, evening programs, school plays, presentations at art fairs and televised/ radio productions*
- *create your own puppet show*
- *paint wall murals depicting the potential of ORT*
- *compose songs for ORT*
- *make your own documentary video*
- *bring the reality of the problem to all, by getting people who have witnessed the benefits of ORT speak out in public gatherings in the community; for example a mother whose child's life was saved by ORT could speak of her ORT experience, and will encourage other mothers to do the same.*

## 6. ORGANISE FOCUS GROUPS

*A focus group has the role of informing and educating.*

*The target groups can be both general and specific thus reaching out to all ages, professions and neighborhoods, in the community.*

*Focus groups can be organised in schools, community health centers and in marketplaces.*

*The equipment required to inform, educate, and promote ORT:*

- *flipcharts*
- *posters*
- *ORS packets and preparation utensils*
- *pamphlets, flyers*
- *role playing and singing scripts.*

*Set up an ORT stall where you can:*

- *demonstrate ORS preparation*
- *explain how to prevent diarrheal diseases*
- *distribute flyers and other material so that information may be taken home*
- *put up posters help to keep an idea alive, so put them up in all important places:*
  - \*main hallway, notice boards, cafeteria and infirmary in schools*
  - \*waiting room in health center*
  - \*center of market place*
- *present ORT through role play and songs, making them both entertaining and educative.*

*The objective is to create a general awareness, and an interaction of ideas. Questions and debates should be encouraged. Stimulate participation of all.*

## **7. PARTICIPATE IN HEALTH RELATED ACTIVITIES**

*In the community, health workers periodically organise health weeks/ fortnights to discuss existing health problems with parents and families.*

*These gatherings are the ideal opportunities to familiarize oneself with the organisation of the community and the local practices, as well as the occasion to demonstrate your commitment to the ORT campaign. Set up a Scout ORT booth and:*

- *illustrate to families what dehydration is, using flipcharts, photos etc.*
- *demonstrate how simple it is to prepare ORS solution*
- *explain what local home fluids can be used*
- *distribute ORS packets to all families with small children*
- *indicate how diarrheal diseases can be prevented.*

*Integrate ORT with other health issues, such as meetings on sanitation & hygiene, or during immunization weeks.*

*Stress the importance of good sanitation and personal hygiene by encouraging:*

- *use of latrines*
- *safe disposal of stools*
- *hand washing: before eating, after using latrines, after disposing stools and before handling foodstuffs, to avoid contamination*
- *correct storage of food and water.*

*Explain the importance of immunizing the child, especially with the measles vaccine which is a protective factor for diarrheal diseases.*

*Promote breastfeeding as an ideal complete nutrition for infants, in addition to being an excellent source of protection from certain infections, including diarrheal diseases.*

*Other health related activities in the community include, providing clean drinking water by helping in the construction of wells and pumps.*

## 8. ORGANISE A RALLY

*To thank those who have worked for ORT, organise a rally. There is still more to be done, but it is important to acknowledge the progress that has been made so far.*

*Get other Scout troops to join in the celebration.*

*What better occasion to organise this event than the celebration of the 25th anniversary of ORT discovery.*

*For this event you need to:*

- *list the key messages to be communicated*
- *get physicians, pharmacists and other participants in the ORT movement, to speak on ORT*
- *organise cultural shows, exhibitions etc.*
- *allocate booths to display all activities undertaken, and continue to promote ORT.*

*This should be an occasion to:*

- *compare experiences*
- *share the positive factors*
- *explain the problems faced, and discuss measures of overcoming them*
- *revise objectives and set forth new strategies of actions or pursue existing ones*
- *reconfirm commitment to attain the principal goal.*

*Your efforts will not go unrewarded.*

## GLOSSARY

### **CHOLERA**

*a severe form of diarrhea, where stools have a distinctive "rice water" appearance; dehydration can appear very rapidly and can lead to death if not correctly treated with ORT; antibiotics help shorten the duration of the disease, and IV fluids may sometimes be necessary.*

### **DEHYDRATION**

*a condition which develops as a result of excessive loss of water and salts from the body and can lead to death if losses are not replaced.*

### **DIARRHEA**

*the passing of 3 or more watery stools in one day.*

### **DIARRHEAL DEHYDRATION**

*dehydration as a result of diarrhea.*

### **DYSENTERY**

*presence of blood and mucus in diarrheal stools.*

### **MALNUTRITION**

*a condition which is the result of an insufficient or unbalanced diet, or the incorrect absorption of food.*

### **ORS**

*Oral Rehydration Salts, a special packet containing glucose and salts in certain proportions which when mixed with one liter of water results in an excellent solution for replacing losses of the body; quantities to be given are determined by the degree of dehydration and the age of the patient.*

### **ORT**

*Oral Rehydration Therapy is the giving of increased fluids and should be accompanied by continued feeding; examples include food based fluids, water when associated with feeding and ORS.*



# ANNEXES

# Facts for Life - THE TOP TEN

FACTS FOR LIFE is intended for those who can help to communicate its essential child health messages to all families.

*The following are the top ten messages distilled from FACTS FOR LIFE.*

- 1 The health of both women and children can be significantly improved by spacing births at least two years apart, by avoiding pregnancies before the age of 18, and by limiting the total number of pregnancies to four.
- 2 To reduce the dangers of childbearing, all pregnant women should go to a health worker for pre-natal care and all births should be assisted by a trained person.
- 3 For the first few months of a baby's life, breastmilk *alone* is the best possible food and drink. Infants need other foods, in addition to breastmilk, when they are four-to-six months old.
- 4 Children under three have special feeding needs. They need to eat five or six times a day and their food should be specially enriched by adding mashed vegetables and small amounts of fats or oils.
- 5 Diarrhoea can kill by draining *too much liquid* from a child's body. So the liquid lost each time the child passes a watery stool must be replaced by giving the child plenty of the right liquids to drink - breastmilk, diluted gruel, soup, or a special drink called ORS. If the illness is more serious than usual, the child needs help from a health worker - and the special ORS drink. A child with diarrhoea also needs food to make a good recovery.
- 6 Immunization protects against several diseases which can cause poor growth, disability, and death. All immunizations should be completed in the first year of the child's life. Every woman of child-bearing age should be immunized against tetanus.
- 7 Most coughs and colds will get better on their own. But if a child with a cough is breathing much more rapidly than normal, then the child is seriously ill and it is essential to go to a health centre quickly. A child with a cough or cold should be helped to eat and to drink plenty of liquids.
- 8 Many illnesses are caused because germs enter the mouth. This can be prevented by using latrines; by washing hands with soap and water after using the latrine and before handling food; by keeping food and water clean; and by boiling drinking water if it is not from a safe piped supply.
- 9 Illnesses hold back a child's growth. After an illness, a child needs an extra meal every day for a week to make up the growth lost.
- 10 Children between the ages of six months and three years should be weighed every month. If there is no gain in weight for two months, something is wrong.

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# Diarrhoea Prime Messages

Facts for Life

- 1** Diarrhoea can kill children by draining too much liquid from the body. So it is essential to give a child with diarrhoea plenty of liquids to drink.
- 2** When a breastfed child has diarrhoea, it is important to continue breastfeeding.
- 3** A child with diarrhoea needs food.
- 4** Trained help is needed if diarrhoea is more serious than usual.
- 5** A child who is recovering from diarrhoea needs an extra meal every day for at least a week.
- 6** Medicines should not be used for diarrhoea, except on medical advice.
- 7** Diarrhoea can be prevented by breastfeeding, by immunizing all children against measles, by using latrines, by keeping food and water clean, and by washing hands before touching food.

## What is diarrhoea ?

The number of stools normally passed in a day varies with the diet and age of a person. In diarrhoea, stools contain more water than normal — they are often called loose or watery stools. They may also contain blood, in which case the diarrhoea is called dysentery.

Diarrhoea is defined as three or more loose or watery stools passed in a day.

Diarrhoea is most common in children, especially those between 6 months and 2 years of age.

## Why is diarrhoea dangerous ?

Diarrhoea can cause undernutrition and death.

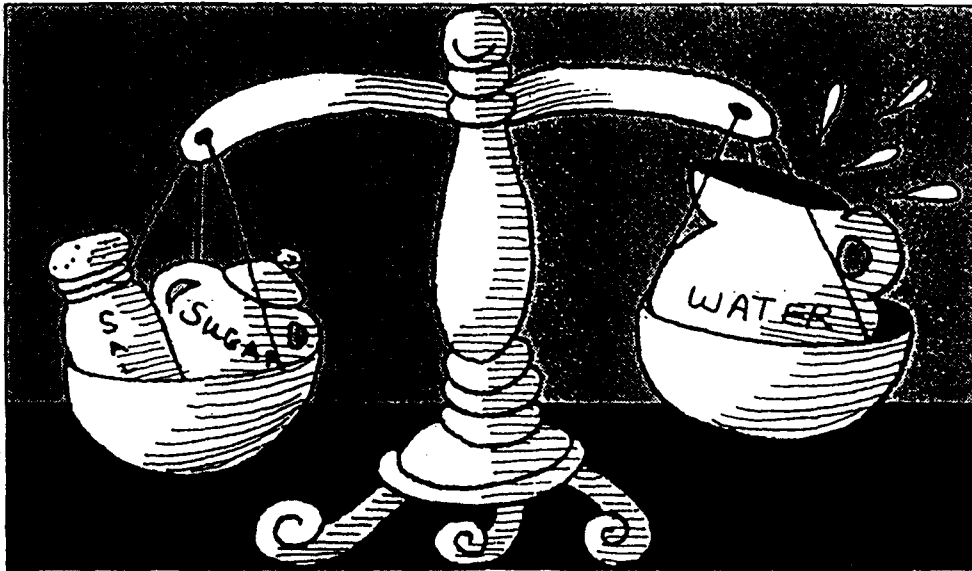
Death from acute diarrhoea or dysentery is most often caused by loss of a large amount of water and salt from the body. This loss is called dehydration.

Dehydration occurs faster in infants and young children, in hot climates, and when a person has fever.

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All parents, therefore, need to recognize diarrhoea and its potential dangers and know the appropriate measures to take when it occurs.

# Oral Rehydration Therapy (ORT)



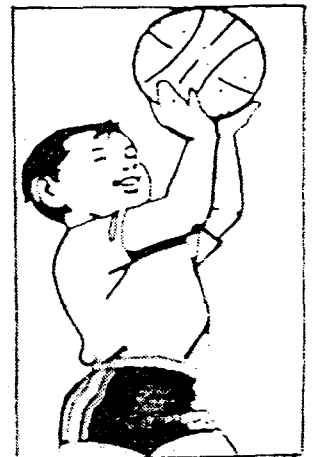
## What oral rehydration therapy (ORT) means and its importance

Oral rehydration therapy is "drinking a special solution to replace the right proportions of essential body fluids and salts lost during diarrhea to treat and prevent dehydration."

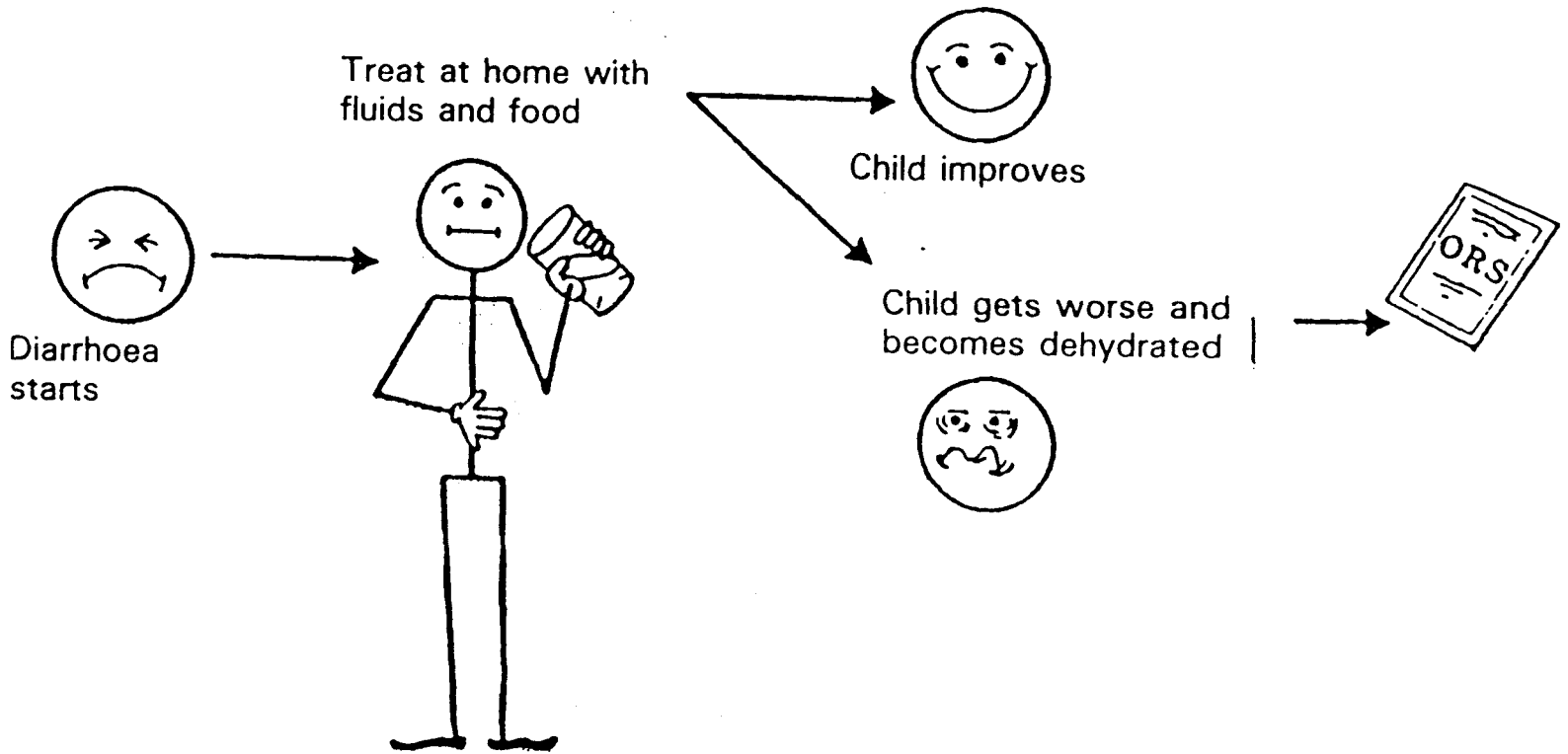
ORT is special because ORT, along with the correct foods, allows mothers to treat their children with diarrhea AT HOME to prevent dehydration and help their children get well as soon as possible.



ORT



# Treating a child who has diarrhoea



The most important factors in the treatment of diarrhoea are:

- to prevent dehydration from occurring if possible;
- to treat dehydration quickly and well if it does occur; and
- to feed the child.

# Home treatment of a child who has diarrhoea

## Three rules

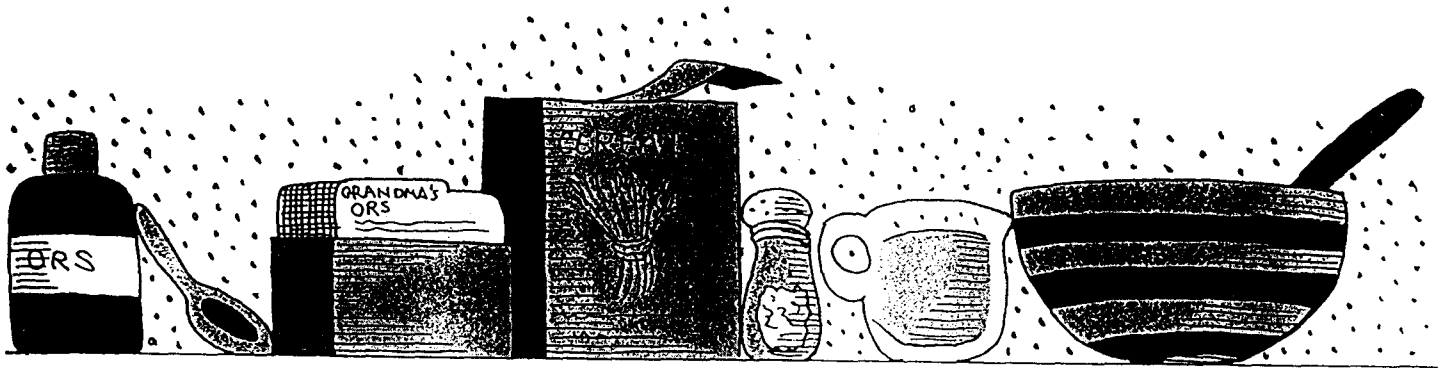
RULE 1: GIVE THE CHILD MORE FLUIDS THAN USUAL

RULE 2: CONTINUE TO FEED THE CHILD

RULE 3: TAKE YOUR CHILD TO THE HEALTH WORKER IF  
HE OR SHE IS NOT GETTING BETTER

# Fluids

To prevent and treat dehydration: Start Oral Rehydration Therapy (ORT) as soon as the diarrhea starts.



## Breastmilk

### Home recommended fluids:

- \*rice based gruels*
- \*cereal based gruels*
- \*potato/ taro gruels*
- \*salty vegetable soups*
- \*green coconut water*

**Other fluids** *can be given only if they accompany feeding:*

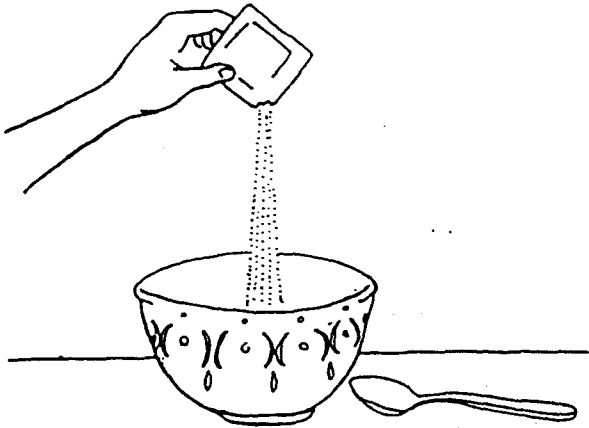
- \*water (cleanest & safest possible)*
- \*weak tea (regular or herbal)*

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## ORS (Oral Rehydration Salts)

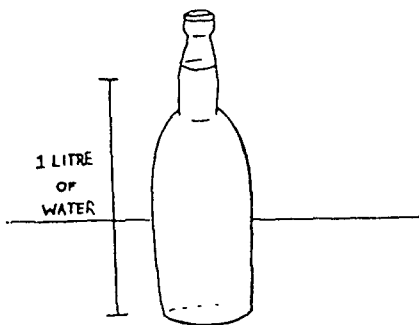


# How to prepare ORS solution

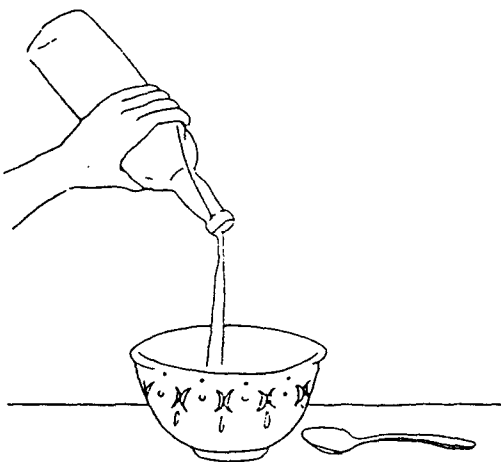


Wash your hands with soap and water.

Pour all the powder from one packet of ORS into a clean container. Use whatever container is available such as a jar, bowl or bottle.



Measure 1 litre of clean water (or the correct amount for the packet used). It is best to boil and cool the water before use, but if this is not possible, use the cleanest drinking-water available.



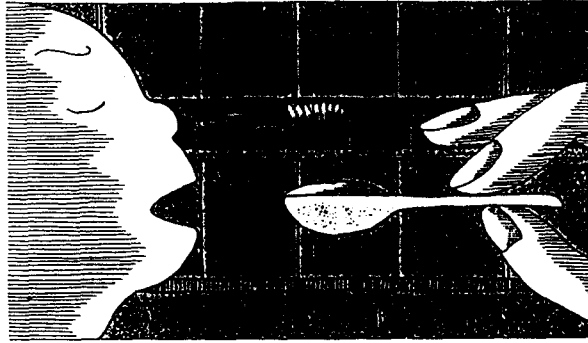
Pour the water into the container. Mix well with a clean spoon until the powder is completely dissolved.

Taste the solution so you know what it tastes like.

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Mix fresh ORS solution each day in a clean container. Keep the container covered. The solution can be kept and used for one day (24 hours). Throw away any solution remaining from the day before.

# GRANDMA'S ORT RECIPE



## GRANDMA'S ORT

1/2 cup to 1 cup of precooked baby rice cereal

2 cups of water

1/4 teaspoon salt

(use a level measuring spoon or a "three-finger" pinch)

Make the mixture as "thick as is drinkable" by gradually adding and stirring the rice cereal into the water and salt until the mixture thickens but is not too thick to drink. Be sure the ingredients are well mixed.

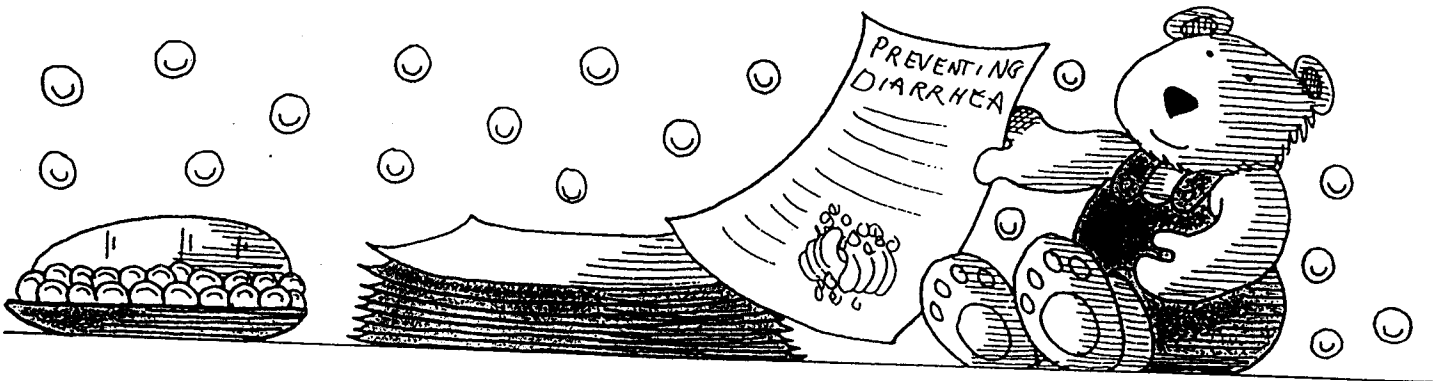
Give the mixture by spooning often and offer the child as much as the child will accept (every minute if the child will take it). Continue giving the mixture with the goal of replacing the fluid lost; one cup lost, give a cup. Even if the child is vomiting, the mixture can be offered in small amounts (1/2 to 1 teaspoon) every few minutes or so. Giving Grandma's ORT may shorten the episode.

We strongly encourage parents to continue feeding children when they are sick and to continue breast-feeding if the child is being breastfed.

Banana or other non-sweetened mashed fruit can help provide potassium.

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# Prevention of diarrhoea



Use of latrines

Breast-feeding

Hand-washing

PREVENTION

OF DIARRHOEA

Safe disposal of the  
stools of young children

Proper use of water  
for hygiene and drinking

Improved weaning practices

Measles immunization

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# Breast-feeding

Breast-feeding has many advantages for both infant and mother

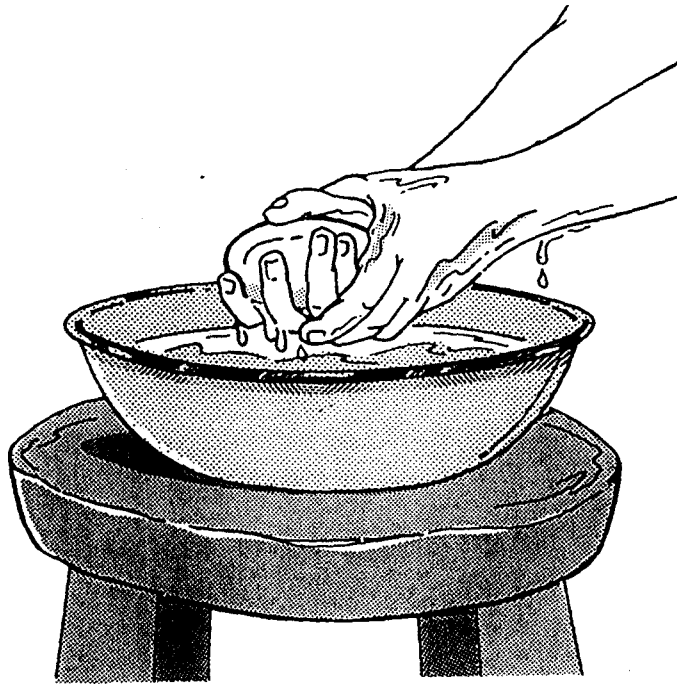


Important advantages of breast-feeding are:

- Exclusive breast-feeding during the first 4–6 months greatly reduces the risk of severe or fatal diarrhoea; the risk of other serious infections is also reduced.
- Breast-feeding is clean; it does not require the use of bottles, teats, water, and formula, which are easily contaminated with bacteria that may cause diarrhoea.
- Breast milk has immunological properties (especially antibodies) that protect the infant from infection, and especially from diarrhoea; these are not present in animal milk or formula.
- The composition of breast milk is ideal for the infant; formula or cow's milk may be made too dilute (which reduces its nutritional value) or too concentrated (so that it does not provide sufficient water) and may provide too much salt and sugar.
- Breast milk is a complete food; *it provides all the nutrients and water needed by a healthy infant during the first 4–6 months of life.* (However, low-birth-weight infants benefit from the provision of iron, if available.)
- Breast-feeding is cheap; there are none of the expenses associated with feeding breast-milk substitutes, e.g. the costs of fuel, utensils, and special formulas, and of the mother's time in formula preparation.

# Hand-washing

Hands should be washed carefully after defecation, before handling food and before eating

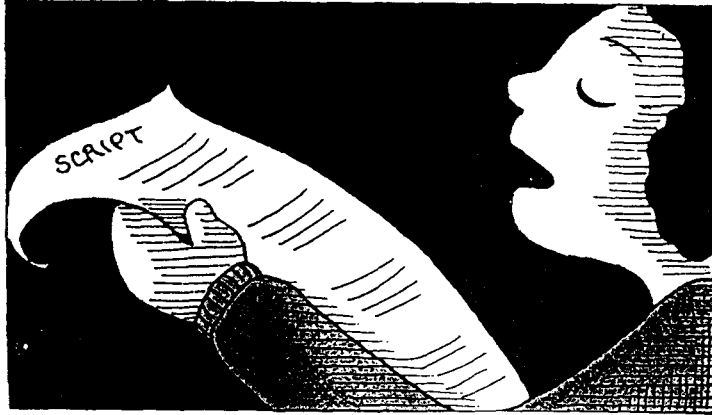


## *What families should do*

- Create a place within the home for hand-washing. This should have a wash basin, a container for water, and soap (or a local substitute).
- All members should wash their hands well:
  - after cleaning a child who has defecated, or after disposing of a child's stool;
  - after defecating;
  - before preparing food;
  - before eating;
  - before feeding a child.
- An adult or older sibling should wash the hands of young children.

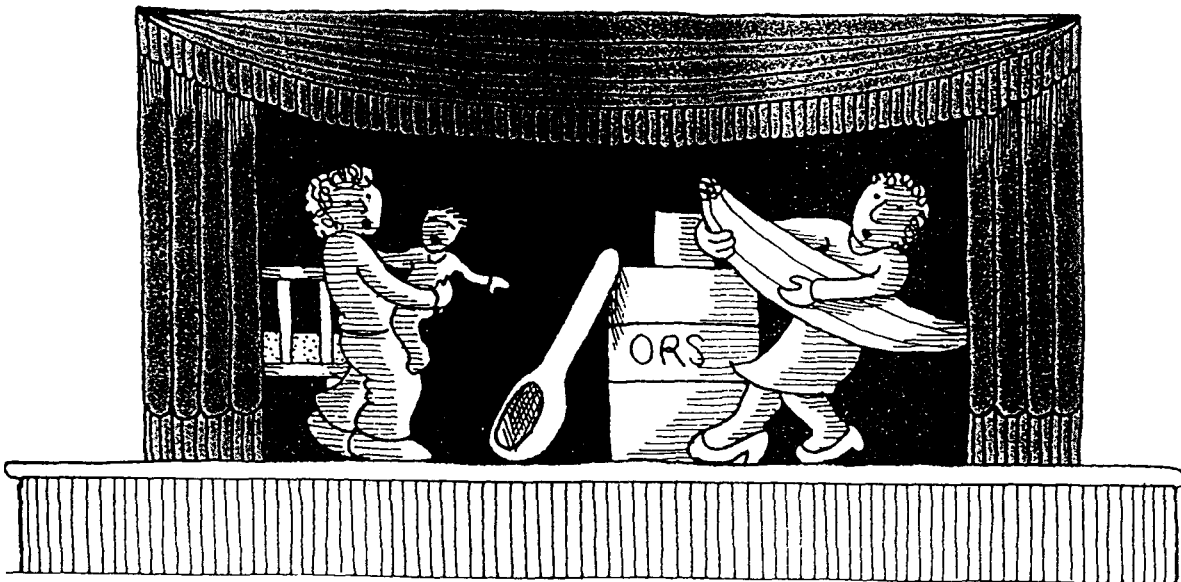
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## WHAT TO DO IF YOUR BABY HAS DIARRHEA



Have participants practice with each other:

- Talking to a mother whose child has diarrhea (about ORT or nutrition)
- Talking to a mother whose child doesn't have diarrhea (about ORT or nutrition)
- Making a presentation to a group of mothers on general health awareness



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# How to treat diarrhoea at home (mother's pamphlet)

## 1. AS SOON AS DIARRHOEA STARTS, GIVE YOUR CHILD MORE FLUIDS THAN USUAL:

### GIVE:

- ORS solution
- Food-based fluids, such as soup, rice water and yoghurt drink
- Plain water
- If the child is under 6 months old and taking only breast milk, give only ORS solution or plain water, in addition to breast milk.

GIVE AS MUCH OF THESE FLUIDS AS YOUR CHILD WANTS.



## 2. GIVE YOUR CHILD PLENTY OF FOOD

- Breast-feed frequently.
- If not breast-feeding, give the usual milk.
- If your child is 6 months or older, or already taking solid food, also give:
  - cereal or another starchy food mixed with pulses, vegetables, meat or fish, and a little oil
  - fresh fruit juice or mashed banana
  - freshly prepared foods, cooked and mashed or ground well
  - frequent, small meals (at least 6 per day)
  - an extra meal each day for 2 weeks after diarrhoea stops.



## 3. TAKE YOUR CHILD TO THE HEALTH WORKER IF THE CHILD:

- Does not get better in 3 days
- Passes many watery stools
- Vomits repeatedly
- Is very thirsty
- Eats or drinks poorly
- Has a fever
- Has blood in the stool.

DO NOT GIVE DRUGS FOR DIARRHOEA UNLESS RECOMMENDED BY A HEALTH WORKER

## 4. YOU CAN PREVENT DIARRHOEA BY:

- Giving only breast milk for the first 4-6 months and continuing to breast-feed for at least 2 years
- Starting foods listed in section 2 of this card at 4-6 months
- Giving freshly prepared foods and clean drinking water
- Giving milk and other fluids by cup and spoon instead of feeding bottle
- Having all family members wash hands after passing stools and before preparing or eating food
- Having all family members use a latrine
- Putting a young child's stools in a latrine or burying them
- Having your child immunized against measles at the recommended age.



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