

## **Usage of ORS and ZINC supplementation in management of Diarrhoea**

- Give ORS and extra fluids to child immediately at the onset of diarrhoea and continue till diarrhoea stops.
- Give Zinc for 14 days to children suffering from diarrhoea, even if diarrhoea stops.
- Use of ORS and Zinc during diarrhoeal episodes among children is a safe treatment which makes the child recovers from diarrhoea faster.
- Safe and quick disposal of child's faeces.
- Continue feeding, including breastfeeding in those children who are being breastfed & give extra feeds during and after illness.
- Use clean drinking water after safe handling.
- Mother should wash her hands with soap before preparation of food, before feeding the child and after cleaning the stool of the child.
- Return to the health worker / health centre if the child develops the following during treatment:
  - ✓ Child becomes more sick
  - ✓ Drinking poorly
  - ✓ Blood in stool
  - ✓ Not able to drink or breastfeed
  - ✓ Develops fever

Contact your ASHA or ANM on any advice on diarrhoea.