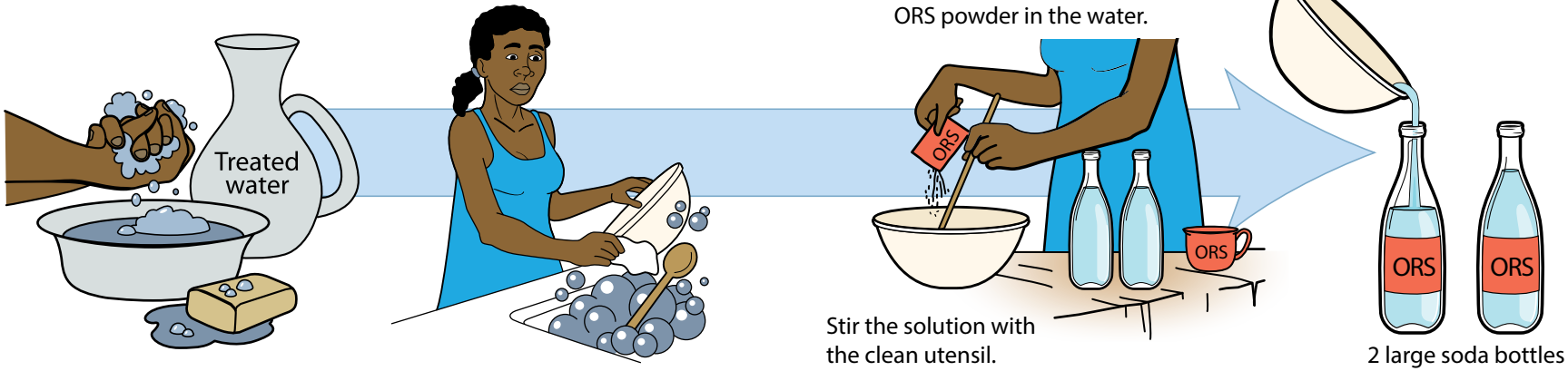
How to make oral rehydration solution (ORS)

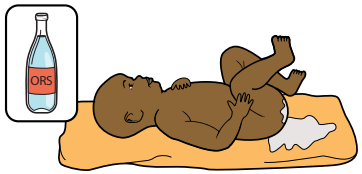
1. Wash your hands with soap and treated water.
2. Wash container and stirring utensil with soap and treated water.
3. Put 2 large soda bottles of treated water in the clean container. Put ORS powder in the water.
4. Stir the solution with the clean utensil.



2 large soda bottles

How to use oral rehydration solution (ORS)

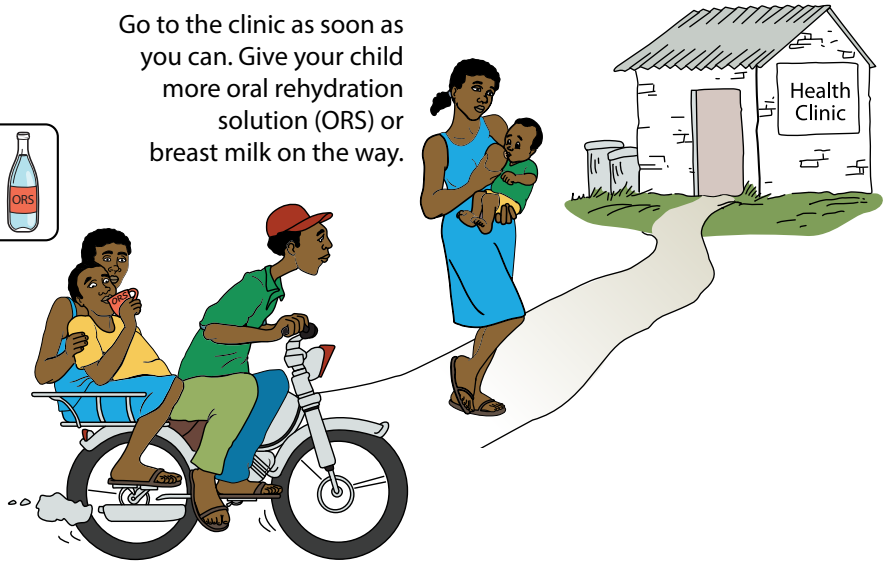
Give 1 large soda bottle of ORS each day to babies and toddlers who have diarrhea.



Give 2 large soda bottles of ORS each day to children who have vomiting or diarrhea.

Give 6 large soda bottles of ORS each day to adults who have vomiting or diarrhea.

Go to the clinic as soon as you can. Give your child more oral rehydration solution (ORS) or breast milk on the way.



Go to the clinic as soon as you can. Drink more oral rehydration (ORS) on the way.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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