

Dr Sopo's advice on treating children with diarrhoea: use and preparation of oral rehydration salts in Kenya. Colour lithograph by the Ministry of Public Health and Sanitation, ca. 2000.

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**Dr. Sopo
Says...**

Treating diarrhoea starts at home



Treatment of watery diarrhoea starts at home by giving home based fluids and Oral Rehydration Salts (ORS)

ORS are
available at your
nearest kiosk
or shop.

Preparing an ORS solution is easy:

- 1 Wash hands with soap and water
- 2 Put 1 litre of clean water in a clean pot
- 3 Empty the contents of a packet of ORS into the water while stirring
- 4 Give the sick child as much of the solution they need in small amounts frequently

If diarrhoea persists, seek treatment at the nearest health facility **IMMEDIATELY.**

