

**A child drinking a cup of oral rehydration salts: treating diarrhoea in Kenya.
Colour lithograph by Ministry of Health, ca. 2000.**

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ORS (Oral Rehydration Salts)

ORS can save your child's life

- Diarrhoea kills children by draining fluids from their bodies
- ORS helps to replace fluids and minerals lost due to diarrhoea
- ORS is free in all government facilities
- If your child has diarrhoea, ask for ORS and feed your child more often
- Give additional fluids available at home such as soups and clean water



Malezi Bora

Afya Leo ni Uzima Kesho