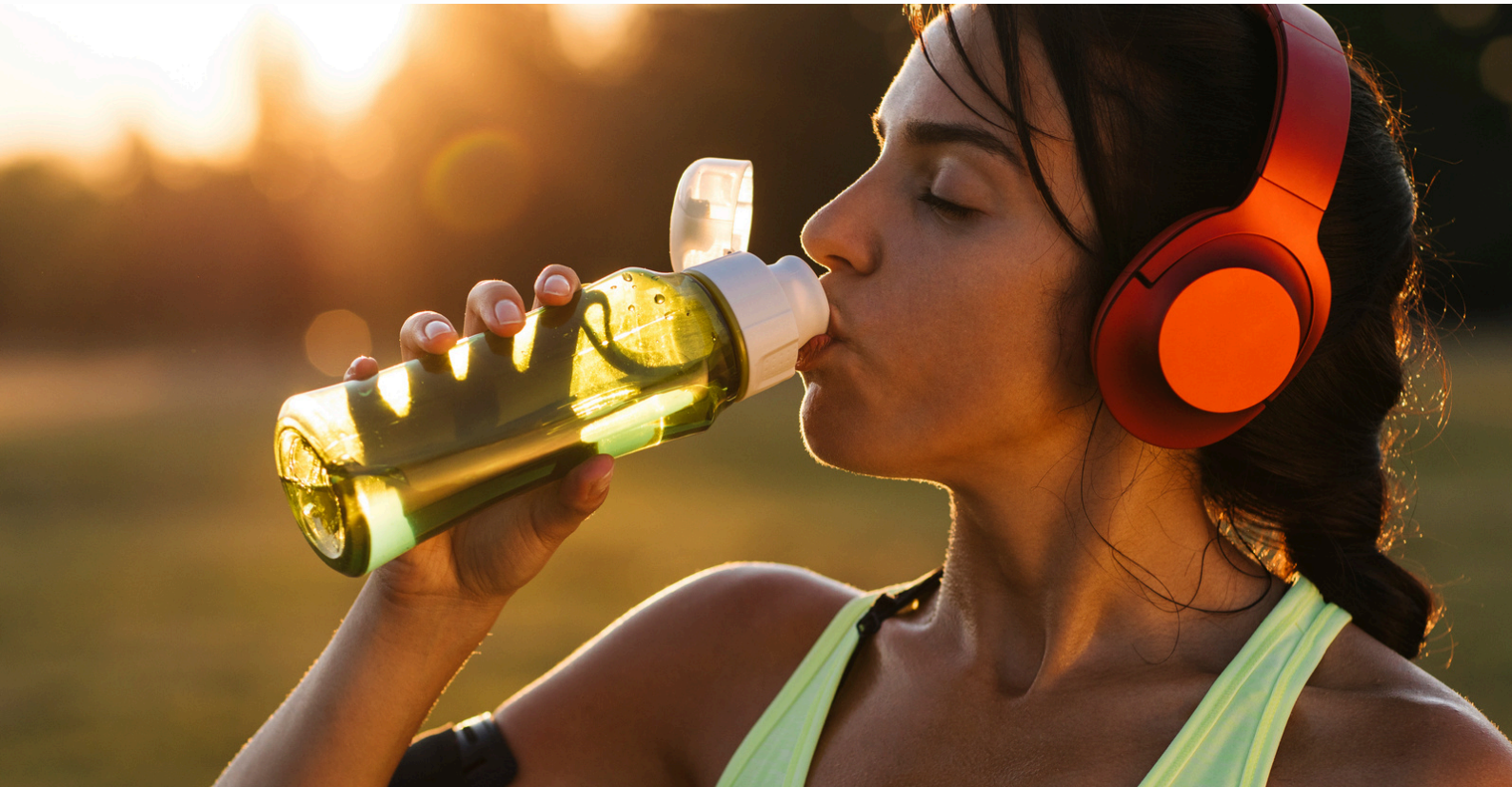


WORLD ORS DAY

CREATE AWARENESS ABOUT THE MAGIC MIXTURE



In India, diarrhoea is the **third leading cause of death** in children. Even though it's treatable, creating awareness about ORS (Oral Rehydration Solution) is crucial.

World ORS Day was established by the Indian Academy of Pediatrics in 2001 with the intention of lowering childhood diarrhoea-related deaths.

Diarrhoea is caused by poor sanitation and hygiene, resulting in severe dehydration, depriving the body of essential water and minerals.

Estimates show it is one of the leading causes of mortality among young children. In this regard, ORS – an inexpensive glucose-electrolyte solution – is capable of **saving 5 million young lives** annually in India.



WHAT IS ORS?

- ORS is a simple, inexpensive mixture of water, salts, and glucose used to prevent and treat dehydration caused by diarrhoea and other disorders.
- Glucose in ORS helps absorb sodium and water in the intestines, making it an extremely efficient treatment.
- ORS is easy to prepare and administer at home.
- It's accessible even in remote areas and is a cost-effective solution, especially in developing nations with limited healthcare access.

WHAT IS DEHYDRATION?

Dehydration is a condition where the body loses an excessive amount of fluids.

This happens through:

- Sweat
- Urine
- Exhalation
- When water loss exceeds intake, the body loses balance, leading to dehydration. Severe cases can even be life-threatening.

SYMPTOMS OF DEHYDRATION



Dry mouth



**Increased
thirst**



**Tiredness
or sleepiness**



**Decreased
urination**



**Yellowish
urine**



Dry skin



Headache



Dizziness

CAUSES OF DEHYDRATION

- **Diarrhoea:** The most common cause. Prevents absorption of water in the intestines, leading to excess fluid loss.
- **Vomiting:** Leads to fluid loss and difficulty in replenishing.
- **Sweating:** Hot/humid weather, exertion, or fever increases sweat loss.
- **Frequent urination:** Due to uncontrolled diabetes, alcohol, or medications.
- **Burns:** Damage blood vessels, causing fluids to leak into tissues.

QUANTITY REQUIRED BY CHILDREN:

- **Children under 2 years:** 50–100 ml of ORS
- **Children 2–10 years:** 100–200 ml
- **Older children and adults:** As much as required





Even though taking ORS seems simple, following some basic guidelines is important for effective results.

TIPS TO CONSIDER WHEN TAKING ORS

- Adults can drink directly from a glass.
- Children should be given ORS using a spoon or cup (not bottle).
- Do not mix ORS with milk, soup, juices, or other liquids.
- Avoid adding extra sugar or salt.
- Discard leftover ORS after 24 hours to prevent bacterial infection.

HOW TO PREPARE ORS?

- ORS is available in commercial sachets. To prepare:
- Empty sachet into a clean glass
- Add boiled or filtered water
- Follow instructions on sachet
- Do not use milk, tea, or juice
- Make fresh solution each time; discard if older than 24 hours



MAKE YOUR OWN ORS AT HOME



Steps:

1. Take a glass of water (200 ml)
2. Use boiled or filtered water
3. Add 5 Grams sugar and a pinch of salt
4. Stir well

This World ORS Day, spread awareness about this magic mixture. ORS is not just a solution—it's a lifesaver. Share this information and help save lives.

THIS WORLD ORS DAY, BE THE REASON SOMEONE LIVES.

