

# ORAL REHYDRATION – SIMPLE GUIDE FOR PARENTS

## Check for Dehydration

- Dry mouth/tongue, no tears, less urine, sunken eyes, irritability, fast breathing.
- Babies < 6 months: always call your pediatrician first.

## After Vomiting

- Give nothing by mouth for 20–30 minutes to rest the stomach.

## Start Fluids Slowly

- Begin with ORS (Electral, Pedialyte), half-strength apple juice, or breastmilk.
- Avoid cow's milk, juices, sodas, sports drinks, and plain water initially.

## Amount to Give

Start with 1 teaspoon (5 ml). If tolerated:

- Babies: 1–2 teaspoons every 5–10 minutes.
- Toddlers: 2–3 teaspoons every 5–10 minutes.
- Older children: 2 tablespoons every 5–10 minutes.

## After 2–3 Hours

- Slowly increase fluids.
- Add thin dal water, low-salt broth, idli, banana once vomiting subsides.

## ORS Minimum Goals (First 4 Hours)

- 11–15 lb: 75 ml/hr
- 16–20 lb: 100 ml/hr
- 21–40 lb: 200 ml/hr
- 41–60 lb: 300 ml/hr
- 60+ lb: 350 ml/hr

## When to See a Doctor

- Vomiting > 24 hours.
- Not drinking/keeping fluids down.
- Blood in stool or green vomiting.
- No urine > 6–8 hours.
- Severe dehydration signs.