WHAT’S THE BEST WAY TO TREAT CHILDHOOD DIARRHOEA?

ZINC + ORS

RECOVER. RESTORE. GROW.

For ALL cases of childhood diarrhoea, start with zinc + oral rehydration salts (ORS), proven to:

- Speed recovery\(^1\text{-}\(^3\)
- Restore strength, energy, and appetite\(^1\text{,}\(^2\text{,}\(^4\)
- Help keep children thriving\(^2\)
**Why Zinc?**

Zinc helps the child:

- Recover quickly
- Fight disease
- Improve appetite and growth

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percentage Reduction</th>
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<tbody>
<tr>
<td>Reduce stool output</td>
<td>up to 30%</td>
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<tr>
<td>Reduce duration of acute diarrhea</td>
<td>25%</td>
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</tbody>
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A 10-day course prevents diarrhea for 2-3 months.

Zinc + ORS—Together, they are proven to keep children strong and thriving.

**How much Zinc to Give**

- **Child younger than 6 months**: 10 mg, once a day (for 10 days)
- **Child older than 6 months**: 20 mg, once a day (for 10 days)

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**Why ORS?**

Dehydration drains strength and energy.

- ORS treats dehydration.

Dehydration is the main reason children die from diarrhea.

**How to give ORS**

- The general rule is: give as much fluid as the child wants until diarrhea stops.

**As a Guide, after each loose stool, give**:

- **Child under 2**: One half cup (50-100 mL)
- **Children ages 2 to 10**: One whole cup (100-200 mL)

ORS should be given until the diarrhea stops. This may last several days.

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**ORS is recommended even if a child shows no sign of dehydration.**
For childhood diarrhoea\(^6\):

**Antibiotics—Rarely**

**Antimotility drugs—Never**

Antibiotics often don’t work and they don’t improve the child’s energy\(^6\)

- They are not effective against most diarrhoea-causing organisms. They rarely help and can make some people sicker in the long term\(^6\)

- Antibiotics are only recommended for children with bloody diarrhoea and episodes of cholera\(^6\)

**Antimotility drugs are dangerous. Don’t use them.\(^6\)**

- WHO/UNICEF and the Ministry of Health strongly discourage the use of antimotility drugs (such as tincture of opium, loperamide, or other opiate derivatives) in infants and children\(^6\)

- They can make the illness last longer. That’s because the germs causing the illness stay inside the child longer\(^6\)

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**References:**


