WHAT’S THE BEST WAY TO TREAT CHILDHOOD DIARRHOEA?

Give the child ZINC & ORS and give the mother peace of mind.

Mothers can trust zinc + oral rehydration salts (ORS), proven to:
- Speed recovery¹⁻³
- Restore strength, energy, and appetite¹⁻²⁻⁴
- Help keep children thriving²

WHAT THE MOTHER WANTS.
WHAT THE CHILD NEEDS.
Why Zinc?
Zinc helps the child:

- Recover quickly
- Fight disease
- Improve appetite and growth

Zinc + ORS—Together, they are proven to keep children strong and thriving
- Proven to reduce mortality and hospital admissions for diarrhoea more than ORS alone

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 diarrhoea stops. This may last several days.

Why ORS?
Dehydration drains strength and energy.
ORS treats dehydration.

- Dehydration is the main reason children die from diarrhoea

How to give ORS
- The general rule is: give as much fluid as the child wants until diarrhoea stops

ORS is recommended even if a child shows no sign of dehydration.
For childhood diarrhoea:

**Antibiotics—Rarely**

**Antimotility drugs—Never**

Antibiotics often don’t work and they don’t improve the child’s energy:

- They are not effective against most diarrhoea-causing organisms. They rarely help and can make some people sicker in the long term.
- Antibiotics are only recommended for children with bloody diarrhoea and episodes of cholera.

Antimotility drugs are dangerous. Don’t use them.

- 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.
- They can make the illness last longer. That’s because the germs causing the illness stay inside the child longer.

References:


**WHAT THE MOTHER WANTS. WHAT THE CHILD NEEDS.**

ZINC & ORS

**KNOW WHAT TO LOOK FOR.**

Refer the child to a health center if you see any of these signs:

- Blood in the stool
- Convulsions
- Vomiting everything
- Not able to breastfeed or drink
- Very sleepy or unconscious
- No improvement in 3 days

**SPACE FOR MINISTRY OF HEALTH LOGO**

**ZINC & ORS**

WHAT THE MOTHER WANTS.
WHAT THE CHILD NEEDS.

*Created by McCANN GLOBAL HEALTH*