Childhood diarrhoea:

GETTING THE BEST RESULTS WITH

ZINC + ORS

Ask for zinc + oral rehydration salts (ORS) to:

- Speed recovery
- Restore strength, energy, and appetite
- Help keep children thriving

ZINC

HOW MUCH ZINC TO GIVE

Child younger than 6 months

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
<th>DAY 8</th>
<th>DAY 9</th>
<th>DAY 10</th>
</tr>
</thead>
</table>

ONE HALF TABLET (10 MG) ONCE A DAY FOR 10 DAYS

For infants younger than 6 months, dissolve the tablet in a small amount (5 mL) of expressed breast milk, ORS, or clean water in a small spoon.

Child older than 6 months

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
<th>DAY 8</th>
<th>DAY 9</th>
<th>DAY 10</th>
</tr>
</thead>
</table>

ONE WHOLE TABLET (20 MG) ONCE A DAY FOR 10 DAYS

For children older than 6 months, tablets can be chewed or dissolved in a small amount of clean water in a small spoon.

ORS

HOW TO GIVE ORS

- The general rule is: give as much fluid as the child wants until diarrhoea 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 diarrhoea stops. This may last several days.

SPACE FOR LOGO AND PRODUCT SHOT