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## Dehydration in children



Plain water is not recommended because it can dilute the electrolytes in the body and cause complications such as seizures due to low sodium.

The key to oral rehydration is small frequent feedings.

- ✓ Offer 1/3 of an ounce (5 to 10 cc) of fluid at one time. Wait 5 to 10 minutes then repeat.
- ✓ If this amount is tolerated without vomiting, increase the amount of fluid to 2/3 of an ounce (10 to 20 cc). Wait and repeat.
- ✓ If tolerated, increase the fluid offered to 1 ounce (30 cc) at a time.
- ✓ If vomiting occurs, go back to the 1/3 of an ounce (5 to 10 cc) and restart.
- ✓ Once the child is tolerating significant fluids by mouth, a more solid diet can be offered.

(We can make ORS fluid at home in emergency situation – One Litre of drinking water with heap of sugar (adult hand) and a pinch of salt).