

Diarrhoea & Dehydration Warning Signs

Know when home rehydration is not enough

Watch for dehydration

- Very dry mouth or intense thirst.
- Reduced urine or dark urine.
- Sunken eyes, unusual sleepiness or irritability.
- Dizziness, weakness or fainting.
- In children: poor feeding, lethargy or markedly fewer wet diapers.

Continue fluids

- Use ORS for fluid and electrolyte replacement.
- Continue age-appropriate feeding and breastfeeding.
- Avoid unnecessary antibiotics or anti-diarrhoeal medicines without advice.

Blood in stool, severe abdominal pain, high persistent fever, repeated vomiting, confusion, shock, severe dehydration, very young infants or frail older adults need prompt assessment.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.