

ORS Preparation Guide

How to prepare and use oral rehydration solution safely

Using an ORS packet

- Wash hands and use clean drinking water.
- Mix the entire packet with exactly the amount of water stated on the packet.
- Do not make it more concentrated and do not add extra sugar or salt.
- Give frequent small sips; continue breastfeeding in infants.
- Discard prepared ORS according to packet guidance, commonly within 24 hours.

Very sleepy/unresponsive patient, inability to drink, persistent vomiting, blood in stool, severe dehydration or signs of shock need urgent medical care - ORS alone is not enough.

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.