

Oral Rehydration Solution (ORS)*

The best liquid for people who are dehydrated is oral rehydration solution (ORS). Plain water does not provide essential electrolytes (salts and minerals).

Give the person a drink made with:

- 6 level teaspoons of sugar
- 1/2 level teaspoon of salt
- 1 liter of clean water.

Dissolve sugar and salt in the water

Be very careful to mix the correct amounts.



*Using ORS is referred to as Oral Rehydration Therapy (ORT)