

Home made ORS recipe

Preparing a 1 (one) litre oral rehydration solution [ORS] using Salt, Sugar and Water at Home

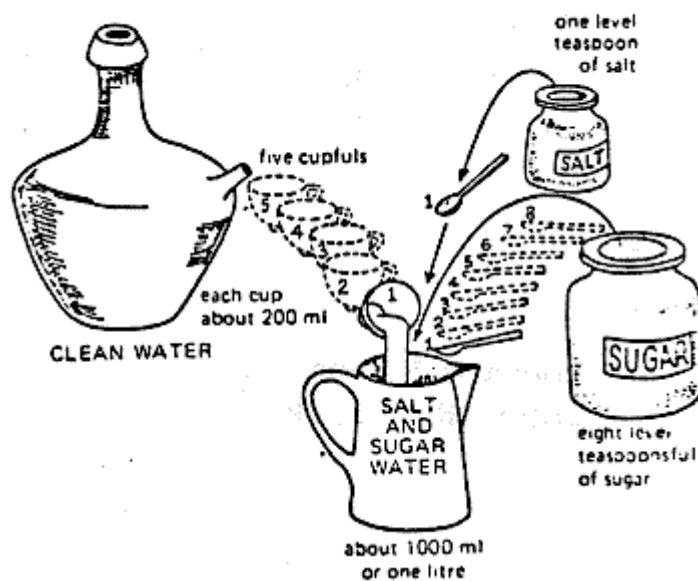
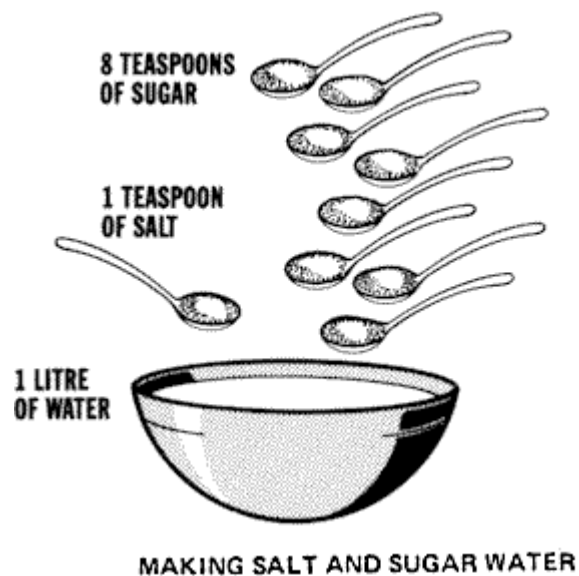
Mix an oral rehydration solution using one of the following recipes; depending on **ingredients and container availability**:

Ingredients:

- **one level teaspoon of salt**
- **eight level teaspoons of sugar**
- **one litre of clean drinking or boiled water and then cooled**
5 cupfuls (each cup about 200 ml.)

Preparation Method:

- Stir the mixture till the salt and sugar dissolve.



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