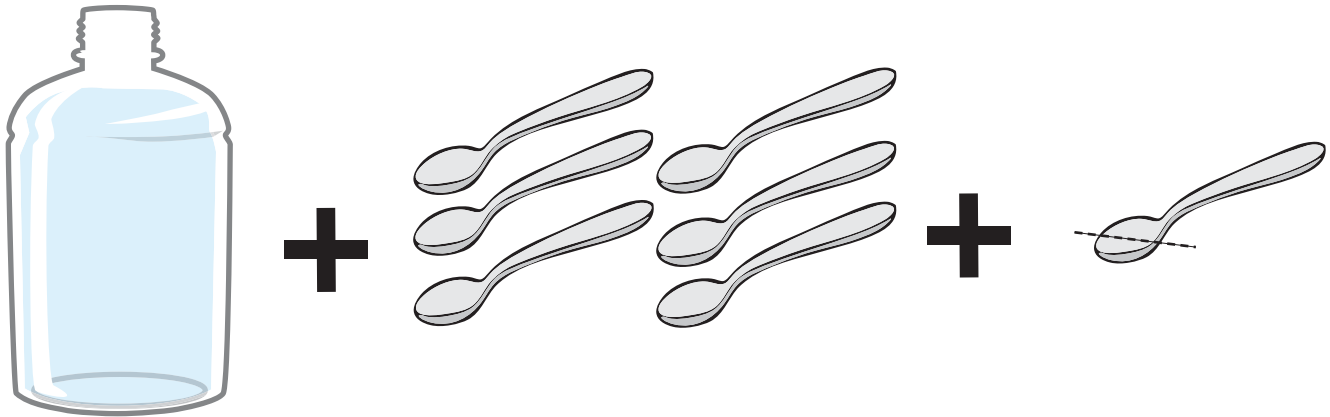


HOMEMADE REHYDRATION SOLUTION: HRS



1 LITER WATER

6 TEASPOONS SUGAR

1/2 TEASPOON SALT

The best treatment for dehydration due to diarrhea is to drink lots of clean water mixed with a proper blend of sugar and salt which can be prepared safely at home.

Mix the following ingredients until dissolved:

6 level teaspoons of sugar

1/2 (half) level teaspoon of salt

One liter of CLEAN DRINKING WATER*

***IMPORTANT:** If there is a possibility the water is not clean and safe to drink, it should be filtered with the TRUSTED Water filter. Then sanitized either by boiling for one minute **or** by adding 2 drops of chlorine bleach per liter **or** placed in a clear bottle in full sunlight for one day.

Be very careful to mix the correct amounts.

Too much sugar can make the diarrhea worse.

Too much salt can be extremely harmful to the person. Making the mixture a little too diluted (with more than 1 liter of clean water) is not harmful.

Taste before drinking.

If it is very salty throw it away and start making the drink again.

A rough guide to the amount of salt is that the HRS drink should taste no saltier than tears.

More info: waterwellsforafrica.org or breakwaterfamily.com/missions/africa-outreach

