Salt and sugar drink

At home or at a clinic you can make a simple rehydration drink. It is just as good as the ORS (oral rehydration salts) packets you can buy, but costs much less.

1. In 1 liter clean water 2. Mix ½ teaspoon salt

Taste this mixture. It should be less salty than tears.

3. Then mix in 8 flat teaspoons sugar

OR, instead of sugar, mix in 8 rounded teaspoons of cereal, such as ground rice cereal or maize meal. If you use cereal, cook the mixture for a few minutes before serving it.

To mix a single serving of rehydration drink:

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1 “Dehydration” Where There Is No Doctor. Hesperian.
http://en.hesperian.org/hhg/New_Where_There_Is_No_Doctor:Dehydration#Rehydration_drinks
Additional Rehydration Drinks

**Rice water**

Rice water works as well as salt and sugar solution for rehydration. Cook some rice in twice as much water as you would normally use. Add some salt to the water. (About ½ teaspoon salt per liter of water, or a big pinch in a glass of it). You can add a little sugar if you like. Drink as much as you can. You can eat the rice too.

**Other home cereals**

If you usually make porridge or gruel to eat or feed to young children, these can be watered-down for rehydration drink. Ground corn, dal, potato, or cassava will all help rehydrate someone (if they are well cooked and watered down to a thin liquid, and a little salt is added).

A thinned porridge like this does not replace food. If you thin down porridge for a rehydration drink, you can also give regular, thick porridge to eat. To recover from dehydration, give food as well as fluids.

**Yogurt or fermented milk drinks**

These are good rehydration drinks and provide needed protein too. If the yogurt drink is very thick, mix in some water. Add a pinch of salt per glass.