

Chart 15. Diarrhoea treatment plan A: Treat diarrhoea at home

**COUNSEL THE MOTHER ON THE FOUR RULES OF HOME TREATMENT:
GIVE EXTRA FLUID. GIVE ZINC SUPPLEMENTS. CONTINUE FEEDING.
KNOW WHEN TO RETURN TO THE CLINIC.**

1. Give as much extra fluid as the child will take.

▶ Tell the mother to:

- Breastfeed frequently and for longer at each feed.
- If the child is exclusively breastfed, give ORS or clean water in addition to breast milk
- If the child is not exclusively breastfed, give one or more of the following: ORS solution, food-based fluids (such as soup, rice water and yoghurt drinks) or clean water.

It is especially important to give ORS at home when:

- the child has been treated according to plan B or plan C during this visit.
- the child cannot return to a clinic if the diarrhoea gets worse.

▶ Teach the mother how to mix and give ORS. Give the mother two packets of ORS to use at home.

- ▶ Show the mother how much fluid to give in addition to the usual fluid intake:
- ≤ 2 years: 50–100 ml after each loose stool
 - ≥ 2 years: 100–200 ml after each loose stool

Tell the mother to:

- Give frequent small sips from a cup.
- If the child vomits, wait 10 min. Then continue, but more slowly.
- Continue giving extra fluid until the diarrhoea stops.

2. Give zinc supplements.

▶ Tell the mother how much zinc to give:

- ≤ 6 months: half tablet (10 mg) per day for 10–14 days
- ≥ 6 months: one tablet (20 mg) per day for 10–14 days

▶ Show the mother how to give zinc supplement:

- For infants, dissolve the tablet in a small amount of clean water, expressed milk or ORS in a small cup or spoon.
- Older children can chew the tablet or drink it dissolved in a small amount of clean water in a cup or spoon.

▶ **REMINDE THE MOTHER TO GIVE THE ZINC SUPPLEMENT FOR THE FULL 10–14 DAYS.**

3. Continue feeding.

4. Know when to return to the clinic.

} See mother's card (p. 322)