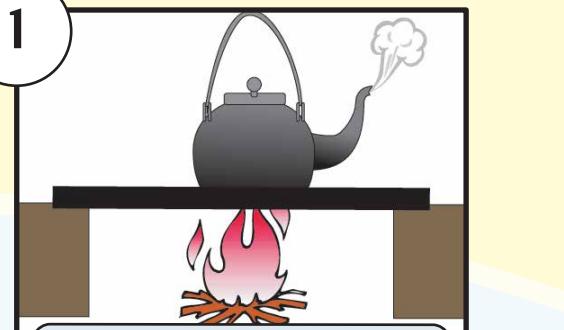


ORS (Oral Rehydration Solution):

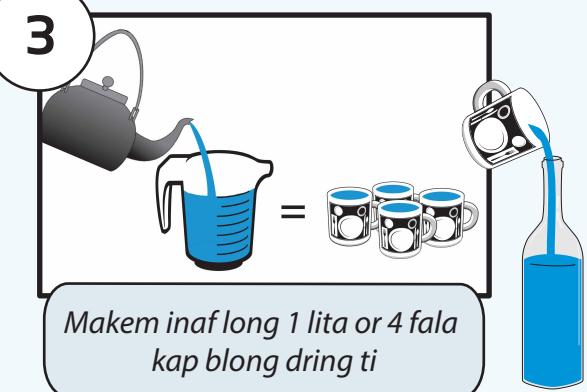
ORS hemi wan spesel kombinesen blong sol we taem yumi mixim gud wetem sef wota, i save helpem bodi i karem bak ol wota we hemi lusum long taem blong sitsit wota.

Yu save karem ORS long klinik. Mo tu yu save mekem ORS long haos.

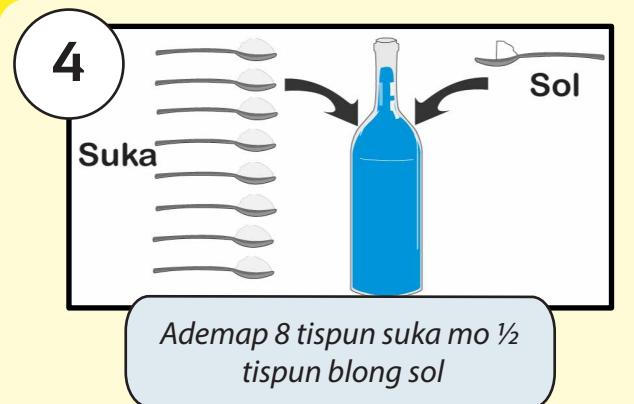
Hao blong mekem ORS long haos:



Boilem wota mo lego i boil 5 minit olsem, afta long 5 minit putum i stap blong kolkol



Makem inaf long 1 lita or 4 fala kap blong dring ti



Ademap 8 tispun suka mo $\frac{1}{2}$ tispun blong sol



Stat blong kivim long pikinini blong dring blong stopem dehydration o body i kam drael. Kivim plante blong pikinini dring.

Taem yu mixim ORS yu mas givim long sem dei. Yu no save kipim blong nekis dei.



Blong moa informesen
kontaktem welt fasiliti
klosap long yu



Stopem SITSIT WOTA



Stopem SITSIT WOTA

Sitsit wota hemi taem sitsit i olsem wota mo i pitim 3 taem long wan dei.

Pikinini i stap long denja taem oli gat sit sit wota. Sitsit wota save kilim ol pikinini kwik taem from tumas wota i kamaot long bodi blong hem.

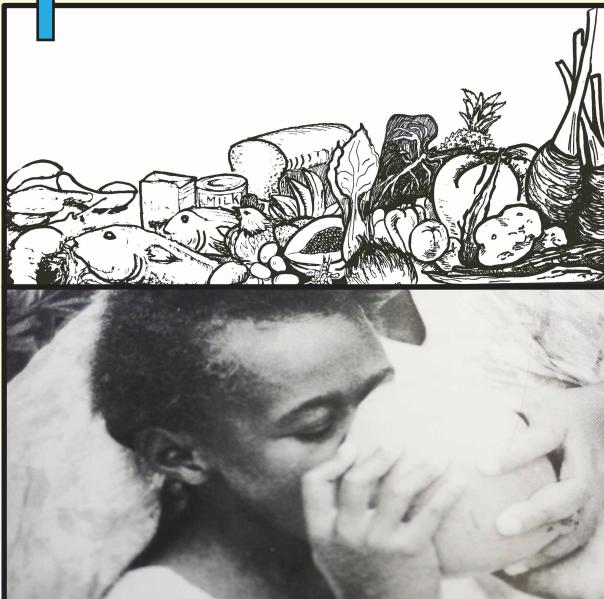
Ol denja saen blong sitsit wota

Spos wan long ol saen ia i happen, yu mas karem pikinini i go long klinik kwik taem:

- Sitsit wota plante taem bitwin wan o tu haoa
- Sisit blad
- Traot evri taem
- Gat fiva
- No wantem dring o kakai
- Ol ae mo sopsop pat blong fes ol i go insaid
- Pikinini i tait tumas

Hao nao yu save helpem man mo pikinini wetem sitsit wota:

1



- Givim plante wota blong dring olsem: klin wota, soup, wota blong rais, wota blong grin kokonas, ORS.

2



- Blong bebe, gohed blong givim titi.

3



- Enkarejem pikinini (o eniwan we i sitwota) blong kakae ol helti kakae olsem frut, vejetebol, ek we i tan finis, fis, taro, kumala, manioc. Kivim ol kakae ia smol smol mo plante taem.

- Wasem han wetem wota mo sop bifo mekem kakae, bifo kakai, afta go long toilet, mo afta jenjem napkin blong bebi.

- Gohed blong givim ekstra wota gogo kasem we sitsit wota i stop.