

# Attachment lesson 4 - diseases

People who suffer from diarrhoea and are dehydrated because of this disease should supplement the fluid loss. This is done through Oral Rehydration Therapy (ORT). It is easy to make and therefore can be prepared at home as a cheap solution for a huge problem in the Philippines.

How to prepare ORT:

Ingredients:

- 1 liter of treated or clean water
- 2 tablespoons of sugar
- ½ teaspoon of salt

Dissolve sugar and salt in water. Advise the patient to drink 1 cup after each loose bowel movement.