

POSSIBLE DEHYDRATION

Supportive Management

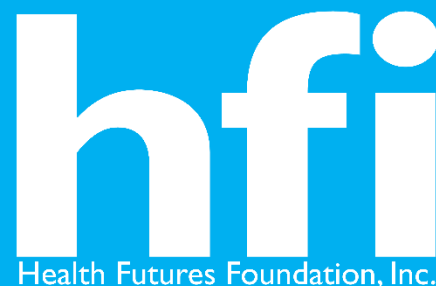
- Keep self hydrated.
 - Take an oral rehydration solution (ORS) which include sports drinks (e.g. Gatorade) or the commercially sold Oresol.
 - A home-made oral rehydration solution (ORS) may also be taken.
 - Six (6) level teaspoons of Sugar
 - Half (1/2) level teaspoon of Salt
 - One liter of clean drinking or boiled water and then cooled
 - Avoid dehydrating drinks such as caffeinated drinks (e.g. cola, coffee, tea, energy drinks), as well as alcohol.
- If with elevated temperature is due to heat, decrease it by doing the following:
 - Stop from the activity being done and take a rest period.
 - Get out of the heat, and into a near shaded, cool place. If possible, go to an air-conditioned place.
 - Move into a place where a fan is nearby.
 - Remove excess or constrictive clothing.
 - Take cooled rehydrating drinks – ORS or sports drinks (see above).

Herbal Medicine

- **Coconut Water**
 - For fluid and electrolyte replacement (if vomiting)
 - For every 2 glasses of plain coconut water, add 2 glasses of clean water, 1 tablespoon of sugar, and ¼ teaspoon of salt. Stir the mixture thoroughly.

Consult doctor if any of the following signs and symptoms are experienced:

- Constant vomiting for more than a day, fever over 101° F, diarrhea for more than 2 days, weight loss, decreased urine production (no urine in the last 12 hours), confusion, sluggishness, seizures, difficulty of breathing, fainting



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