

HOMEMADE REHYDRATION DRINK



You can make your own rehydration drink at home to help replace lost fluids and electrolytes.

1. Make up one litre of orange squash as directed by the manufacturer.
2. Add half a teaspoon of bicarbonate of soda and half a teaspoon of salt.
3. Stir until dissolved.

By adding bicarbonate of soda and salt, you will be replacing essential electrolytes as well as lost fluids. This is important because electrolytes regulate the amount of fluid in your body. When suffering with diarrhoea, try to drink at least two litres of fluid per day.

1L SQUASH
+
½ TSP BICARBONATE OF SODA
+
½ TSP SALT