

SUGAR SALT SOLUTION (SSS)



Sugar/Salt Solution is perhaps the most effective home made remedy for use in replacing water and minerals that a person's body loses during a bout of diarrhoea.

SSS is easy to make, as follows:

1. Take 750ml of boiled and cooled water.
2. Add 6 level teaspoons of sugar.
3. Add ½ a level teaspoon of salt.
4. Mix them together thoroughly and drink, frequently.

Note:

- * Always wash your hands with soap or ash before preparing SSS.
- * Make sure the utensils you use to make SSS are clean.
- * If a baby below the age of 6 months has diarrhoea, continue frequent breastfeeding.
- * If a baby above the age of 6 months has diarrhoea, continue breastfeeding in addition to giving them SSS.



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