

Diarrhea Hydration Route Card

Use this during a diarrhea-heavy symptom day. It is not a substitute for medical care.

1. Stop signs

Seek medical guidance for blood or pus in stool, black stool, fever, severe abdominal pain, repeated vomiting, dehydration signs, fainting, confusion, diarrhea that is severe or lasts more than 2 days, or symptoms that are clearly different from baseline.

2. When ORS may fit

Oral rehydration solution may be useful when diarrhea is frequent, fluid loss is high, sweating or heat is involved, vomiting has occurred, or ordinary fluids are not keeping up.

3. What to avoid

- Do not use alcohol.
- Be careful with very sweet drinks in large amounts.
- Do not stack multiple electrolyte products.
- Do not use ORS to ignore red flags.

4. What to track

- Number of loose stools.
- Vomiting.
- Thirst, dizziness, dark urine, dry mouth, or reduced urination.
- Fever, blood, severe pain, or nighttime symptoms.
- Medications, supplements, caffeine, and recent illness or travel.