

### **HOMEMADE "GATORADE" (to prevent dehydration)**

1/4 oz pkt unsweetened Koolaid (or drink mix)  
1/2 tsp plain salt (NaCl)  
1/4 tsp salt substitute (KCl)  
1/2 cup sugar, honey or corn syrup (can be equal parts of each)  
2 tbl lemon juice (citric acid)  
if available add mineral drops

Add water to total 2 quarts

### **FORMULA FOR REHYDRATION**

1 L water  
1/2 tsp salt (mixture should taste less salty than tears)  
8 tsp powdered cereal  
add juice and banana if available  
boil 5 mins

alternate recipe-

1/2 tsp salt  
1/2 tsp baking soda  
2-3 tbl sugar or honey  
orange or lemon juice (for vitamin C)

\*encourage to sip/drink as much as possible until urine output is in normal range (30 ml or 1 oz/hr)

-for kids 1 L/24hrs or a glass for each loose BM

-adults 3 L+/24hrs

-for burn victims 4-12 L/24hrs (depending on amount of burns)

\*\*may add protein powder and vitamin supplements to these rehydration drinks when available!

### **HOMEMADE NORMAL SALINE SOLUTION**

(used for cleansing wounds, nasal spray, eye drops, mouth rinse etc.)

1 cup water (use distilled if available) heat to near boil. Add 1 tsp NaCl (plain table salt-non iodized is best) and 1/2 tsp baking soda (this is a pH buffer)-stir until dissolved, solution will be cloudy. Let cool to room temperature and store. Best used within 24 hours.