

## How to make 'normal saline' at home

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Normal saline is a mixture of salt and water. The normal saline you make at home can only be used for 24 hours, so you must make it fresh each day.

1. Wash your hands with soap and water. Dry on a clean towel.
2. Collect your supplies:
  - Measuring cup: 1 cup (240 ml)
  - Measuring spoon: 1 teaspoon (5 ml)
  - Table salt
  - Large pot with lid
  - Clean **glass** bottle or jar with a lid (do not use a bottle or jar with a metal lid as it may become rusty)
3. Put 2 cups (500 ml) of tap water and 1 teaspoon (5 ml) of salt into the pot. Put the lid on.
4. Heat to boiling with the lid on. Gentle boil for 15 minutes.
5. Set the pot aside to cool to room temperature.
6. Pour the normal saline from the pot into the glass bottle or jar. Close the lid on the bottle or jar.
7. Keep the normal saline in the closed bottle or jar for **up to 24 hours**.

### Tips to prevent infection!

- ✓ Wash your hands before making normal saline.
- ✓ Always use a clean bottle or jar.
- ✓ After 24 hours, throw away any remaining normal saline.
- ✓ If the normal saline gets cloudy or looks dirty, throw it away.