

**Introduction:** Globally, one-fifth of all estimated five million under-five annual deaths is due to diarrhoea (UNICEF, 2010). Oral Rehydration Salts (ORS) solution use could provide substantial reduction in deaths from under-five diarrhoea. However, the level and factors influencing its use were not well known in Kawempe division.

**Purpose** This study aimed at establishing the factors that influencing the utilization of ORS among care givers in treating diarrhoea among children below five years in Kawempe division, Kampala district Uganda.

**Methodology:** This cross sectional study that employed both quantitative and qualitative research had a sample of 413 respondents that were 18 years and above and whose children had suffered from diarrhoea two weeks prior to the study. Structured questionnaires were administered by trained interviewers who were recruited basing on their health experience and knowledge.

**Results:** The results were analysed using SPSS and  $P < 0.005$ . Frequencies cross tabulations and chi squares were performed to test the hypothesis that helped in answering the research questions. The findings indicated that demographic factors such as marital status, source of income and literacy levels affected the utilization of ORS in Kawempe. Health related factors were also pointed out such as distance from home to the health facility, time spent in the health facility when seeking for treatment were mentioned to affect the utilization of ORS.

**Conclusions and recommendations:** The findings showed that the utilization of ORS is still low basing on the target set by the MoH of increasing the utilization of ORS to 80%. Health seeking behavior, knowledge, source and mode of obtaining ORS significantly increases ORS solution use in children under-five with diarrhoea in Kawempe division. Where possible, reinforce caregiver knowledge and health seeking behavior and make ORS readily available in Kawempe.