

LIVE



Ready

Do you have a

FLU Buddy?

“Flu Buddy”: Someone you can call if you get sick, who will then check on you every day, make sure you have the medicines you need (*including fetching Tamiflu if appropriate*), **help care for you if needed**, and call for medical help if your condition deteriorates.

During a pandemic (*even a relatively mild one*), households with only one responsible adult (*regardless of the number of inhabitants*) are going to be at greater risk.

While the H1N1 virus has proved to be ‘*relatively mild*’ for the vast majority of people infected, that term may be a just a bit deceptive.

‘*Mild*’ generally means not requiring hospitalization.

It doesn’t mean that this flu won’t knock you on your backside for 4 or 5 days. And while the vast majority will recover, that assumes some basic level of care.

Something that some flu victims may be unable to provide for themselves.

It doesn’t take long for the flu, with its fever (*and sometimes vomiting and diarrhea*), to

begin to dehydrate even healthy individuals. Dehydration, if it isn’t reversed, can become a serious, even life-threatening condition.

It is important to keep flu patients hydrated. It may very well be the single most important thing you can do for a flu victim. Information on why this is important can be found here:

[The Rehydration Solution](http://afludiary.blogspot.com/2007/09/rehydration-solution.html)

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You can make your own rehydration solution by adding 8 teaspoons of sugar, and 1 teaspoon of salt, to 1 liter (or quart) of water.

