

# Outbreak

The flu season is upon us, and it's obvious. In our family, we are teetering between two outbreaks of illness. Last week, it was hand, foot, and mouth disease (not to be confused with its fear-provoking counterpart, foot and mouth disease, which is only found in animals). The kids had little bumps on their hands, and a general feeling of being unwell, known as malaise as I learned on the internet. This is an extremely common (in children anyway) viral illness that usually runs its course in most kids. When my mouth erupted in sores last week (it's like having 10-20 large canker sores at the same time), I was shocked because it's supposed to be very rare in adults. We contacted 3 different health professionals to make sure that our trip to Illinois could go on as scheduled, and they all assured us that if there was no fever, we were not contagious. We ventured across the state of Indiana, and I don't know if I was more fearful of what we were bringing with us or what we were going to take home, what with the many recent flus reported in Illinois and elsewhere, H1N1 and otherwise.

More on the really great parts of the trip in the next blog post – I need to get this out of my system so to speak, haha – a sick post and a fun post. So for the sick part...

My husband woke up today feeling awful – the flu. My morning started pretty much like the past 2 or 3 mornings now – tremendous pain in my mouth, worse than the day before. One of my favorite things about visiting the Chicago area is the food – despite the city's drawbacks: the aggravating traffic, the inflated prices, CROWDS; Chicagoans do have a talent for their intolerance of crappy Sysco food – ie, Chicago food is fantastic! Last week, anticipating our upcoming trip, I remember thinking that it was only Wednesday, surely my mouth would heal by Friday so I could indulge in some of my favorite Chicago treats. But alas, Thursday's pain was worse than

Wednesday's, and Friday's was worse than Thursday's. Actually, as I said before, it's gotten worse every day since it started. Somehow, I was miraculously able to enjoy my [Italian beef sandwich](#) Friday night, but pain-wise things just went downhill from there. We had a wonderful breakfast at the [Uptown Cafe in Arlington Heights](#), quite possibly the best breakfast restaurant *in the country*. They have the best eggs benedict I've ever had, but unfortunately I came very close to sinfully wasting my eggs benedict when I could not eat them (let alone carry on a conversation with relatives) without my eyes watering from the pain in my mouth. My little boy saved me from wasting half my order ( I knew I should have gotten soup or at least a half order of eggs benedict, but I literally could not resist – we get to this place less than once a year!) – but my toddler ate *half* my eggs benedict – he is his father's son!

The weekend ended with my sister making us wonderful homemade lasagna, of which I had about 5 small very painful bites. I did not try any of the appetizers, the steamed vegetables, the salad, the garlic bread, or any of the desserts ☐

I also did not get my usual crave case of White Castle cheeseburgers to bring back to Ohio, although generous relatives supplied us with some Chicago beef for sandwiches, homemade soup and Grammy's out-of-this-world homemade spaghetti sauce, all frozen and ready to be thawed as soon as I'm better! Talk about something to look forward to!!!

We ventured home at 2 am this morning, and arrived safely, however painful (and tiresome for my husband) the ride home. And a special thank you to Officer Friendly of the Ohio State Patrol, who did not issue even a warning for my husband's "hovering around 60 in a 55." I'm glad he seemed to take the 4 sleeping kids and the grumpy wife in the passenger seat into consideration – this police stop was completed very quickly and only blocks from our house.

This morning I awoke in a lot of pain, and it's gotten worse

throughout the day. I think if it continues its trend and gets even worse tomorrow, I'm going to have my husband call the doctor to make an appointment. I am so thankful that my kids seem to be over it, and as horrible as it's been for me, I'm still happy I got the most of it in the family. I pray for my husband, and I'm really nervous about swine flu, but he seems to be feeling better, unless he's just putting on a braver face than I. This illness for me has been characterized by bouts of severe pain sandwiched between constant regular pain. In the past hour, twice that I've talked brought on the most severe bouts of pain and was enough to make me start typing on the computer and making my husband read it in order to communicate. Whatever works, it's amazing how easily the threat of tremendous pain can train a person to keep her mouth closed (like [Pavlov's dog](#)). My husband joked that it's the "shut-up disease". That brought a smile; it doesn't hurt to smile – just the talking, eating, drinking, and sleeping. And that reminds me, being in constant pain has made me an insomniac. I couldn't sleep in Illinois at our hotel and ended up listening to an hour-long Larry King interview with Suzanne Somers – even that did not put me to sleep. Did you know that Suzanne Somers never actually had cancer even though 4 different doctors told her to get her affairs in order because they had mis-diagnosed her? That's a tangent that doesn't need to be taken...

Well, anyway, that's enough from me for now. Sorry about the rambling, but this really sucks, and typing is my voice right now. Hubby is watching the Bears game, so it'd just be rude of me to constantly interrupt by making him read my ramblings. I wish I could take care of my husband while he's sick, but for now we're helping each other. Let's really hope this gets better – if I have to go to the doctor, I can't tell them what's wrong with me because I can't talk, and I don't really want to bring my family with me to the doctor's – who knows what else we could get?!? I guess I'd have to write a note, but I feel kind of silly...

A real Halloween horror treat tonight would be for us to watch the movie [Outbreak](#) – now that's just TOO scary!!!

At least we have a good part of a week to whip these things and get ready for fun Halloween activities abound next weekend! Super-fun blog post about the awesome parts of the Illinois trip – including haunted house ratings! – to follow this depressing post, I promise!