

FAIRCHILD WESTON FAIRCHILD WESTON SYSTEMS INC. SYSTEMS INC. FARCHILD WESTON SCHUMBERGET SARASOTA FL 33578

VOL. VII, NO. 1

JANUARY, 1985

ATTENTION ALL COUNTERS ---HERE'S JUST WHAT YOU NEED!

If you have ever had to count small piece parts for inventory -- or issue quantities of small stock items -- have we got a machine for you!

The Stockroom has acquired an automatic counting and bagging machine, which enables Stockroom personnel to count and pre-package items such as washers, screws, nuts, socket pins, solder terminals, core beads, plugs, rivets, eyelets, etc.



Bernie Cori, Wayne Stankovitch and John Elliott with new counting/bagging machine in Stockroom.

"With this system we will have improved accuracy, quicker picking of large quantities, speedier cycle counts, and considerable improvement in our physical inventory procedures," said Bernie Cori, Stockroom Supervisor.

"We have already pre-packaged approximately 100 different items consisting of over 600,000 parts, and the average set-up time is just over 7 minutes," Bernie reports. (Cont'd on Page 2)

SAFETY RECORD GROWING

Data Systems Division employees have successfully extended the Division's safety record to over 919,300 hours without a lost-time accident -- thanks to YOUR safety awareness.

Your safety awareness means avoiding painful injuries, and only YOU can do it.

NEW BUSINESS

NAVY CONTRACT AWARDED

A contract award, received this month from the U.S. Navv. Pt. Mugu, provides an entry for Fairchild Weston's Data Systems Division into a new facet of the data communications business. This contract, valued at over \$1,000,000 is for the design, development and delivery of 16 sets of Asynchronous Multiplexer/Demultiplexer system hardware.

The equipment will be utilized to improve the efficiency of Range data communications handling.

The Asynchronous Multiplexer is used to combine or multiplex unrelated serial PCM data streams into a single composite stream for transmission over a satellite or microwave link. The Demultiplexer separates the data at the receiving end of the link and recreates the exact replica of the original input data streams.

FWSI Marketing expects to sell a substantial quantity of these systems to Government and Industry-operated Test Ranges over the next few years. The Engineering and Marketing team responsible for this venture consisted of Guy Ellis, Carl Steineckert, Dick Vorce and Bill Waggener.

CREDIT UNION GROWS

Year-end results of the Fairchild Sarasota Credit Union show the group has had a successful year with assets up 4.5%. The Credit Union paid a 6% annual dividend on shares, and membership increased over 12%.

Dividends during 1984 were paid semiannually on June 30, 1984, and quarterly on September 30 and December 31, 1984. Total dividends credited to members' accounts was over \$28,000. Assets increased from \$644,800 to over \$674,700, and membership is 639 as of December 31,

At the Credit Union's 18th Annual Meeting scheduled to take place on January 30, at 4:30 p.m., in the Cafeteria, it was expected that discussions would include plans for online computer processing to provide faster and better service to members, plus election of Board members and Committee members.

AN EQUAL OPPORTUNITY EMPLOYER M/F/H/V

ATTENTION ALL COUNTERS ---HERE'S JUST WHAT YOU NEED!

(Cont'd from Page 1)

The new machine's parts are called the "Accucount" and "Autobag." Features include vibratory drive, separator bowls, belt feed, quantity, settings, feed speed settings, electric eye, digital display and reset, footswitch, printer, bag inflator, bag deflator, bag sealer and bag tearer -- and all with an error factor of less than 2%.

Art Acosta, of Industrial Engineering prepared the analysis and justification for acquiring this new equipment.

Bernie's eyes lit up when he noted: "The system also has the capability of pre-packaging items such as capacitors, resistors, diodes, etc., but we don't have that option -- yet."

ANNIVERSARY GREETINGS

Happy anniversary to this group of six employees who are observing major service milestones during January. Especially noteworthy are the anniversaries of Florence Johnson, marking 30 years with our company, and Jean Tomkinson, who completed 25 years of service this month.



Congratulations to: Dave Harmas (5 years); Florence Johnson (30 Years); Carol Waters (5 Years); Dave Hart (15 years); Bob Boyer (5 years) and Jean Tomkinson (25 years).

SCUBA GROUP PLANNING MEXICAN DIVING TRIP

Mexico City, Cozumel, here we come! Members of the Data Systems Division SCUBA group are planning another group trip to Mexico City and Cozumel June 21–29. Nearly 40 people participated in last summer's trip to Cozumel and the Yucatan, Graham Hildebrand reports.

This newest trip is open to divers and non-divers. Five or nine-day packages are available at very reasonable prices, Graham said. There will be a meeting on February 4 at 4:45 p.m. to discuss plans for this trip and the next entry-level SCUBA Class which begins on February 7. For more information, call Graham Hildebrand, Ext. 283.

WELLNESS —

GOOD HEALTH TIPS

By Debbie Graham Occupational Health Nurse

Each month I'll be introducing some concepts about good health practices that each of us can easily understand and apply to our daily lives. These concepts will vary widely and can be of value to you, your spouse, and children. The focus will be on WELLNESS.

The Surgeon General of the United States has said, "You, the individual, can do more for your own health and well-being than any doctor, any hospital, any drugs, any exotic medical device."

It's true. Statistics show that more than half of the illnesses Americans suffer are the direct result of the way we live. Smoking, overeating, lack of exercise, excessive stress and abuse of drugs and alcohol are taking a heavy toll.

Clearly the best way for us to live happier, healthier lives and bring medical costs back under control is to take better care of ourselves. That's what WELLNESS is all about.

Wellness is much more than just not being sick. Wellness is a positive attitude about your health. It's a decision YOU make to avoid the things that can lead to illness or injury. It's focusing on the PREVENTION of illness, rather than the cure.

By following a few "common sense" guidelines, you can greatly improve your health:

Eat a well-balanced, nutritionally sound diet. Don't smoke.

Avoid excessive stress.

Avoid use of addictive, harmful substances such as alcohol and drugs.

Exercise regularly.

Have preventive tests and care performed periodically — such as blood pressure tests.

Each month some valuable information regarding Wellness will be featured. Please save these articles. Compile your own notebook to use and share with friends and family. Your suggestions for special information are welcome.

LEIS VANDENBERG HARDWARE APPROACHES SHIPMENT DATE

That large system now coming together in Systems Integration is a Launch Environment Instrumentation System which will soon be delivered to the Vandenberg Air Force Base Space Shuttle Launch Facility in California.

"The main system hardware for the Vandenberg LEIS contract is scheduled for shipment the first week of March, and we fully expect to meet that schedule," said Frank Hurlburt of Program Management. "Thanks to the extraordinary efforts of Manufacturing, Production Test, and Engineering, a nagging component problem has been overcome without impacting the schedule. NASA, our customer, is also very pleased with the professional manner in which the Quality Assurance Department has identified, analyzed, tracked, and reported the problem."

When installed at Vandenberg Air Force Base in California,



SIGN LANGUAGE CLASS
OFFERED TO EMPLOYEES

Fourteen Data Systems Division employees are giving their time to participate in a class to learn sign language to communicate with the hearing impaired. Ed Domrzalski, of Telemetry Systems, has volunteered his time to teach the Basic American Sign Language course on Monday afternoons. There will be about eight sessions, and Ed plans to teach "signing" about 700 words.

Ed has been active in the Deaf Ministry in his church for many years and uses sign language to interpret church services for hearing impaired members of Faith Baptist Church. He also teaches a Sunday School class for the hearing impaired. the LEIS hardware will be used for signal conditioning and for encoding, recording, and "quick-look" monitoring of data just prior to and during the Shuttle lift-off. Our LEIS contract is valued at over \$4 million.

"The Data Systems Division team is continuing to maintain the standard of performance that was set when we delivered the Calibration Laboratory equipment on this contract back in November," Frank said. The Cal Lab equipment underwent installation and testing at Vandenberg with no problems.

NASA is also upgrading Launch Complex 39 Instrumentation at NASA Kennedy Space Center with an even larger system using similar FWSI equipment under another contract with Data Systems Division.

This huge LEIS System is undergoing integration testing in our Systems Integration area. Pictured in the foreground are Gail Salter and Bob Moore, of Systems Assembly. In the background, Bill Cox, Senior Project Technician, and Project Engineer Jerry Belveal. Seated at the Control Console are Kathy Bossert, Software Engineer, and John Whitmire, Software Quality Assurance Engineer. This Launch Environment Instrumentation System (LEIS) will be used at the Vandenberg Air Force Base Space Shuttle Launch Facility in California.

CONGRATULATIONS!

PAT McNABB (Financial Planning & Reporting) and his wife Jeanie are the proud parents of daughter Amanda Marie, born January 10 at 8 lbs.

BEN ROBINSON (CADDS) and his wife Cathy welcomed their new son Nathan on December 17. He weighed in at 7 lb. 3 oz.

RALPH KRUEGER (Machine Shop) and SHARON ROSE (Telemetry Assembly) were married on December 29th in a sunset wedding ceremony at Coquina Beach, Bradenton.

DOROTHY MARTIN (Magnetics) became Mrs. George Scott on January 18 in a home wedding in Sarasota.

FRANK BLACK (SPS) and his wife Dawn announce the arrival of their daughter Jessica Lynne on January 10. She weighed 6 lb., 1 oz. at birth.

CIRCLE PRESENTATIONS MAKE GOOD IMPRESSION

Several very successful Quality Circle management presentations were made during December and January.

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A management presentation on December 11 by the "Reel Problems" Quality Circle, representing Recorders Test, offered the group's ideas for a new burn-in rack for Digital Flight Recorders testing.

"The present burn-in rack has room for eight units," Circle Leader Joe Yourkoski explained. "We proposed a new configuration for 20 units, expandable up to 40 units in the future. The proposed burn-in rack would also contain the new expanded parameters in accordance with recent FAA regulations, and monitoring devices to pinpoint failures which would reduce troubleshooting time. It will also be designed to be compatible with future hook-up to automatic test equipment."

The Reel Problems Circle recommendations were enthusiastically received by the Quality Circle Advisory Committee and other members of management, and the project was approved for implementation. Members of the Reel Problems Quality Circle are: Mitchell Harris, Scotte Kavanaugh, Matthew Neelley, Patrick Tatman, Dewayne Yates, and Circle Leader Joe Yourkoski.

OMMO)

The "Thursday Noon Live" Circle, representing the Fab Shop, gave an impressive presentation justifying the purchase of a new shear for the Sheet Metal Shop. The Circle members thoroughly investigated various alternatives, and were able to document the economic benefits of acquiring a DoneWell hydraulic shear.

The Thursday Noon Live Quality Circle includes Circle Leader Eldon Andrews, Bill Burchette, Jim Huffman, Ed Morrow, Phil Stockton, Mark Stone and Becky White.

This group is already working on a new project.

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On December 19 the Stockroom Quality Circle, known as the "Warehouse Wizards," made a management presentation at the monthly meeting of the Safety Committee. The group was very methodical in presenting their facts regarding the need for alternate foot protection in the Stockroom area. The Safety Committee unanimously OK'd the project on a trial basis, and the Circle members were asked to take responsibility for evaluating and reporting on the new footware.

The Warehouse Wizards Circle includes Circle Leader Bernie Cori, John Elliott, Michael Finley, Harriet Fincher, Henry Lamb, Rita McCrea, Shirley Strom, and Demetrius Taylor.

COMMO

The new year was off to a great start when the P. C. Chargers (representing the Printed Wiring Assembly area) made their first management presentation on January 8. Quality Circle Leader Evelyn Christian said the team spirit demonstrated by the Circle members and Department employees was instrumental in enabling the group to solve the problem of adequate tools.

On January 18 the Aviation Flyers made their management presentation. "This creative group, representing the Equipment Recorder Assembly employees, has designed a number of innovative tools that make their jobs easier, and improve quality while saving time," said Quality Circle Facilitator Freddie Masse. "Management enthusiastically accepted the Circle's recommendations and requested that the Circle repeat their presentation to various Engineering groups, and alert other Departments which might benefit from using these tools."

SCHLUMBERGER SCHOLARSHIPS

Employees' sons and daughters who are now in their senior year of high school, or preparatory school, can make application for a Conrad and Marcel Schlumberger Scholarship. The employee/parent must have completed five years of service with the company prior to the time the student enters college.

Scholarship applicants are required to take the College Entrance Examination Board (CEEB) Scholastic Aptitude Test, and must submit the necessary application and supporting materials to the Secretary, Conrad and Marcel Schlumberger Scholarship Committee, P.O. Box 2175, Houston, Texas, 77001. The information must be received by March 31, 1985.

The four-year scholarship awards recognize outstanding scholastic achievement and provide financial assistance to deserving students seeking a college education. A booklet about the Scholarship program is available in Personnel.

Data Systems Division employees are especially proud of our Schlumberger Scholarship winners -- four students in 1983, and one in 1984.



CATHY WILSON RACES STOCK CARS AND WINS TROPHIES

Cathy Wilson, petite mother of two young children, and Assembler in our Printed Wiring Assembly section, has a couple of new trophies to add to her collection. She captured the 1984 High Point Runner Up trophy and the 1984 Powder Puff Driver of the Year award for her performance as a stock car racer at DeSoto Speedway in Bradenton.

Cathy and her husband Eddie have become stock car racing enthusiasts and are now weekend regulars at the DeSoto 3/4 mile oval track. The men in the family are currently racing Datsun 510's, and Cathy is racing a Datsun 610. She has been in 25 races so far and captured about 15 trophies.

"In my first race, in a borrowed helmet and car I wasn't used to driving, I hit the wall and knocked all the fillings out of my teeth," Cathy relates. Fortunately, the track pays for medical insurance coverage on the drivers. But two weeks later she was on the track again, and now keeps wanting to make the car go faster.

Her father-in-law, who owns Tom Wilson Auto Repair, is their sponsor. Cathy and her husband built Cathy's car together, with help from daughter Brooke, aged 4, and Eddie Jr., aged 3.

"I expect to race with the men's stock class next season, instead of the Powder Puff class," Cathy said.

WINNERS

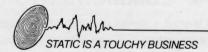
ARLENE KLINEBRIEL (Computer Operations) and her husband Russell were the lucky winners of a 3-day vacation in Freeport in the Bahamas recently. The couple dropped their coupon in the contest box at an open house for McNabb Homes and won first prize in the drawing for the trip by air to Freeport.

82 EMPLOYEES GIVE BLOOD

Data Systems Division employees offered a "pint of their finest" in our Blood Donor Drive on December 3 and 10, when the Lower West Coast Bloodmobile came to our plant. Eighty-two pints of blood were contributed by employees to help their colleagues and families, whenever there is a need for blood. If you or a member of your family need blood, just call Debbie Graham, Ext. 559, and arrangements will be made for the "gift of life" to be made available.



Cathy Wilson and two of her trophies.



Static can undo your best work.



Static is everybody's business.



#3M Company/Static Control System

DON NORRIS ELECTS EARLY RETIREMENT

Don Norris, Electro-Mechanical Designer in Design & Drafting, leaves Data Systems Division on February 8 to begin early retirement.

The veteran Designer participated in the design of just about every telemetry system produced by our company in Sarasota since he joined us in November, 1957 — the Martin Package, Dyna Soar, Celescope, World Wide Range, and dozens of others, right up to the current NASA LC39 and Vandenberg contracts. He is the first employee to retire from Design & Drafting.

"We have seen some remarkable progress over these years. It was like starting out with a quill and advancing to CADDS with graphics, plots and drawings. Computer Aided Design & Drafting (CADDS) has helped tremendously," the genial Designer said.

Don's plans include fixing up his house, enjoying fishing, bowling and golf, and some travel starting with visits to family members in Detroit and Denver. In Sarasota, Don has his son Jeff (of Traffic) and daughter-in-law, and 17-month-



Don Norris, our newest early Retiree.

old granddaughter.

"And who knows, I may even start a new career," Don said. One thing is sure. That winning smile will be missed by his many friends here.

TECHNICAL COMMUNICATORS HELD JANUARY MEETING HERE

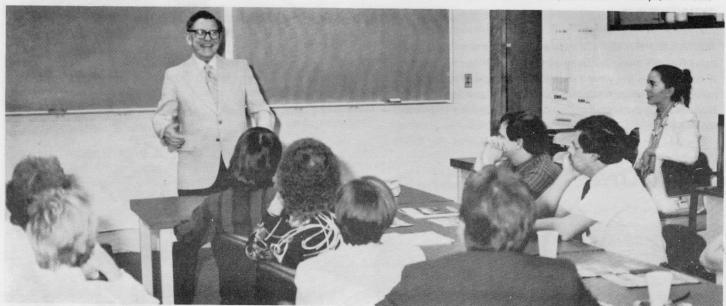
Fairchild Weston hosted a dinner meeting of the Society for Technical Communication (STC) on January 10. The 24 attendees heard Jud Strock, of Applications Engineering, talk about his experience in having a book published. His book, "Telemetry Computer Systems", was published in 1983 by the Instrument Society of America.

Sue Nurczyk, of Telemetry Technical Publications, is President of the Suncoast Chapter of the STC, which draws its membership from the Tampa-Sarasota-St. Petersburg area.

"The Society for Technical Communication is the world's

largest professional organization for technical communicators. It is concerned primarily with the education, improvement, and advancement of technical communicators," Sue explained. It provides technical communicators (writers, editors, teachers, designers, illustrators, managers, marketing and advertising professionals) with the opportunity to keep up with new ideas and technical trends occuring in the communication field.

The group meets on the first Thursday of each month, and plans a return visit to Data Systems Division in April. For more information about STC, call Sue Nurczyk, Ext. 106.



Jud Strock addressed a meeting of the Society for Technical Communication. At right is Sue Nurczyk, President of the STC Suncoast Chapter.

-6-

RENOVATIONS, MOVES, AND CONSTRUCTION UNDERWAY

Renovations, moves, and new construction are underway in several locations throughout the plant. Some of the current projects include:

- A large new Recorders Test facility is under construction in the Production section near Manufacturing Engineering and Recorders Assembly.
- Renovations in the front lobby/conference room area are nearing completion.
- Telemetry Systems Assembly has moved north to one of our original Production areas, near Data Recorders Assembly. The area vacated will make more room available for Systems Integration, south of the fish pond, bordering the L Building.
- Telemetry Systems Hardware and Software Engineering will be relocated to the present Recorders Test location, after Recorders Test is moved to their new location. New "open office" accommodations will be built for Telemetry Systems Engineers. Systems Technicians will be located nearby in the enlarged Systems Integration
- Space vacated by Telemetry Systems Engineering will be utilized by Signal Processing.
- Our Manufacturing Engineering area is being redesigned in the new "open office" concept.
- A wall near the Short Run Shop is being moved to provide additional necessary space for Systems Assembly. Short Run Shop personnel helped plan the relocation of their machines for the move.

The big new Recorders Test facility is expected to be completed in March. It includes special rooms for Tape Processing, Instrumentation Recorders precision assembly, and final assembly of Equipment Recorders. This facility has been completely built by our in-house Facilities personnel while they continue to perform many of the regular plant maintenance tasks.

The construction is 37' x 110' with special insulation and other provisions for humidity control. The area has its own 15-ton air conditioning unit for the environmental control needed in testing Tape Recorders...

*************** SAFETY AWARENESS PAYS

NEW PCS DRUG CLAIM FORMS AVAILABLE FOR YOUR USE

PCS cards for our new Prescription Drugs plan have been distributed to employees. Beginning January 1, 1985, the Pharmaceutical Card System card enables you to buy your prescription drugs at a participating pharmacy and pay just \$4.00 per prescription. The participating pharmacist will take the information on your card and ask you to sign a small form, and then return your card to you.

There some cases, however, when you may pay in full for the prescription and then obtain reimbursement from PCS. This may be because:

- You forgot to take your card to the pharmacy.
- Your full-time college student(s) are covered under our medical and drug plans.
- You choose to patronize a pharmacy that will not accept the PCS card.

You can obtain reimbursement from PCS for covered prescriptions which you paid for in full by simply filling out the new PCS Drug Claim Form. The PCS Prescription Drug Claim Forms are available in boxes near the Cafeteria and in Personnel.

The form has one section to be filled out by you, and one to be completed by the Pharmacist. The form also has the mailing address and complete instructions on the reverse side.

Questions? Are you located in a Field Office and need the forms? Please call Wendy Schroyer, Benefits Office, Ext. 526, for assistance.



"Two-hundred-and-thirty dollars a day, and you don't have a wine list?"

INSURANCE BENEFITS DATA — FOR YOUR INCOME TAX

Are you starting to collect data for income tax purposes? As a convenience to employees who are itemizing deductions, here are two charts. They summarize:

- 1. Medical Insurance premiums for your dependents' medical insurance coverage through our group insurance plan.
- 2. The premiums employees pay on our Dental Insurance benefit.

1984 MEDICAL INSURANCE PREMIUMS FOR DEPENDENT COVERAGE Not Including Long Term Disability (LTD)

Spouse only	\$2.58/wk.	X	52 pay periods	=	\$134.16
Child(ren) only	\$1.56/wk.	X	52 pay periods	=	\$ 81.12
Spouse & Children	\$4.15/wk.	X	52 pay periods	=	\$215.80

1984 DENTAL INSURANCE BENEFIT PREMIUMS

If you were in our Dental Plan for all of 1984, your contribution was:

Individual Dental Coverage	\$.98/wk	X	52 pay periods	=	* \$ 50.96
Family Dental Coverage	\$2.82/wk	X	52 pay periods	=	\$146.64

SOME POINTS TO REMEMBER:

The Company pays 100% of the cost of the group medical insurance coverage on you the employee.

You pay only a SMALL PART of the cost of dependents' medical insurance coverage. Currently, the Company pays about 90% of the total cost of group medical and dental insurance coverage. Employees pay about 10% of the total cost of the medical and dental plans.

Our group medical insurance coverage has been improved many times. Costs for medical services have skyrocketed. Yet the amount you pay toward your dependents' medical insurance coverage has been the same SINCE 1974. Our Company has absorbed the increases.

★ Our Company paid over \$1,820,000 for total group medical, dental, and LTD insurance coverage on employees (and dependents) in 1984. THIS IS TWICE THE AMOUNT PAID IN 1983, WITH NO INCREASE IN COST TO EMPLOYEES.

NOTE: The figure of \$1,820,000 includes
Medical coverage (medical plan,
regular life insurance, accidental death
& dismemberment, and short-term
disability), Dental coverage, and LongTerm Disability coverage.



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By DEBBIE GRAHAM R.N., C.O.H.N.

THE "FLU"

This is the season when flu, or influenza, is most prevalent. We work together in our industrial family of over 700 members, and all of us should be aware of the problems of contagious illnesses, and know how we can protect ourselves and others during the "flu" season.

Flu is a respiratory disease and behaves and acts differently than the commonly known "bug" of stomach flu. We'll talk about the respiratory flu because it is highly contagious and once it starts to spread, many, many people catch it. In 1918, the Spanish flu killed 500,000 Americans and in 1968, the Hong Kong flu, killed 35,000 Americans. During each epidemic tens of millions caught the flu, but fully recovered.

We can protect ourselves by understanding flu and taking prudent precautions against it.



How do we "catch" flu? We catch it by coming into contact with a flu virus. (Each year the virus, a tricky devil, changes itself and new vaccines must be produced to be effective against that virus).

We catch the virus by DIRECT CONTACT, AND INDIRECT CONTACT. DIRECT contact occurs when someone sneezes or coughs into the air and the infected virus is propelled through the air infecting others.

INDIRECTLY we catch the flu when infected people use towels, telephones, dishes, glasses, even a toothpaste tube, washcloth or eating utensils, and we handle them.

So — we can take certain precautions by avoiding contact with the flu virus as much as possible. How?

During the flu season, avoid crowds, wash hands often, use disposable tissues, keep your distance from someone coughing, sneezing and displaying any signs of a "cold." Try to keep your hands away from your eyes and mouth. Keep up your resistance by eating a diet with extra fruits and fruit juices, get plenty of sleep, pace your work and personal activities to avoid getting over tired, avoid stress (stress lowers your resistance) and exercise regularly. Don't smoke. because smoking damages air passages, making them less able to resist virus attack. At home or indoors try to keep humidity high. Low humidity dries out respiratory passages which may increase susceptibility to flu virus. Use a humidifier to help keep relative humidity at 30 - 45%.

If someone at home has flu, avoid all unnecessary contact. Wash your hands after every contact, and separate contaminated dishes, eating utensils, laundry, (particularly bedding). Place used tissues into a paper bag and change the bag frequently. Teach children to use tissues and to cover their mouth and nose when coughing and sneezing.

What are the symptoms of flu? Well they are in two stages. The early symptoms usually last about 3 days. Feeling chilled, then fever, headaches (usually behind the eyes), eyes may water and burn, muscles and joints ache (usually in the back, neck, and shoulders first) and you generally feel sick. You may lose your appetite, or be nauseous, vomit, and feel tired.

The later symptoms (or for some people these may be the early symptoms) include a dry cough, nasal congestion, sore throat and fatigue. Usually your symptoms slack within a week, but you may feel fatigued for 7 to 10 days longer. All of us are different. Some may have only mild symptoms, while others have more severe symptoms. The very young and the elderly and those persons with chronic illnesses (particularly respiratory illnesses) are most at risk. These persons should call their physician at the first sign of flu.

Complications can occur and if flu symptoms are severe you could develop pneumonia, bronchitis, sinus infections, or lung infections.

How do we treat flu? There's no cure for flu, and remember, antibiotics are not effective against the flu, but may be required if complications occur. Antihistamines are not effective against flu, but vaccines which are developed yearly for certain strains, are available. Check with your doctor for his advice about the flu vaccine, for you.

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TREATMENT

Some common sense guidelines and their rationale, are included in the treatment of flu:

- Bed rest this helps the body recover.
- Drink fluids this loosens secretions in the respiratory tract and replaces fluids lost through fever.
- Try a cough suppressant at night if needed, to help ensure a good night's sleep.
- Use a humidifier to decrease the discomfort of a dry cough
- Keep warm to conserve body heat.
- Eat wisely nutritious meals help build strength.

- Take aspirin or aspirin substitutes to relieve pain and fever. Contact your physician before giving aspirin to children for relief of fever.
- Avoid smoking and drinking alcohol.

Call your physician if symptoms are severe or complications are suspected, and if the flu victim is elderly, very young, or has a history of chronic illness such as heart disease, lung disease, diabetes, kidney disease, severe anemia or any other illness that he/she is being treated for on a regular basis.

Although there is no cure for flu, and no sure-fire way to prevent it, we can use common sense to prevent spread, and to recognize symptoms so that prompt treatment methods can reduce our discomfort, and prevent complications.