



# NEWS

ANTELOPE VALLEY'S  
HEALTHCARE  
NEWS RESOURCE

FOR IMMEDIATE RELEASE

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## ANTELOPE VALLEY HOSPITAL OFFERS FREE FLU LECTURE ON OCTOBER 22, 2009

(LANCASTER, CA – October 16, 2009)— Antelope Valley Hospital (AVH) will offer a free health lecture on October 22, 2009 to educate the community on seasonal flu preparedness and the differences between seasonal flu and influenza A H1N1. AV Hospital has already begun preparing for the flu by offering free vaccinations and revising the visiting policy.

“To prevent illness in the community, AVH recently provided free flu vaccinations at the hospital’s health fair held on October 3, 2009,” said Edward Mirzabegian, AVH Chief Executive Officer. “There were a lot of questions and concerns about the flu at the fair, so this lecture is a way for residents to ask questions and get information.”

AVH has a flu hotline with a recorded message that is updated as new information becomes available from the LA County Department of Public Health. The hotline number is **(661) 726-6191** or you can call the hospital at (661) 949-5000 and ask to be connected to the hotline. The recorded message also provides the Los Angeles County info number – **211** – which gives the caller the option to speak with a representative regarding influenza A H1N1.

“Practicing basic hygiene can help prevent spreading the flu from one person to another,” AVH Infection Control Practitioner, Elizabeth Johnston, BSN, CIC said. “Washing hands frequently, covering coughs and sneezes and avoiding contact with others while you are sick are excellent ways to prevent the spread of infection.”

Flu symptoms include:

Fever  
Dry cough  
Sore throat  
Runny or stuffy nose  
Body aches  
Headache  
Muscle aches  
Stomach symptoms such as  
nausea and vomiting  
*Source: www.cdc.gov*

(-more-)

## When to Seek Help

Get medical care right away if you or a sick person at home:

- Has difficulty breathing or is experiencing chest pain
- Has purple or blue discoloration of the lips
- Is vomiting and unable to keep liquids down
- Has signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when crying
- Has seizures (for example, uncontrolled convulsions)
- Is less responsive than normal or becomes confused

For more information about the flu please visit:

Antelope Valley Hospital's flu information: [www.avhospital.org/flu](http://www.avhospital.org/flu)

The Centers for Disease Control: <http://www.cdc.gov/h1n1flu/>

LA County Department of Public Health: <http://www.lapublichealth.org/>

California Department of Public Health: <http://www.cdph.ca.gov//Pages/default.aspx>

The free AVH health lecture on **Thursday, October 22** will begin at **6:30 p.m.** It will be held at the **AV Outpatient Imaging Building 44105 15<sup>th</sup> Street West**, Lancaster (the corner of Avenue J-5 and 15<sup>th</sup> Street West) on the **4<sup>th</sup> floor**, in **conference room 15**. To reserve a seat, please call **(661) 726-6499** or send an e-mail to [communityrelations@avhospital.org](mailto:communityrelations@avhospital.org). Please leave your name, contact number and number of guests attending the lecture.

### **About Antelope Valley Hospital**

Celebrating more than 50 years of caring for the community, Antelope Valley Hospital, a facility of Antelope Valley Healthcare District, is a non-profit, 420-bed hospital that was founded in 1955. The hospital is dedicated to providing quality care and services to everyone in the Antelope Valley. AV Hospital is located at 1600 West Avenue J in Lancaster, California. For further information, please visit [www.avhospital.org](http://www.avhospital.org) or call 661-949-5000.