



NEWS

ANTELOPE VALLEY'S
HEALTHCARE
NEWS RESOURCE

FOR IMMEDIATE RELEASE

Contact: Karen Shea
Office: 661-949-5290 Cell: 661-433-2186
karen.shea@avhospital.org

ANTELOPE VALLEY HOSPITAL PREPARES FOR FLU SEASON WITH FREE LECTURE AUGUST 27, 2009

(LANCASTER, CA – August 20, 2009)— Antelope Valley Hospital (AVH) will offer a free health lecture to educate the community on seasonal flu preparedness and the difference between seasonal flu and the novel H1N1 virus (previously known as swine flu). AV Hospital understands the concern caused by this new virus.

“As was demonstrated earlier this year, rumors can spread quickly throughout the community causing unnecessary panic among residents,” said Edward Mirzabegian, AVH Chief Executive Officer. “Antelope Valley Hospital is working closely with the LA County Department of Public Health to provide the most up-to-date and reliable health information to the public.”

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.

“As children begin a new school year, AVH begins preparing for flu season,” AVH Assistant Director of Quality and Infection Control, 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, visit <http://www.cdc.gov/h1n1flu/>.

The free AVH health lecture on **Thursday, August 27** will begin at **6:30 p.m.** It will be held at the **AV Outpatient Imaging Building 44105 15th Street West**, Lancaster (the corner of J-5 and 15th Street West) on the **4th floor**, in **conference room 15**. To reserve a seat, please call **(661) 726-6499** or send an e-mail to 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 or call 661-949-5000.

###