



NEWS

ANTELOPE VALLEY'S
HEALTHCARE
NEWS RESOURCE

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ANTELOPE VALLEY HOSPITAL URGES CAUTION DUE TO UNHEALTHY AIR QUALITY

(LANCASTER, CA – September 2, 2009) — Due to recent wildfires in Southern California, Antelope Valley Hospital (AVH) is urging community residents to take precautionary measures for their health and safety by avoiding unnecessary outdoor physical activities and monitoring local air quality conditions.

“The fires have created poor air quality for the Antelope Valley,” says Doddanna Krishna, M.D., FACP, FCCP, an Internist and Pulmonologist on staff at AV Hospital who is also the President of Medical Staff. “Those with medical problems, specifically lung diseases, should avoid exposure to smoke and dust by remaining indoors as much as possible until the air quality improves.”

Precautionary measures should be exercised when smoke, soot, ash or the odor of smoke is present in the community. The elderly, children and anyone suffering from respiratory diseases should stay indoors as much as possible. While inside, use air conditioning on a recirculation mode to prevent harmful particles from entering your home. Check and replace air conditioner filters as necessary. Residents should remain aware of their surroundings as wind conditions can shift unexpectedly affecting air quality.

“Because wildfires can spread quickly and change direction without warning, residents are encouraged to remain indoors, stay informed of air quality conditions

South Coast Air Quality Management District (AQMD) website offers helpful tips:

- Avoid rigorous outdoor or indoor exertion
- Children, the elderly and people with heart or respiratory disease should remain indoors
- Consult your physician if you experience any heart or lung problems
- Use your air conditioning system and keep it on recirculation mode
- Stay alert and informed of air quality and weather conditions.

Source: www.aqmd.gov

and contact a physician should they experience any side effects after smoke exposure,” said Edward Mirzabegian, AVH Chief Executive Officer.

If you have any questions about air quality or would like to review additional tips, visit the AQMD website at www.aqmd.gov or call 1-800-288-7664. LA County’s Department of Public Health offers a list of cooling centers for those that do not have air conditioning in their homes. More information is available by calling 211 or visiting their web site at www.lapublichealth.org.

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.

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