

Weather Watch in March

February saw a record breaking 12.7 inches of rain here in Los Angeles County. Although the February winter storm has passed, it's important to stay prepared throughout the rainy months. [Here are some tips to prepare for and stay safe during rainy weather:](#)

- Rain Safety Tips
 - Pay close attention to instructions from emergency responders and emergency alert notifications
 - Drive cautiously and slow down
 - Do not cross flooded areas and never enter moving water
- Stay Informed
 - Residents living in recent burn areas should [monitor the Los Angeles County Public Works Mud and Debris Flow Forecast](#)
 - [Visit the County's Emergency Response Page](#) to stay up to date regarding any evacuations, road closures or media releases during active storms
 - [View the latest National Weather Service Hazard Summary for current watches, advisories, and warnings.](#)
 - Monitor reputable social media and news outlets for relevant and important updates
 - Review the [Los Angeles County Storm Season Resource Guide](#)
- Register for Emergency Alerts
 - Alert LA County is the opt-in mass notification program utilized by the County of Los Angeles that allows individuals to receive emergency alerts by text, email and/or phone call. [Register for Alert LA County](#) to opt-in for these emergency alerts



Mosquitoes After Rain



Mosquitoes can spread serious diseases, like West Nile Virus. Most infections are mild and produce only headache and fever. However, in severe cases, the virus infects the brain, causing confusion, paralysis, coma and even death.

Mosquitoes lay eggs near water, so it is important to try to prevent mosquito infestations in our living spaces, especially after heavy rainfall.

[Greater Los Angeles County Vector Control recommends to remove or limit the number of free-standing water sources in and around the home](#)

to prevent future mosquito breeding. If you cannot remove the source, it is recommended that you cover it with a tight fitting lid, and check back weekly for mosquito activity.

To report a possible mosquito breeding situation, please contact your local vector control agency. To find your local vector control agency's information, please enter your zip code here:

<http://tinyurl.com/mr44f8cd>

March Observances



Women's History Month

Women's History Month is a celebration of women's contributions to history, culture and society. The National Women's History Month's theme for 2024 celebrates "Women Who Advocate for Equity, Diversity and Inclusion." The theme recognizes women throughout the country who understand that, for a positive future, we need to eliminate bias and discrimination entirely from our lives and institutions.

To read about some of these women, please click this link:

<http://tinyurl.com/38jchda2>.

National Nutrition Month

National Nutrition Month focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

This year's theme is "**Beyond the Table**," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond.



To read up on different ways to celebrate National Nutrition Month, please visit this site:

<http://tinyurl.com/3xttsxbr>.

If you are interested in a nutrition presentation for your organization, please complete our Speaker's Bureau Community Request Form here: <http://tinyurl.com/mryedijz>.



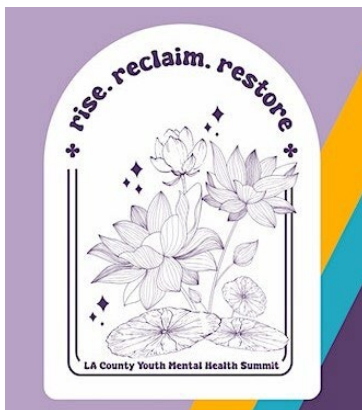
National Drug and Alcohol Facts Week (March 18-24, 2024)

[National Drug and Alcohol Facts Week](#) is an annual health observance that inspires dialogue about the science of drug use and addiction among youth. NDAFW provides an opportunity to bring together scientists, students, educators, healthcare providers, and community partners to help advance the science and address youth drug and alcohol use in communities and nationwide.

[The Whittier Wellness Community's](#) CORE Center offers a variety of substance abuse resources such as disorder screenings, referrals for prevention and treatment, and educational presentations. To find out more about our CORE center in SPA 7 and view our full list of presentations, please click here: <http://tinyurl.com/yzx7fm7a>.

To speak directly with our substance abuse counselor in SPA 7, please contact Alma Romero, at ARomero@ph.lacounty.gov.

Teen Mental Health Summits



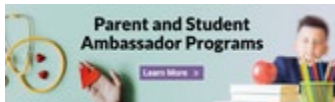
The Los Angeles County Office of Violence Prevention is hosting Youth Mental Health Summits throughout Los Angeles County.

Through engaging workshops and interactive activities, teens will be equipped with the tools to navigate mental well-being. Together, they will explore strategies for self-care, coping mechanisms, and resilience. The schedule is as follows:

- South LA: Saturday April 13, 2024
- West-Side/San Fernando: April 27, 2024

Breakfast and lunch will be provided! You can sign up for the summit nearest to you by using this link: <http://tinyurl.com/yeym4ere>.

Parent Ambassador Leaders



Exciting news! The Los Angeles County Department of Public Health Parent Ambassador Leaders (PALs) Program is open for Spring Semester Applications. This program empowers parents to learn and share essential information on topics like childhood immunizations, mental health, substance prevention, and school attendance. Be a PAL and make a difference in your child's school community!

PAL is a program where parents...

- Will spread information through resources, presentations at school meetings, or other outreach activities.
- Who complete all program requirements by the provided deadline will receive a \$550 gift card.

Who Can Apply: Parents of a TK-12 student enrolled in a Los Angeles County school.

How To Apply: Complete the online application here: <https://bit.ly/47QdbKs>

Community Public Health Teams

Community Public Health Teams (CPHT) is a project that brings together community-based organizations, health care partners, and Public Health staff. These teams work at the household level, conducting home visits to gather health needs and connect people to care and also works at the community level, inviting people to participate in creating community action plans.

This is a new approach to public health and health care in LA County. Public Health is investing public health infrastructure dollars to implement this pilot project for five years, beginning August 2023. The goal is to build long-term relationships with households, empower communities to define the health priorities that matter to them, and demonstrate that this new way of engagement can support better health outcomes.



To learn more about the CPHT project and find a CPHT near you use the link: <http://publichealth.lacounty.gov/pie/CommEngage/cpht.htm>.

AmeriCorps Service Opportunity



AmeriCorps

Are you interested in the public health field? Healthcare Staffing Professionals, Inc is assisting The LA County Department of Public Health (LACDPH) in recruiting part-time and half-time AmeriCorps members.

AmeriCorps members will engage in community outreach, health education, and resource sharing in the most highly impacted communities located within Los Angeles County. Members will be assigned to one of the eight Service Planning Areas (SPAs) and work to meet the unique health needs of communities within their assigned region. The primary role of members will be to conduct community outreach.

To find more information and/or apply, please click here: <http://tinyurl.com/5xzchmxc>.

Free or Low Cost Full-Scope Medi-Cal

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In January 2024, a new California law allowed those in a lower income bracket to get free or low cost full-scope Medi-Cal.

Full scope Medi-Cal covers:

- Doctor visits
- Hospital visits
- Dental care
- Vision care
- Mental health care
- Emergency services
- And much more



To find out if you qualify, or to apply, you can click here: <http://tinyurl.com/5s6sz4ef>.

Paid Conversation Group



[EurekaFacts](#) is seeking **Spanish-speaking**, Hispanic/Latina women for online conversation groups. Participants will discuss women's health experiences and thoughts on information related to health and cultural influences. Sign up now to see if you qualify!

The sessions will last no more than 90 minutes. Those who complete a session will receive \$75. This project is funded by the Center for Disease Control and Prevention (CDC).

To register, call 240-403-1650, email outreach@eurekafacts.com, or visit the following websites:

- Spanish landing page: <https://www.eurekafacts.com/salud-de-la-mujeres/>
- English landing page: <https://www.eurekafacts.com/cdc-womens-health-study/>

DPH Resources

**LOS ANGELES COUNTY
PUBLIC HEALTH INFOLINE
1-833-540-0473**

8 AM - 8 PM / 7 Days a Week
Real People. Reliable Information.

Los Angeles County Public Health InfoLine

The Los Angeles County Public Health InfoLine's goal is to expand the scope of resources Public Health can provide over the phone, strengthen community trust by having a live person to talk to, and a vital line of communication in case of future public health emergencies. All calls from the community are answered by health education assistants. Here are some of the topics the InfoLine can cover:

- COVID-19
- Mpox
- Insurance/Coverage
- Domestic Violence
- HIV & STDs/STIs
- Vaccinations
- Women's Health
- Nutrition
- Oral Health
- And much more!

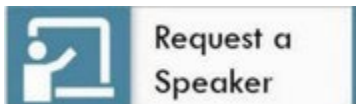
Immunization Coalition of LA County

The Immunization Coalition of Los Angeles County is a diverse, grassroots, community-based partnership of Los Angeles County hospitals, schools, clinics, health department programs, pharmacies, health plans, vaccine companies, and non-profit organizations with a mission to collaborate to improve access to the medically recommended immunizations for adults and adolescents, especially among groups at highest risk for vaccine preventable diseases in Los Angeles County.

If you are interested in getting vaccinated, looking for vaccination records, or reading up on the latest ICLAC news, please visit this website: <https://immunizelac.org/>



Need a Presentation on the COVID-19 Vaccine, Hands Only CPR, or other Health Topic?



The Los Angeles County Department of Public Health offers an array of presentations, including COVID-19, COVID-19 vaccines, and Monkeypox. If you would like to schedule a presentation for your organization, click this link: <http://tinyurl.com/562dad3e>.

Angelenos in Action

Join Angelenos in Action, a voluntary public health survey that takes less than 1-minute each week and helps us monitor respiratory illness throughout LA County.

Here's how it works:

1. Text "@PROTECT" to (833) 228-3056 to volunteer for our survey or sign up online using this link: <http://tinyurl.com/ys6se6we>.
2. Answer 5 quick questions to sign up.
3. You will be randomized to receive surveys one day a week.
4. Every week on that day, the LA County Department of Public Health will text or email you one YES/NO question to ask how you're feeling.



5. If you feel unwell, you will be asked two more YES/NO questions about symptoms of respiratory illness.

All data is kept completely private. To read more about Angelenos in Action, please click <http://tinyurl.com/bdhjuyje>.

Office of Violence Prevention - GVRO's



A Gun Violence Restraining Order, or GVRO, is a law that was approved by the State of California in 2016. The GVRO allows family members, household members, some employers, colleagues, teachers, and law enforcement to take action to prevent a person who poses a significant risk of harming themselves or others from having or purchasing a

gun, ammunition, or magazine for a specified length of time, between 21 days and five years. To find out more on who can request one, and how to request one, please click this link: <http://tinyurl.com/y3hfb575>.

Free Naloxone Clinics

A number of Los Angeles County public libraries are hosting FREE Naloxone Clinics. Naloxone is a life saving medication that can reverse the effects of an opioid overdose.

No identification or proof of insurance is required. To find the clinic closest to you, please visit this website: <http://tinyurl.com/y5z2edu3>



SPA 7 Resources and Upcoming Events

PIH Health Workshops

Check out these upcoming workshops and seminars with PIH Health:

Cancer Survivorship Program - Overcoming Fear of Recurrence

This presentation will focus on ways to overcome the fear of a cancer recurrence. You will learn coping skills from various speakers such as oncology certified nurses, social workers, cancer survivors, and spiritual care. The event will also include a breathing exercise led by a yoga instructor. Details:

- Saturday, April 6, 2024, 10AM-12PM
- PIH Health Whittier Hospital, Conference Room F, 12401 Washington Blvd, Whittier, CA 90602
- To RSVP, go to PIHHealth.org/Calendar and search "Overcoming Fear"; call 562.698.0811 Ext. 12896



Colorectal Cancer Seminar - Colon Cancer is Preventable, Treatable, and Beatable

Join PIH for an in-person or virtual lecture as PIH Health Gastroenterology and Internal Medicine Specialist Jiaming Zhu MD discusses colon cancer prevention and why a colonoscopy screening is your best defense for early protection against colon cancer. Giveaways and light refreshments will be provided. Details:

- Friday, March 22, 2024, 5PM-6PM
- In person or virtual
- PIH Health Whittier Hospital, Lower Level Auditorium, 12401 Washington Blvd., Whittier, CA 90602
- To RSVP, call 562.698.0811, Ext. 12896 or visit PIHHealth.org/CCLecture

Workplace for Environmental Restoration in Communities (WERC) Program



The WERC program is looking for candidates for the next phase of work to remove lead contamination from residential properties and parkways surrounding the former Exide battery facility in Vernon.

To qualify, you must reside in one of the following areas: Boyle Heights, unincorporated East Los Angeles, and the cities of Commerce, Vernon, Maywood, Bell, and Huntington Park.

To find out more information, please contact WERC Program Coordinator, Laura Castillo, at Laura.Castillo@dtsc.ca.gov or 916-282-8958.

Winter Shelters Open Until March 31



The Los Angeles Homeless Services Authority (LAHSA) Winter Shelter Program will continue throughout L.A. County until March 31, 2024.

Visit [Winter Shelter \(lahsa.org\)](http://WinterShelter.lahsa.org) to learn how to access and obtain a list of shelters -or- call **1-800-548-6047** for more information.

Free Food Distribution and Produce Distribution

Free food distribution is every first Wednesday of the month at the Whittier Wellness Community (WWC). Upcoming distribution is on Wednesday, March 6, 2024 starting at 8:30am.

For more information visit: [WWC Produce Distribution](#)



Free Outdoor Wi-Fi at Select LA County Libraries

The Los Angeles County Library is now offering free Wi-Fi at the parking lots of participating libraries. Visit one of our participating library locations and use your device to get connected for email, school, work, and more!

You do not need to have a library card to connect to the Wi-Fi. Click this link for participating locations: <http://tinyurl.com/2s47amy>.



Free CPR Classes

The Critical Care Training Center is offering CPR classes. If you're interested in earning a CPR certification, please click this link to find the classes closest to you: <http://tinyurl.com/mrxpj9t5>. All classes are free and are in both English and Spanish.



Rapid Response Senior Meal Program



[The City of Los Angeles Department of Aging Rapid Response Senior Meals Program \(RRSMP\) is now open for enrollment.](#) The RRSMP offers (5) home-delivered meals weekly to individuals 60+ in the City of Los Angeles, prioritizing those with the most significant economic and social needs.

To sign up: <http://tinyurl.com/54whawar>

To check if you are within LA City limits here: <http://tinyurl.com/4jk82dmn>

East Los Angeles CommUNITY Wellness Program

CommUNITY Wellness is a community based program for children and their parents. The goal of this program is to reduce the risk of childhood obesity by focusing on healthy habits related to eating, physical activity, sleep, and emotional wellbeing. This program is for both parents and children of 6-12 years of age. Programming is every Wednesday from 4:30-6:30pm.



For more information, please call 213-438-5570 or email info@gasolfoundation.org

Vaccinate L.A. Newsletter



Sign up for the COVID-19 Vaccine Newsletter to stay updated on COVID-19 related facts. Visit VaccinateLACounty.com to learn more about:

- [In Home Vaccines](#)
- [Vaccine Schedule](#)
- [Vaccine Data](#)
- [Vaccine Records](#)
- [Vaccine Facts - English | Español](#)
- [Vaccine Side Effects - English | Español](#)

Useful Links and Resources

[iPrevail Online Mental Health Resource](#)
[COVID-19 Post-Surge Dashboard](#)
[COVID-19 Vaccination Distribution Dashboard](#)
[COVID-19 Vaccine Information](#)
[COVID-19 Vaccination Records](#)
[COVID-19 Surveillance Dashboard](#)
[COVID-19 Testing](#)
[Flu Vaccines](#)
[Free Tax Preparation Services](#)
[Free Snack Program](#)
[Get Ahead LA Financial Resources](#)
[Headspace: Free Mindfulness App](#)
[LA County America's Job Center of California](#)
[LA County's COVID-19 Tenant Protections Resolution](#)
[LA County's Office of Immigrant Affairs](#)
[LA County's Office of Emergency Preparedness and Response Program](#)
[LA County Youth Suicide Prevention Project](#)
[LA Department of Water & Power Bill Credit](#)
[LA Public Health Podcast](#)
[Laptop and Hotspot Loans from LA County Libraries](#)
[Masks – Free N-95](#)
[Mental Health Support \(800\) 854-7771 or text "LA" to 741741](#)
[Metro LIFE Program](#)
[National Suicide Prevention Lifeline](#)
[Opportunity LA: Child Savings Account for LAUSD Students](#)
[Request a Mobile Vaccination Team](#)
[Report a violation \(888\) 700-9995, Monday – Friday from 8:00AM to 5:00PM](#)
[SoCalGas Assistance Fund](#)

[Southern California Edison Assistance](#)

For additional resources, please dial 2-1-1

For more information on COVID-19, please [visit our website](#)

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