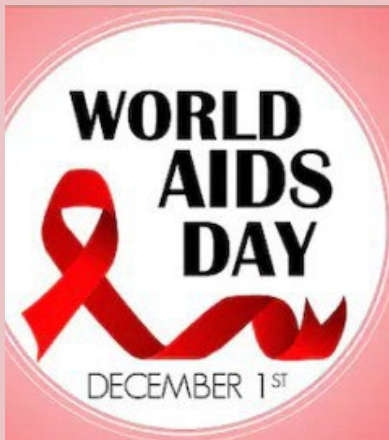


SPA 8 Regional Health Office
LA County DPH Monthly Newsletter

December 2025 [Lea este boletín en Español](#)

Worlds AIDS Day - December 1



This is an annual event that serves as a reminder of the global struggle to end HIV-related stigma, an opportunity to honor those we have lost, and a rallying cry to commit to working toward a day when HIV is no longer a public health threat.

The first World AIDS Day took place in 1988. It provided a platform to raise awareness about HIV and AIDS and honor the lives affected by the epidemic. There has been significant progress in addressing HIV and AIDS thanks to advancements in medical research, increased access to treatment and prevention, and a broader understanding of the virus.

For FREE testing, and for more information about getting tested for sexually transmitted infections (STI's), please click here:

<https://www.cdc.gov/sti/testing/index.html>.

National Influenza Week - December 2 - 6

National Influenza Vaccination Week (NIVW) is observed each year in December to highlight the importance of influenza vaccination and to encourage individuals to get vaccinated against the flu. It aims to raise awareness about the flu's potential impact, promote vaccination as a key preventive measure, and provide educational resources about flu prevention and treatment. The week serves as a reminder that flu season can last into spring, emphasizing that it's never too late to get vaccinated.



To find a no-cost or low-cost immunization clinic for children 18 and younger, please click here:

<https://tinyurl.com/yc299svh>.

For a list of clinics by service planning area (SPA), please click here: <https://tinyurl.com/yc58ndby>.



Human Rights Day - December 10

In honor of the 1948 adoption of the [Universal Declaration of Human Rights](#) by the United Nation's General Assembly, the world celebrates Human Rights Day on December 10.

The Universal Declaration of Human Rights sets out a broad range of fundamental rights and freedoms to which all are entitled. It guarantees the rights of every individual everywhere, without distinction based on nationality, place of residence, gender, national or ethnic origin, religion, language, or any other status.

December is Safe Toys and Gift Month

Safe Toys and Gifts Month is observed in December to promote awareness about the importance of selecting safe toys and gifts for children during the holiday season. The initiative encourages parents, caregivers, and gift-givers to choose age-appropriate, non-toxic, and well-made toys to prevent injuries and ensure children's safety. It also serves as a reminder to check for safety recalls and guidelines, fostering a safer holiday experience for children.



For more information on safe toy guidelines: <https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Toys>

SPA 8 Resources and Upcoming Events

Free Produce Distribution

Free produce distribution will be held on the second and fourth Thursday of the month at the Curtis Tucker Center for Community Wellness (CCW), starting at 10:00 a.m.

Due to the Holidays December will have different dates. Please see the flyer below:





FREE PRODUCE DISTRIBUTION

No eligibility required, no paperwork, or ID required.

Curtis Tucker Center for Community Wellness

123 W. Manchester Blvd.
Inglewood, 90301

September 11, 2025	November 13, 2025
September 25, 2025	November 20, 2025
October 9, 2025	December 11, 2025
October 23, 2025	December 18, 2025

10:00 AM - 12:00 PM
or until supplies last
Please bring a reusable bag



Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.CalFreshHealthyLiving.org for healthy tips.

Holiday Toy Giveaway and Community Health Resource Fair - December 19

Come join us at 123 W Manchester Blvd., Inglewood, CA 90301 from 2:00pm to 6:00pm, for a day of fun, giving, and community support! Get into the holiday spirit with FREE toys for your little ones, explore

helpful local resources and connect with organizations that can support you and your family. Enjoy delicious food, win exciting gift cards, and discover all the amazing services our neighborhood has to offer. Don't miss this chance to spread joy and celebrate together—we can't wait to see you there!

Click the following link to RSVP:

Please view the flyers below for more information.

Click to edit this heading.

CORE Center

[The Curtis Tucker Center for Community for Wellness'](#) 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 8 and view our full list of presentations, please click here: <http://tinyurl.com/yzx7fm7a>.

To speak directly with our substance abuse counselors in SPA 8, please contact Krystal Mousseau at KMousseau@ph.lacounty.gov or Babara Labon at BLabon@ph.lacounty.gov.



Resource Navigator



SYSTEMS NAVIGATION SERVICES

Need Resource Assistance?

WE ARE HERE TO HELP

FOOD	HOUSING	HEALTHCARE	EMOTIONAL HEALTH	CHILDCARE
FINANCIAL ASSISTANCE	DOMESTIC VIOLENCE	SUBSTANCE USE & RECOVERY	LEGAL AID	ELDER CARE
EDUCATION	EMPLOYMENT	TRANSPORTATION	UTILITIES	AND MORE

FOR MORE INFORMATION CONTACT:



CHRIS HAYES
SYSTEMS NAVIGATOR
(323) 597-6053

DPH-NAVIGATOR@PH.LACOUNTY.GOV

California Community Reinvestment Grants Program (CalCRG) is funded by Governor's Office of Business and Economic Development (GO-BIZ)



The Department of Public Health (DPH) aims to assist communities affected by past drug policies and connect you to resources. Please fill out the form completely as you wish so we can help serve your needs.

Please complete the intake form here:

<https://tinyurl.com/2s35jwuz>

For more information contact:

dph-navigator@ph.lacounty.gov

Free Hands Only 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/mrxpi9t5>. All classes are free and are in both English and Spanish.

Free Gun Locks



In 2024, OVP is committed to distributing more than 60,000 cable gun locks – free of charge and no questions asked – across Los Angeles County. This unprecedented effort is designed to keep children safe from firearms, limit the possibility that a person intent on harming themselves or others can quickly secure a loaded, unlocked weapon, and guard against the theft of guns. To secure a lock from OVP, please fill out this form (limit of two locks per person): <https://tinyurl.com/5n8tvddz>

Free gun locks are also available at [these](#) Los Angeles County Medical Centers and [these](#) LA County Libraries.

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 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, visit: <http://publichealth.lacounty.gov/pie/CommEngage/cpht.htm>.

5 CORE STRATEGIES

Each CPHT implements five core strategies:

-  **Visit each household** annually to conduct household assessments
-  **Ensure households are connected** to health care and social services
-  **Analyze data** on health, mental health, and social determinants of health
-  **Convene community** and develop community action plans
-  **Mobilize partners** to advance health equity and improve conditions

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 resources Public Health can provide over the phone, strengthen community trust by having a live person to talk to, and being a vital line of communication for 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 & Sexually Transmitted Infections/Diseases
- Vaccinations
- Women's Health
- Nutrition
- Oral Health
- And much more!

Immunization Coalition of LA County

The Immunization Coalition of Los Angeles County (ICLAC) 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 work together 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:

<https://immunizelac.org/>



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



Request a
Speaker

The Los Angeles County Department of Public Health offers an array of presentations, including COVID-19, COVID-19 vaccines, and Mpox. If you would like to schedule a presentation for your organization, see:

<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 the Los Angeles County Department of Public Health monitor respiratory illness throughout the 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 (Gun Violence Restraining Orders)



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 see: <http://tinyurl.com/y3hfb575>.

Free Naloxone Clinics

Several Los Angeles County public libraries are hosting FREE Naloxone Clinics. Naloxone is a lifesaving 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>



Vaccinate L.A. Newsletter



Sign up for the COVID-19 Vaccine Newsletter to stay updated on COVID-19 related facts. Visit [VaccinateLACounty.com](https://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 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](#)
[Mental Health Support](#) (800) 854-7771 or text "LA" to 741741
[Metro LIFE Program](#)
[National Suicide Prevention Lifeline](#)
[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
Follow LA County Public Health on Instagram, Facebook, and Twitter: @lapublichealth



Update your subscriptions, modify your password or email address, or stop subscriptions at any time on your [Subscriber Preferences Page](#). You will need to use your email address to log in. If you have questions or problems with the subscription service, please visit subscriberhelp.govdelivery.com.

This service is provided to you at no charge by [County of Los Angeles](#).

This email was sent using GovDelivery Communications Cloud to Email Address on behalf of: County of Los Angeles, California · 500 W. Temple St. · Los Angeles 90012