

Samantha Barragan

From: County of Los Angeles <lacounty@subscriptions.lacounty.gov>
Sent: Tuesday, February 4, 2025 3:55 PM
To: Samantha Barragan
Subject: [BULK] LA County DPH March 2025 Newsletter: TEST

CAUTION: External Email. Proceed Responsibly.

SPA 7 Regional Health Office
LA County DPH Monthly Newsletter

March 2025

[Lea este boletín en Español](#)

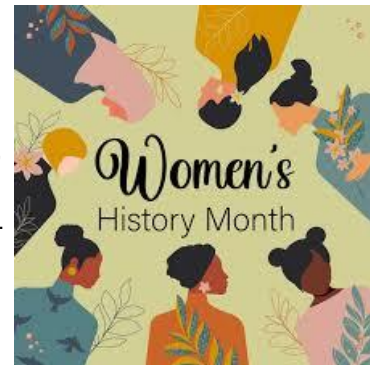
**Welcome to March from the SPA 7
Regional Health Office!**

March is...

Women's History Month

Women's History Month is a celebration of women's contributions to history, culture and society and has been observed annually in the month of March in the United States since 1987. This year's theme is "Moving Forward Together! Women Educating & Inspiring Generations." This theme celebrates the collective strength and influence of women who have dedicated their lives to education, mentorship, and leadership. Through their efforts, they have served as an inspiration for all generations — both past and present.

To read more about Women's History Month, and the women who helped paved the way for a more equitable present and future, please click here: <https://tinyurl.com/4m9f22m7>.



National Nutrition Month

National Nutrition Month is an annual campaign during the month of March which invites others to learn more about nutrition. During National Nutrition Month, everyone is invited to learn about making informed food choices and developing healthy eating and physical activity habits.

To learn more about food and fitness, and even find new recipes, please click here: <https://tinyurl.com/3uaz2vaj>.

National Women and Girl's HIV Awareness Day - 3/10

Every year on March 10 — and throughout the month of March — local, state, federal, and national organizations come together to shed light on the impact of HIV and AIDS on women and girls and to show support for those at risk of and living with HIV.



Today, more tools than ever are available to prevent HIV. The only way to know your HIV status is to get tested. There are many options for quick, free, and painless HIV testing. If your test is positive, you can take medicine to treat HIV to help you live a long, healthy life and protect others. If your test result is negative, you can take actions to prevent HIV.

To get tested, you can visit an LA County Sexual Health Clinic. To find the location nearest to you, please click here: <https://tinyurl.com/mrynrvwm>.

Fire and Immigrant Resources



This new year has brought on new unexpected challenges for Los Angeles County community members.

If you or a loved one have been affected by the Palisades or Altadena Wildfires, our hearts are with you during this difficult time.

For information on debris removal, local disaster recover centers, fire damage maps, and more, please click here: <https://recovery.lacounty.gov/>.

To stay up to date on the latest news, and health officer order, please click here: <http://publichealth.lacounty.gov/media/wildfire/>

For information on recovery guidance, please click here: <https://tinyurl.com/5689t2ez>.

KNOW YOUR RIGHTS



If you or a loved one have been affected, or at risk of being affected by the current administration's executive orders regarding immigration, please know that you have rights:

- You have the right to remain silent and do not have to discuss your immigration or citizenship status with police, immigration agents, or other officials. Anything you tell an officer can later be used against you in immigration court.
- If you are not a U.S. citizen and an immigration agent requests your immigration papers, you must show them if you

have them with you.

- If an immigration agent asks if they can search you, you have the right to say no. Agents do not have the right to search you or your belongings without your consent or probable cause.
- If you're over 18, carry your papers with you at all times. If you don't have them, tell the officer that you want to remain silent, or that you want to consult a lawyer before answering any questions.

To read more about what to do if you have been stopped by police or ICE, if you need a lawyer, or if you have been placed under arrest, please visit the American Civil Liberties Union website:

<https://tinyurl.com/yc7zka5m>.

To find more information on immigrant support services for youth, please visit the Los Angeles County Office of Education site: <https://tinyurl.com/5c3a4sd9>.

To register for a "Know Your Rights" workshop with Los Angeles County Office of Immigrant Affairs, please click here: <https://tinyurl.com/28cfey28>.

SPA 7 Resources and Upcoming Events

Upcoming PIH Workshops



Overcoming Fear of Recurrence Cancer Survivorship Program Friday, March 28th, 2025, 6-8PM

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.

PIH Health Whittier Hospital, Conference Room F (lower level)
Complimentary parking (no charge)
To RSVP, go to PIHHealth.org/Calendar and search "Overcoming Fear"; call 562.698.0811 Ext. 12896



Mind, Body, & Spirit Workshop Classes for Spring 2025 will be held consecutively on THURSDAYS, from 4:30 to 6 pm May 1, May 8, May 15 and May 22

Reduce worry, anxiety, and find meaning in challenging times. Connection with spirituality helps us move through life's challenges with greater peace and awareness. Join us for this four-week workshop series to explore and deepen your connection to yourself and spirit.

Workshops will be held in person at PIH Health Whittier Hospital
12401 Washington Blvd., Whittier, CA 90602
Conference Room A (lower level)

Free Produce Distribution

Free produce distribution is every first Wednesday of the month at the Whittier Wellness Community (WWC). Upcoming distributions will be held on Wednesday, March 5th 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 WiFi. 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.



CORE Center

[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>.



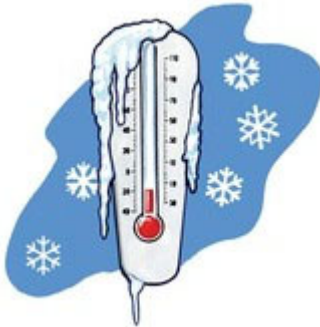
Resource Navigator

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

Cold Weather Safety Tips and Information



With temperatures dropping this season, here are some tips to protect yourself and those around you:

- Wear layers and have blankets available to add additional warmth
- Check on and help family members, friends, and neighbors with limited mobility and limited access to heat
- Bring pets indoors and do not leave them outside overnight
- Avoid using candles, use flashlights instead
- Have a plan for back-up power if you or someone is dependent on electricity for medical devices

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://lahsa.org) to learn how to access and obtain a list of shelters -or- call **1-800-548-6047** for more information.

Public Health Ambassador

Public Health Ambassador Program
Create positive health impact in your community!

Los Angeles County Department of Public Health: Public Health Ambassador

Create a positive health impact in your community! Attend Public Health Ambassador trainings to gain knowledge on public health topics impacting your community, delivered by experts in the field. Learn skills to navigate Department of Public Health. Health resources and opportunities and share information and resources with members in your community. All LA County members are welcome to join! Please review the attached flyer for additional details. For more information and to register, please visit the following link: <https://tinyurl.com/DPHAMB>.

For questions, contact TK12Ambassador@ph.lacounty.gov

Paid Parent Leadership Opportunity



Los Angeles County Department of Public Health: Parent Ambassador Leader

Parents and guardians of LA County K-12 students are invited to become a Parent Ambassador Leader (PAL)!

PALs will:

- LEARN how to support student health and success at school
- SHARE resources, present information learned, plan and coordinate activities that support PALs core topics
- GET PAID for the work they do at schools with a \$550 gift card!

To apply, please click here: <https://tinyurl.com/2s4udpkp>

For questions, contact TK12Ambassador@ph.lacounty.gov

Community Public Health Teams

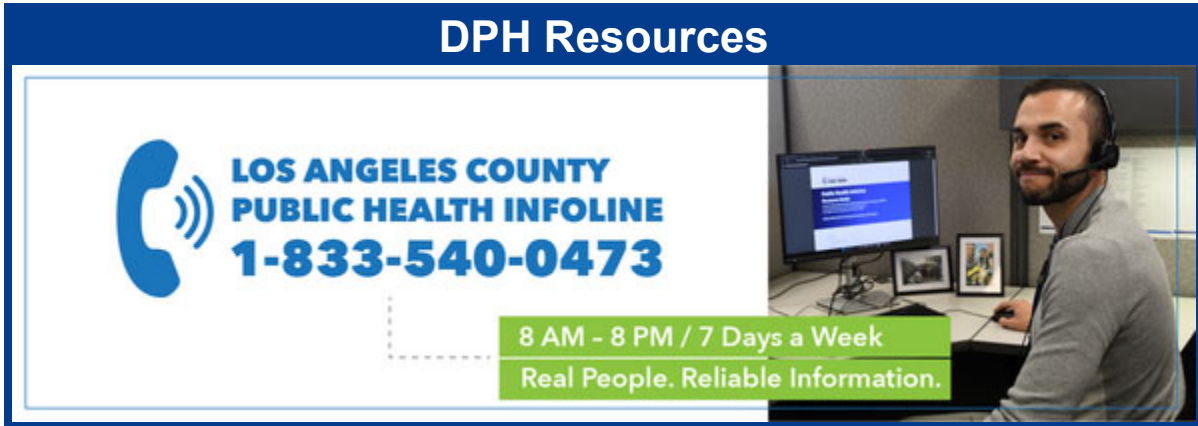
Community Public Health Teams (CPHT) is a project that brings together community-based organizations, health care partners, and Public Health staff. These teams work at the household level, conducting home visits to gather health needs and connect people to care and also works at the community level,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

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

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



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!

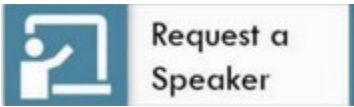
Immunization Coalition of LA County

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>.

Free Naloxone Clinics



A number of 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>

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.

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>.

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](#)

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