

SPA 8 Regional Health Office LA County DPH Monthly Newsletter

February 2026

[Lea este boletín en Español](#)

Welcome to February from the SPA 8 Regional Health Office!



February is American Heart Health Month

Did you know more than 23,000 children experience cardiac arrest outside of the hospital each year? Learn CPR today so you can be ready and become a part of the Nation of Lifesavers. Because no one, especially our most precious ones, should face a life-changing moment alone.

For more information:

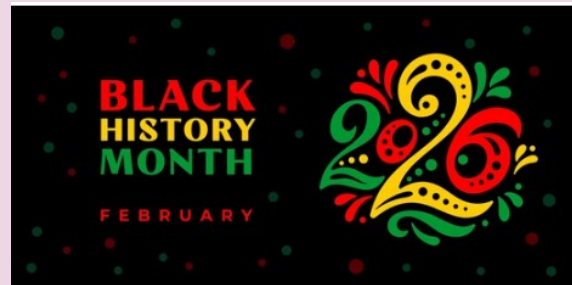
<https://www.cdc.gov/heart-disease/php/heart-month/index.html>

February Observances

Black History Month

Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

Among the notable figures often spotlighted during Black History Month are [Dr. Martin Luther King](#).



Jr., who fought for equal rights for Blacks during the 1950s and '60s; [Thurgood Marshall](#), the first African-American justice appointed to the United States Supreme Court in 1967; [Mae Jemison](#), who became the first female African-American astronaut to travel to space in 1992; and [Barack Obama](#), who was elected the first-ever African-American president of the United States in 2008.

Learn Black History Month Facts and Accomplishments: [BLACK HISTORY FACTS](#)



National Children's Dental Health Month

Healthy Habits for Healthy Smiles!
Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on lifetime of healthy teeth and gums.
Oral health is important for overall health.

Every day should be about children's dental health. That's why the American Dental

Association offers free materials to celebrate and promote children's dental health, not only during the month of February, but all year long.

Posters are available for digital download in two designs and two sizes: 8.5"x11" and 11"x17". Matching coloring sheets in two designs are offered in 8.5"x11". All materials are available in English and Spanish.

This activity calendar offers an interactive way for children to learn good oral health habits go to this link : [Brushing Calendar](#)

National Black HIV/AIDS Awareness Day - February 7

Engage, Educate, Empower: Uniting to End HIV/AIDS in Black Communities

National Black HIV/AIDS Awareness Day (Feb 7) is a day to address the impact of HIV on Black communities. Together, we can make HIV Black history by working to overcome structural barriers to HIV [testing](#), [prevention](#), and [treatment](#), and stop HIV [stigma](#). Learn more here:

<https://bit.ly/3BGGqtT>.

Here are some statistics:

<https://www.cdc.gov/hiv/data-research/facts-stats/index.html>





Valentine's Day - February 14

Visit LA County Library's website to learn more about Valentine's Day and find activities, movies, music, and books to help pamper yourself or celebrate with a special someone: <http://tinyurl.com/22nef85e>.

SPA 8 Resources and Upcoming Events

Free Produce Distribution

Free food distribution is every second and fourth Thursday of the month at the Curtis Tucker Center for Community Wellness (CCW). Upcoming distributions will be held on Thursday, February 12 and February 26, starting at 10:00am. While supplies last.





FREE PRODUCE DISTRIBUTION

No eligibility required, no paperwork,
or ID required.

Curtis Tucker Center for Community Wellness

123 W. Manchester Blvd.
Inglewood, 90301

Parking lot adjacent to the Curtis Tucker
Center for Community Wellness

Every 2nd & 4th **Thursday** of the month

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.

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>.

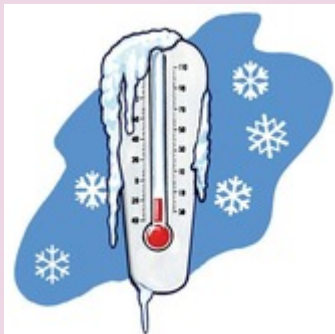


Free CPR Classes

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.



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, 2026.

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



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

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>.



DPH SPA 8 Resources

Los Angeles County Public Health InfoLine



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

8 AM - 8 PM / 7 Days a Week

Real People. Reliable Information.



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?



**Request a
Speaker**

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: [SPA 8 Presentation Request](#)

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 click this link: <http://tinyurl.com/y3hfb575>.

Vaccinate L.A. Newsletter

Useful Links and Resources

[iPrevail Online Mental Health Resource](#)

[COVID-19 Vaccination Distribution Dashboard](#)

[COVID-19 Vaccine Information](#)

[COVID-19 Vaccination Records](#)

[COVID-19 Surveillance Dashboard](#)

[COVID-19 Testing](#)

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

[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

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COUNTY OF LOS ANGELES
Public Health

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