

LA County Public Health Regional Health Office

Service Provider Areas (SPAs) 5 & 6

Monthly Newsletter

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Presidents Day
February 16th

BLACK HISTORY MONTH



Black History Month is observed every year throughout the month of February to honor the history, culture, and achievements African “Black” Americans have in shaping the United States.

A few prominent Black leaders in the field of Public Health include:

- **Dr. Charles R. Drew** (1904-1950): Surgeon and researcher who developed large-scale blood plasma preservation and protested blood segregation.
- **Dr. Joycelyn Elders** (b. 1933): First African American U.S. Surgeon General; advocated for sex education and health equity.
- **Dr. John W. Hatch** (1928-20 Hatch): Co-founded the Community Health Center movement, addressing social determinants of health.



MLK JR CENTER FOR PUBLIC HEALTH

11833 S. Wilmington Ave. Los Angeles CA 90059

Visit our Regional Health Offices serving the communities of Athens, Compton, Crenshaw, Florence, Hyde Park, Lynwood, Paramount, and Watts.

FLEA-BORNE TYPHUS

Preventing Flea-Borne Typhus in Willowbrook and Watts

The number of flea-borne typhus cases in the Willowbrook and Watts areas is on the rise, highlighting the importance of implementing preventive strategies.

Here are some essential resources that detail the most effective steps to protect yourself from contracting flea-borne typhus.



Protect yourself from typhus:

	Keep fleas off your pets. Regularly use flea control products (oral, topical, or collars) on your pets.
	Do NOT feed or touch free-roaming animals and wildlife.
	Do not leave out food, trash, and debris that may attract rats and other animals. Keep lids closed on trash bins.
	Use EPA registered insect repellent labeled for use against fleas.

Report rat problems in the City of LA, call 311.
For other cities in LA County, call 211.



MULTIPLE FLEA-BORNE TYPHUS CASES IDENTIFIED IN YOUR AREA



What is flea-borne typhus?

Flea-borne typhus is a disease spread to people from bacteria found in infected fleas or their poop (also called flea dirt). Fleas become infected when they bite small animals and can then spread the bacteria to other animals and humans.

In Los Angeles County, the main sources of infected fleas are **rats**, **opossums**, and **free-roaming cats**. People who touch, pet or come in contact with these animals are at risk of getting infected. People living outdoors or in housing infested with rats or other rodents are also at risk of getting infected. Pet dogs and cats can bring fleas into and around your home. Infected animals are not known to get sick from flea-borne typhus.

Flea-borne typhus is **not** spread from person to person.

Symptoms

Illness usually starts within 2 weeks after contact with an infected flea or source animal and may include:

- Fever and chills
- Headache
- Muscle pain/body aches
- Nausea/vomiting
- Rash

When to Seek Medical Attention

If you develop these symptoms after coming in contact with fleas or free-roaming animals, see your healthcare provider right away.

Flea-borne typhus is treatable.
Most people recover, but severe cases can occur.

How can you prevent getting flea-borne typhus:



Routinely use flea control products on pets.



Keep rats and wildlife away from your home: seal up holes and crawl spaces, clean up trash and trim plants around your home.



Store food and trash in closed containers to avoid attracting rats and other animals.



Use EPA-registered insect repellents when outdoors.



Avoid petting or feeding free-roaming animals.

STAY INFORMED

Public Health Flea-borne Typhus webpage:
publichealth.lacounty.gov/acd/diseases/Typhus/index.htm
Revised 8-20-25



For more up to date information, click [here](#).

VACCINE UPDATES

Hepatitis B and the Importance of Universal Vaccination at Birth

Written by Los Angeles County Acute Communicable Disease Control Unit (ACDC) and Vaccine Preventable Disease Control Program (VPDC)

Hepatitis B is a serious viral infection that attacks the liver and can lead to lifelong chronic disease, liver cancer, and even death. Infants are particularly vulnerable: if a baby becomes infected around the time of birth or during the first year of life, about 90% will develop chronic hepatitis B infection that persists for life, and up to a quarter will die from its complications.

The hepatitis B vaccine is highly effective in preventing infection and its associated adverse health outcomes. When the full vaccine series is administered according to recommended schedules, more than 95% of infants develop strong lifelong immunity that protects them from infection. Additionally, over 40 years of data show that the adverse reactions to the vaccine are exceedingly rare in infants.

Because hepatitis B can be spread from mother to child during childbirth or from an asymptomatic close household contact, vaccinating all infants against hepatitis B prior to them leaving the hospital is one of the most powerful tools in disease prevention available to public health practitioners, and has virtually eliminated hepatitis B infection in infants.

Despite decades of overwhelming evidence on the safety, effectiveness, and substantial population impact of a universal hepatitis B birth dose, CDC's Advisory Committee on Immunization Practices (ACIP) recently voted to change a decades-long recommendation for the hepatitis B birth dose from a universal approach to "individual-based decision-making" for infants born to mothers who test hepatitis B-negative. However, external infectious disease and public health experts have argued that there is no evidence to support weakening the recommendation for universal administration of the hepatitis B vaccine at birth.

For more information, read the LA County Public Health news release [here](#).

HEART MONTH



February is recognized as **American Heart Month**, dedicated to raising awareness about cardiovascular disease. According to the CDC, heart disease is the leading cause of death for men, women, and individuals from most racial and ethnic backgrounds.

This month, prioritize healthier choices. Here are some tips and resources to help you make lifestyle changes:

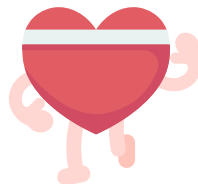
- Adopt nutritious eating habits
- Increase physical activity
- Maintain a healthy weight
- Avoid smoking
- Manage blood pressure

Visit the [CDC](#) for American Heart Month resources and toolkits.



The **American Heart Association** is spearheading a campaign encouraging everyone to wear red every Friday to raise awareness about cardiovascular diseases, particularly among women. The campaign begins on February 6th.

Visit the [American Heart Association's](#) website to discover additional ways you can contribute to raising awareness and promoting positive changes.



HEALTHY RELATIONSHIPS

Healthy relationships are built on trust, respect, and open communication. Whether with partners, friends, family, or colleagues, strong connections thrive when people feel heard, valued, and safe to be themselves. This means listening without judgment, expressing needs honestly, and setting boundaries that protect mutual well-being.

Healthy relationships aren't about perfection—they're about growth. Disagreements happen, but resolving them with empathy and accountability strengthens the connection rather than weakening it. By choosing kindness, consistency, and clear communication, we create relationships that support our mental, emotional, and even physical health.

Investing in healthy relationships is ultimately an investment in ourselves. When our connections are strong, we're better equipped to navigate challenges, celebrate successes, and live more balanced, fulfilling lives.

Learn more by visiting: [LA County Department of Mental Health](#)



MLK Healing Center Featured Programs



The MLK Healing & Trauma Prevention Center

The MLK Healing and Trauma Prevention Center, or "Healing Center," offers services to help children, families, and individuals improve their well-being. It is located in the MLK Center for Public Health and serves the South LA communities of Watts, Willowbrook, and Compton (SPA 6). The center provides support for mental health, substance use, and overall health and wellness.

All activities are FREE and open to the community.

For more information, contact MLKHealingCenter@ph.lacounty.gov.

To view our monthly calendar, visit the [MLK Healing Center website](#).

Healing on Wheels Launch Recap – Fall 2025

We're excited to share the successful launch of our **Healing on Wheels** project during **Fall 2025** at **USC Hybrid High College Prep**!

Students voluntarily participated in the workshops and were highly engaged from start to finish. During group discussions, students openly shared their current stress-relief strategies, including running, eating, listening to music, sleeping, and even “letting it all out” through scream therapy.

Throughout the **coloring and bubble** activities, students reported feeling **calm, relaxed, content, and happy**. Many shared that they plan to add these techniques to their personal coping toolkits when feeling stressed or overwhelmed, this is exactly the kind of impact we hope to create.

This successful launch confirms we are on the right track. Thank you for your continued support in helping bring this vision to life. We look forward to expanding our programming and continuing to support **emotional healing and trauma prevention** for students across our partner schools.

Workshop Activities Included:

- **Coloring & Stress Reduction:** Students explored stress and practiced mindfulness through coloring.
- **Bubble Play & Sensory Exploration:** Bubbles and sensory tools promoted relaxation, joy, and stress relief.
- **Playdough Creations:** Hands-on play supported fine motor skills, imaginative expression, and emotional regulation.

Stay tuned for more updates as Healing on Wheels continues to grow!



MLK Healing Center Featured Programs



SYSTEMS NAVIGATION SERVICES

Need Resource Assistance?
WE ARE HERE TO HELP

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

FOR MORE INFORMATION CONTACT:

SCAN ME

KIMBERLEY MARTINEZ
SYSTEMS NAVIGATOR
(213) 760-2904

DPH-NAVIGATOR@PH.LACOUNTY.GOV

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

County of Los Angeles Public Health WELLNESS COMMUNITY



SCAN QR
FOR HELP.

Need resource assistance? Reach out to our systems navigator for needs, such as housing and food financial assistance.

Click [here](#) to download the flyer.



213-360-2904



DPH-NAVIGATOR@PH.LACOUNTY.GOV



TASTY THURSDAYS

Thursday, 02/05 & 02/19
12pm

Join us for a produce giveaway.
First come, first served.

WELLNESS COMMUNITY County of Los Angeles Public Health

Join us on the first and third Thursday for produce giveaway.

Click [here](#) to download the flyer.



Cafecito

2/19 10am-11am

Join us for an open conversation on mental health, where we'll explore important topics, build connections and enjoy coffee together.

WELLNESS COMMUNITY County of Los Angeles Public Health

Join us for coffee and mental health discussions.

Click [here](#) to download the flyer.



Beads and Bonding

2/11 12pm-4pm

Unwind with a Kandi and Perler bead making activity. A calming, creative outlet that supports self-expression and relaxation in a welcoming space.

WELLNESS COMMUNITY County of Los Angeles Public Health

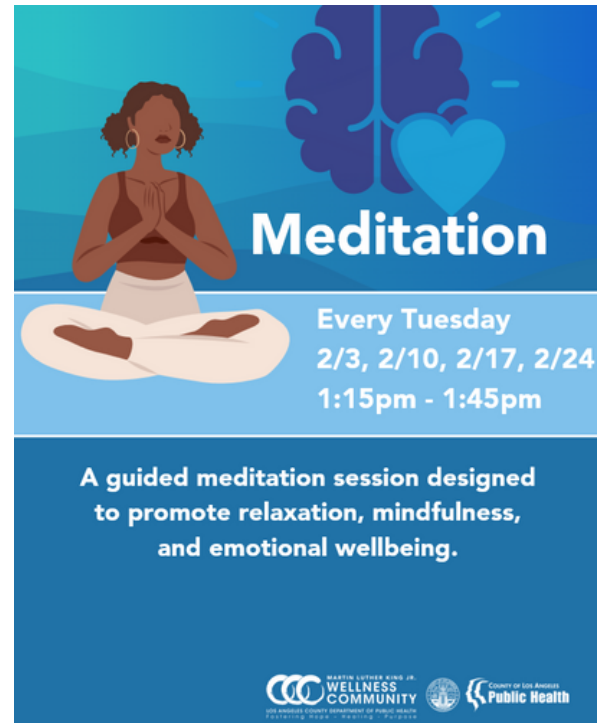
Join us in crafting your own bracelets.

Click [here](#) to download the flyer.

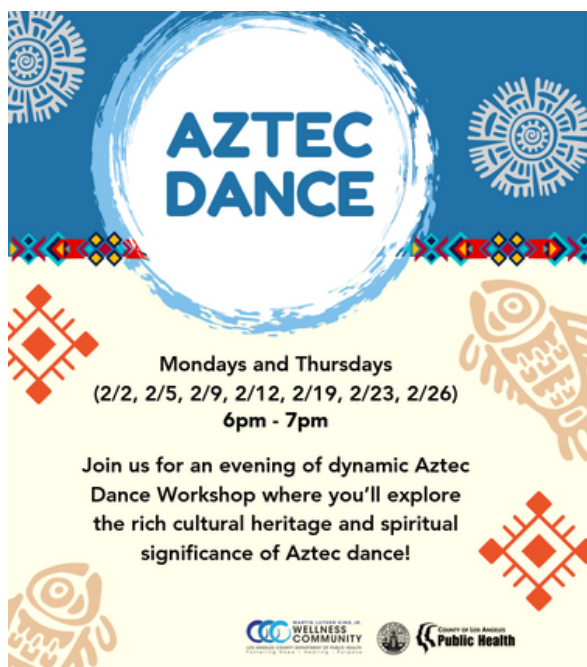
MLK Healing Center Featured Programs



Join us for a calming mindful walk.



Join us for a calming Mindful Meditation Workshop.



Join us for an Aztec Dance Workshop celebrating ancestral tradition.



Join us for our Trauma-Informed Workshop for Willowbrook community members.

MLK Healing Center Featured Programs

SAPC Community Engagement

JOIN OUR MONTHLY WORKSHOPS Virtual Presentations

Tuesday
January 6, 2025
10:00am - 11:00am

**Substance Use in Your
Community**



[Or, Click Here](#)

Wednesday
January 7, 2025
10:00am - 11:00am

**Understanding the risk of
Cannabis**



[Or, Click Here](#)

Thursday
January 8, 2025
10:00am - 11:00am

**Recognizing and Responding to
an Overdose with Naloxone**



[Or, Click Here](#)

OUR SERVICES



**Substance Use
Disorder
Screening**



Presentations



**Referral for
prevention
and
treatment**

Contact us for more information: Luis A. Renteria



lrenteria@ph.lacounty.gov



323-568-8188



COUNTY OF LOS ANGELES
Public Health



HEALING THROUGH ART DOT

RELAX. UNWIND. RECONNECT

Feeling overwhelmed? Join us for a calming session of art dot by the letter. Combine mindfulness, creativity, and nature-inspired imagery by filling letters with dots to create a botanical - themed artwork.



FEBRUARY 11, 2026



10:00AM - 11:00AM



MLK Jr. Center for Public Health
11833 S. Wilmington Ave.
Los Angeles CA 90059



County of Los Angeles
Public Health



Help Me Grow LA PARENT AND FAMILY CAFÉ!

Learn about: Expressive and Receptive Language for toddlers using Baby ASL and Social Stories !!!

Jan 9th and 23rd 2026

Feb 13th and 27th 2026

March 13th 2026

10:00 AM - 11:00 AM

10:00 AM - 11:00AM

10:00 AM - 11:00 AM

Microsoft Teams Virtual Meeting

Join via the the teams link below

CLICK HERE

FREE: REGISTER HERE!



A safe space to gather, support other parents, share stories and experiences, plus learn about important resources for child development or special health care needs.

Help Me
Grow | LA



COUNTY OF LOS ANGELES
Public Health

Community Resources

Vision: Healthy People in Healthy Communities

PUBLIC HEALTH TALKS

Join us for Public Health Talks, a series of virtual webinars brought to you by Health Education Services at the Martin Luther King Jr. Center for Public Health.

Tune in to learn more about various public health topics, get your questions answered, and share resources for the South LA (SPA 6) community.

Social Media Safety:
February 17th 11:00 - 12:00 pm

Vision: Healthy People in Healthy Communities

PUBLIC HEALTH TALKS



Social Media Safety

Join us for our Tuesday Topic: **Social Media Safety**. We'll delve into the significance of reducing harm associated with social media, explore its impact on overall well-being, and identify signs of emergencies related to its usage. Learn how to implement Social Media First Aid to address excessive engagement and discover ways to enhance the safety of your social media experience.

February 17th , 2025
11:00- 12:00 PM

REGISTER HERE:



<https://tinyurl.com/2fzvf8zm>

Community Resources



Mental Health Strategies for Black Children and Families

- Monthly live webinars
- 45 minutes
- Join from anywhere (it's virtual)
- Space is limited — sign up now!



Register here



Gentamu Mckinney

Behavioral Health Coach
BrightLife Kids

About the webinar

Date: Thursday, February 26

Time: 12:00pm-12:45pm

Discover how Adverse Childhood Experiences (ACEs) and misdiagnoses impact Black communities. This webinar explores how pediatric behavioral health services can support families and professionals. Learn empowering strategies to improve mental health outcomes and create lasting change.



brightlife.kids/ca



888-275-5357



ce@hellobrightline.com

Community Resources



Workshop Series

Join us!

Join us for an engaging three-part series where we'll explore essential skills that lay the foundation for young children's math learning and their social and emotional growth.

You'll discover strategies to help children ages 2-5 and leave with practical tools and resources to foster your child's development at home.

Managing big emotions

**Wed., Feb. 4,
5 pm - 6 pm**

Building relationships

**Wed., Feb. 11,
5 pm - 6 pm**

Nurturing confidence

**Wed., Feb. 18,
5 pm - 6 pm**

MLK Center
11833 Wilmington Ave,
Los Angeles

[Register here](#)



Parking: 12101 Wilmington Ave, Los Angeles

Community Resources (cont.)

Domestic Violence Homeless Services Coalition Presents



Resources for Senior Adults

Presentation by: Shonte Howard, Psy. D

Join us for an informative presentation highlighting essential resources for senior adults. This presentation will explore local and national programs that support health, independence, and overall quality of life, equipping case managers with practical tools and connections to better support older adults and their caregivers.

Session Details:

- **February 3rd 2026 1:00-3:00PM**
- Register for virtual session [here](#) or scan QR code
- Limited registration slots

SCAN ME!



Scan QR Code to register.

Community Resources (cont.)

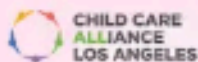


Need Child Care?

Child Care Choices LA County can help

- ♥ Explore Child Care & Early Education Options
- ♥ Learn How to Find Care For Your Family
- ♥ Connect To Payment Assistance

ChildCareChoicesLACounty.com



Scan QR Code to register

Community Resources (cont.)

THE HELP GROUP presents



FINANCIAL LITERACY CLASSES

UPCOMING SCHEDULE:

WED . JAN 21 . 2026
5:00 - 6:00 PM
on Zoom

**Emotions,
Psychology &
Our Money Habits**

WED . JAN 28 . 2026
5:00 - 6:00 PM
on Zoom

**New Year,
Fresh Financial
Goals**

WED . FEB 4 . 2026
5:00 - 6:00 PM
on Zoom

**Credit, Debt &
Debt Reduction
Strategies**

WED . FEB 11 . 2026
5:00 - 6:00 PM
on Zoom

**Prioritizing Savings
& Ways to Save**

WED . FEB 18 . 2026
5:00 - 6:00 PM
on Zoom

**Taxes 101 &
Tax Resources**

**REGISTER
TODAY!**



Participants who attend ALL 5 CLASSES
will earn a CERTIFICATE of COMPLETION!



Scan QR Code to register.

IMMIGRATION SUPPORT

Recent federal actions targeting immigrant communities, which are the heartbeat of Los Angeles, have created deep fear for many across the county. These events have disrupted daily life for individuals and families, who are often left without essential resources and services. The Department of Public Health remains committed to supporting all residents, regardless of immigration status. This page offers information and resources to help individuals and families stay informed, connected, and supported during this time.

- **Legal Resources** - Find free or low-cost legal help for immigration issues and documentation.
- **Food Assistance** - Locate food banks and learn about food assistance and access.
- **Mental Health Resources** - Access mental health support services, including help lines and youth-focused programs.
- **General Support** - Information about rights, education and resources for immigrant families.

To find direct links to immigration support services and live workshops, click [here](#).

Useful Links

[Flu Vaccines](#)

[Get Ahead LA Financial Resources](#)

[iPrevail Online Mental Health Resource](#)

[LA County America's Job Center of California](#)

[LA County's Office of Immigrant Affairs](#)

[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](#)

[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](#)

[VaccinateLACounty.com](#)

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

