ISSUE 3: STAYING HEALTHY

IMPACT!

PUBLIC HEALTH AMBASSADORS NEWSLETTER

The Los Angeles County Department of Public Health values the important and innovative work that our Parent, Student, and Early Childhood Public Health Ambassadors are doing across Los Angeles County to help stop the spread of COVID-19 and keep communities thriving. *Impact!* is a monthly newsletter for our community partners with valuable health resources and learning opportunities that highlight the great work of our Public Health Ambassadors and the community at large.

How do you make an IMPACT?

WHAT'S NEW?

01 ***Public Health Ambassador Spotlight***

02 ***Fall COVID-19 Boosters for Children 5 and Older***

03 ***Fentanyl Training***

04 ***Parent Ambassadors: We want to hear from YOU!***

05 ***Starting a Gratitude Journal***

NOVEMBER 2022

COUNTY OF LOS ANGELES
Public Health

PUBLIC HEALTH AMBASSADOR SPOTLIGHT

PARENT PUBLIC HEALTH AMBASSADORS PROTECT THEIR LOVED ONES FROM COVID-19

Joaquina Quiñones, Rosario Moreno, and Parent Ambassador Gonzalez positively impact their community by sharing COVID-19 guidelines and providing education about the COVID-19 vaccines.

Joaquina Quiñones became a Parent Public Health Ambassador in February 2022. She is pictured with her daughter.

Joaquina: The Parent Public Health Ambassador Program has allowed me to make a positive impact in my community. It's allowed me to keep my family and friends safe.

DPH: How did information in the Public Health Ambassador Program help you prepare for this year's return to school?

Joaquina: The program has kept me informed and educated during the most anticipated time of the year, back to school. The Parent Public Health Ambassador Program has been very instrumental because I've become a trusted source about COVID-19 related information. The weekly email reminds us that we must all still do our part and help reduce the spread of (COVID-19).

DPH: How have you shared information learned from the Public Health Ambassador Program with other parents and students?

Joaquina: It's been very empowering to witness the ability I have of encouraging others to stay safe and stop the spread of COVID-19. It has also been extremely beneficial sharing the best practices with family and friends from (LACDPH's) COVID-19 Resources for Parents & Guardians website that are available in multiple languages. I personally like sharing on social media the Prevention for Parent Infographics. A simple educational post can help reduce the risk and prevent the spread of COVID-19.

Rosario Moreno became a Parent Public Health Ambassador in February 2022.

"I spread the word about COVID-19 by setting up resource tables, going door to door to hand out information so that children can get vaccinated. I also taught classes." - Rosario Moreno

Parent Ambassador Gonzalez became a Parent Public Health Ambassador in June 2022.

DPH: How have you shared information learned from the Public Health Ambassador program with other parents and students?

Parent Ambassador Gonzalez: The information that I shared from the class about COVID-19 was how the vaccine works against COVID-19 and how the vaccine protects others that you love from the symptoms it comes with. Also, by giving my own testimony about how I lost parents due to COVID-19.

PUBLIC HEALTH AMBASSADORS: CREATE IMPACT IN YOUR COMMUNITY!

SHARING IS AS EASY AS HITTING THE "POST" BUTTON

Help spread health information by sharing great resources with your friends and followers on how to stay safe from COVID-19 and then let us know! Access the outreach survey here. Email the Public Health Ambassador team at TK12Ambassador@ph.lacounty.gov to tell us more about how you created an Impact! in your community,

The Los Angeles County Office of Education Fall COVID-19 Communication Toolkit contains lots of great graphics to share on social media, including resources from the California Department of

Public Health, Los Angeles County Department of Public Health and the Los Angeles County Office of Education.

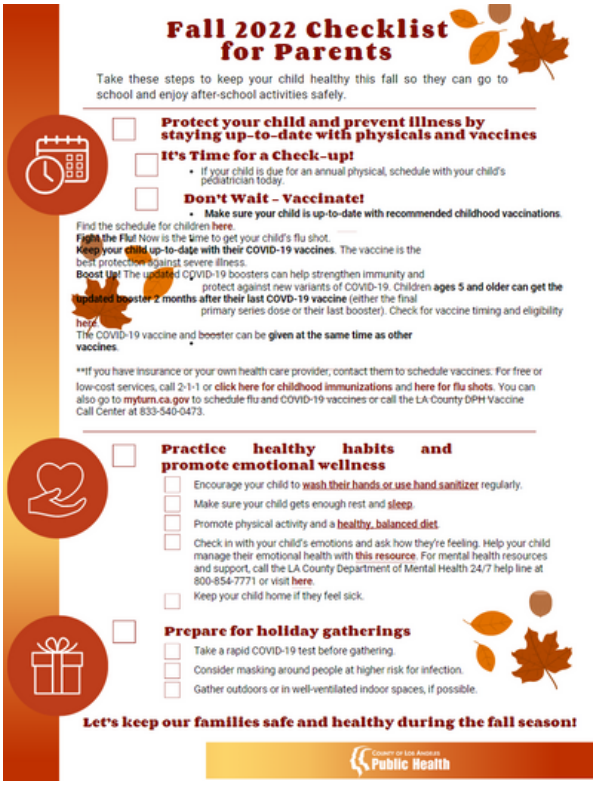
Post this graphic during the fall season and remind friends and family to stay healthy!

Veterans Day is around the corner! Be sure to share this graphic before returning to school from the holiday break.

CALLING ALL EDUCATORS!

HELP FAMILIES PREPARE FOR FALL

LACDPH and LACOE partnered to provide this checklist which can be emailed and shared in electronic communication with parents, guardians, students and staff.



Fall 2022 Checklist for Parents

Take these steps to keep your child healthy this fall so they can go to school and enjoy after-school activities safely.

Protect your child and prevent illness by staying up-to-date with physicals and vaccines

It's Time for a Check-up!

- If your child is due for an annual physical, schedule with your child's pediatrician today.

Don't Wait – Vaccinate!

- **Make sure your child is up-to-date with recommended childhood vaccinations.**

Find the schedule for children here.
Fight the Flu! Now is the time to get your child's flu shot.
Keep your child up-to-date with their COVID-19 vaccines. The vaccine is the best protection against severe illness.
Boost Up! The updated COVID-19 boosters can help strengthen immunity and protect against new variants of COVID-19. Children **ages 5 and older can get the updated booster 2 months after their last COVID-19 vaccine** (either the final primary series dose or their last booster). Check for vaccine timing and eligibility here.
The COVID-19 vaccine and booster can be **given at the same time as other vaccines.**

**If you have insurance or your own health care provider, contact them to schedule vaccines: For free or low-cost services, call 2-1-1 or click here for childhood immunizations and here for flu shots. You can also go to myturn.ca.gov to schedule flu and COVID-19 vaccines or call the LA County DPH Vaccine Call Center at 833-540-0473.

Practice healthy habits and promote emotional wellness

- Encourage your child to wash their hands or use hand sanitizer regularly.
- Make sure your child gets enough rest and sleep.
- Promote physical activity and a healthy, balanced diet.
- Check in with your child's emotions and ask how they're feeling. Help your child manage their emotional health with this resource. For mental health resources and support, call the LA County Department of Mental Health 24/7 help line at 800-854-7771 or visit here.
- Keep your child home if they feel sick.

Prepare for holiday gatherings

- Take a rapid COVID-19 test before gathering.
- Consider masking around people at higher risk for infection.
- Gather outdoors or in well-ventilated indoor spaces, if possible.

Let's keep our families safe and healthy during the fall season!

County of Los Angeles Public Health

UPDATED FALL COVID-19 BOOSTER FOR CHILDREN!

PARENTS - PROTECT YOUR CHILDREN FROM THE WORST OUTCOMES OF VARIANTS OF COVID-19

Updated fall COVID-19 boosters are now available. Boosters protect

children from the worst outcomes of the variants of COVID-19 spreading right now in LA County. This booster can be given at least 2 months after your child's last COVID-19 vaccine dose-primary series or last booster. See the updated COVID-19 Vaccine Schedule. Have more questions about boosters? Find answers in the FAQ on Vaccine Boosters.

Minors, want to give vaccine consent? The COVID-19 Vaccine Consent for Individuals Under 18 Years of Age can help you. Find a vaccine site near you.

MYTHS AND FACTS: COVID-19 AND VACCINES

CDC DEBUNKS MYTHS ABOUT THE DISEASE AND ITS VACCINES

Watch these short videos from the CDC about 5 myths and facts about COVID-19 and the COVID-19 vaccines. Part 1 | Part 2

PARENTS: SHARE YOUR STUDENT'S COVID-19 EXPERIENCE

YOUR VOICE CREATES OPPORTUNITIES FOR LA COUNTY STUDENTS AND SCHOOLS

If you are a parent/guardian of a Los Angeles County middle or high school student, we'd like yo hear from you. Join us to share your experiences, observations, and thoughts about changes and challenges at your student's school as a result of the COVID-19 pandemic.

This will be a virtual, interactive session and you will be asked to share your thoughts and ideas. Sign up here.

Listening Session Dates/Times
Mon. 11/7 @3:30-4:30pm (Eng.)
Tues. 11/8 @3:30-4:30pm (Span.)

PROTECT YOUR COMMUNITY FROM FENTANYL

FIGHT THE OPIOID OVERDOSE

Join the Public Health Ambassador Program as it hosts the Substance Abuse Prevention and Control team to learn about how to address the dangerous impacts that this dangerous drug is placing on our Los Angeles communities.

Parent Training Dates/Times
Mon. 11/14 @5:00-6:00pm (Eng.)
Tues. 11/15 @5:00-6:00pm (Span.)
Sign up for a Parent Training
Learn more about our Parent Ambassador Program

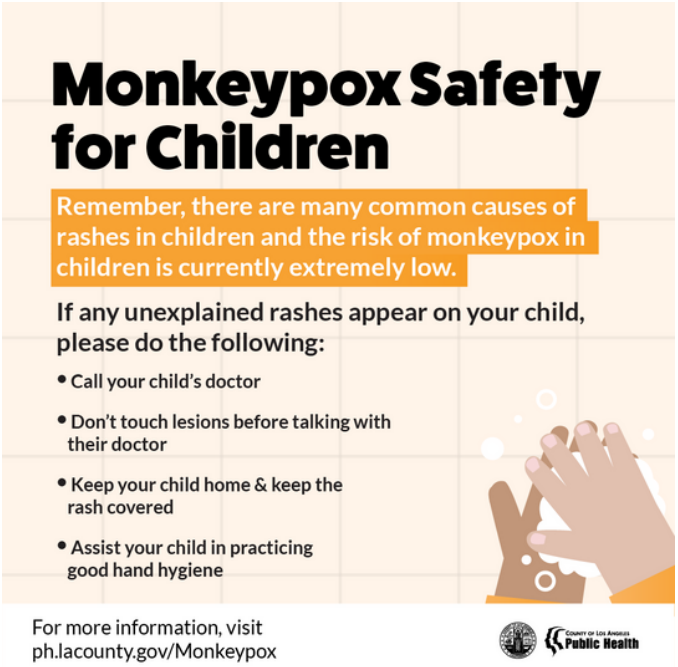
Student Training Dates/Times
Wed. 11/16 @4:30-5:30pm
Sign up for a Student Training
Learn more about our Student Ambassador Program

MONKEYPOX Q&A

LACDPH DOCTOR ANSWERS YOUR MONKEYPOX QUESTIONS

In this video, Dr. Moore answers important monkeypox questions and tell us what we should know about this disease. Get vaccinated today if you are eligible and at high-risk for monkeypox infection to stay protected. Read Monkeypox Vaccine FAQs. See Monkeypox FAQs for Parents.

Visit our monkeypox webpage for more information or call the public health center at (833) 540-0473.



WELLNESS CORNER

START A GRATITUDE JOURNAL

With the Thanksgiving holiday approaching, it's a perfect time to start a gratitude journal! Research shows that when we become more grateful, we not only positively benefit our own mental and emotional health, but the health of those around us! Follow these simple steps from Headspace to start your journal today:

1. Create a ritual of actions (sitting in the same place, lighting a candle, making a cup of tea, etc.) that you repeat every time you're about to write to let your brain know that it's time to journal.
2. Take a few minutes to bring to mind the people and things you are grateful for, but don't overthink it. Even the simplest things can bring joy and gratitude.
3. Consistency is key! Try committing to journaling for at least two weeks or a goal that seems realistic for you.

Visit Headspace to read more about journaling, how to be more grateful and to access a free 10-minute gratitude meditation for appreciation.

WELLNESS CORNER (...CONTINUED)

HEADSPACE: FREE APP FOR LA COUNTY

Looking for free mental health resources in Los Angeles County? Look no further than your smartphone. **Headspace**, the health and wellness app, has partnered with the Los Angeles County Department of Mental Health to provide free access to their mindfulness and meditation exercises to anyone who lives, works, or studies in Los Angeles County. Click here to get some free Headspace!

FREE YOUTH LIFEGUARD READY TRAINING PROGRAM

PARKS AND RECREATION PREPARE BIPOC YOUTH TO BECOME AN LA COUNTY SWIMMING POOL LIFEGUARD

The Department of Parks and Recreation is offering a free Lifeguard Ready Training (LRT) program for youth ages 16-24 at nine pools across LA County! This program will provide participants with all equipment necessary to complete the program, including swimsuits, towels, duffle bags, and free transportation to their chosen facility. Participants are expected to attend all 12 training sessions. Which session will you join?

Sessions
Session 1: 10/3-11/10
Session 2: 1/17-2/24
Session 3: 3/6-4/14
Session 4: 4/24-6/2

For more information visit the Lifeguard Ready Training webpage.