ISSUE 5: HAPPY AND HEALTHY NEW YEAR!

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?

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JANUARY 2023

County of Los Angeles Public Health

PUBLIC HEALTH AMBASSADOR SPOLIGHTS

STUDENT PUBLIC HEALTH AMBASSADORS, JOURNEY WALOK AND ALANA CHO, SHARE THEIR 2023 HEALTH GOALS.

DPH: Using information that you learned during the Public Health Ambassador training, what health related goals do you have for 2023?

Alana: I enjoy daily journaling, gratitude, and exercising to maintain and support my mental health. I also am intrigued on getting trained to use Narcan to prevent opioid overdoses and using my new knowledge to help spread awareness to others so that they too are empowered to be trained to stop and prevent overdoses and promote greater public health.

DPH: How do you plan to support your community's well-being in 2023?

Alana: I plan to work with the programs that I am involved in to help teenagers in our community with improving and maintaining their mental health. Through workshops to encourage physical activity, wellness, journaling, etc. I hope to help give youths the tools to deal with stress and maintain a healthy mental health.

Student Public Health Ambassador, Journey Walok

DPH: Using information that you learned during the Public Health Ambassador training, what health related goals do you have for 2023?

Journey: I plan to get trained on Narcan use to prevent opioid overdoses since there is an overdose crisis affecting youth and my community.

DPH: How do you plan to support your community's well-being in 2023?

Journey: My plans are to host a workshop focusing on mindfulness for my friend group so they can learn and teach their new-found knowledge to other friend(s).

THE CURRENT STATE OF PROPHYLAXIS AND TREATMENT OF SARS-COV-2

LEARN ABOUT AVAILABLE COVID-19 TREATMENTS AND THEIR MOLECULAR MECHANISMS IN THE BODY

Public Health Student Ambassador, Givi Mchedlishvili drafted a paper titled "The Current State of Prophylaxis and Treatment of SARS-CoV-2" that reviews COVID-19 prevention strategies and different available treatment options. Givi's article discusses COVID-19 antiviral drugs and monoclonal antibody treatments, as well as the molecular mechanisms of COVID-19 vaccinations and treatments that render them effective. The paper takes a deeper look into the recently available bivalent vaccine - a COVID-19 booster authorized in the summer of 2022. A link to the full article is below. Great work Givi!

View the full-length article here.

Note: The information in the linked article was up-to-date a the time of distribution of this Impact! newsletter (1/5/2023). LACDPH cannot guarantee the ongoing correctness and accuracy of the article beyond that date.

HEALTHY NEW YOU: SETTING HEALTH GOALS

JOIN THIS MONTH'S PUBLIC HEALTH AMBASSADOR TRAINING!

The Public Health Ambassador Program invites you to join us for **Healthy New You: Setting Health Goals in the New Year!** The training will teach parents and students about setting physical and mental health goals in 2023, including best practices for staying COVID-19 free and tips for improved self-care in the New Year. The Public Health Ambassador training is open to all Los Angeles County Middle and High school students and parents/guardians. Register at the link below to participate. All first-time Public Health Ambassador trainees will receive a $25

electronic gift award for participation and all attendees will receive a certificate of participation.

Parent Training Dates/Times
Tues. 1/17 @6-7pm (English)
Thurs. 1/19 @6-7pm (Spanish)
Sign up for a Parent Training

Student Training Dates/Times
Thurs. 1/19 @5-6pm (English)
Sign up for a Student Training

Learn more about our Parent and Student Public Health Ambassador Programs

STOCK UP ON COVID-19 TEST KITS!

OVER THE COUNTER TEST KITS ARE AVAILABLE JUST IN TIME FOR RETURN FROM WINTER BREAK.

Due to increased travel and social interactions that often take place during school-breaks and holiday celebrations, there is an increased risk of COVID-19 transmission. The Los Angeles County Department of Public Health strongly recommends that all students and staff test for COVID-19 prior to returning to school following major breaks (e.g., summer, winter, spring).

Should I test for COVID-19?

- If you plan to or recently travelled
- If you were recently at a large event, gathering or crowd
- If you have symptoms like a fever, headache, and body aches
- If you have been a close contact to someone with COVID-19
- If you have COVID-19

When should I test for COVID-19?

- 1 day before returning to school or work
- During the week upon the return to school or work

Where are COVID-19 test kits available?

- Check with your school. Many have over-the-counter or at-home test kits for students and staff.
- Many LA County libraries. See here for participating libraries.
- Order from the U.S. Postal Service. Every U.S. household is eligible for 4 free at-home test kits that will be mailed to your home. Order here.
- Contact your health insurance plan. California health insurance plans, including Medi-Cal and Medicare, cover 8 over-the-counter or at-home tests for each person on the plan monthly. Some may mail the tests to you directly or allow you to pick up at partnering pharmacies for free. Others may require submitting receipts for reimbursement.
- Get tested for free at LA County testing sites. See here for locations.
- Public Health vaccination sites and some community centers.

How do I test for COVID-19?

- Watch this video to learn about self-administering an over-the-counter test.

See COVID-19 Testing for more information.

ARE YOU UP TO DATE ON YOUR COVID-19 VACCINES?

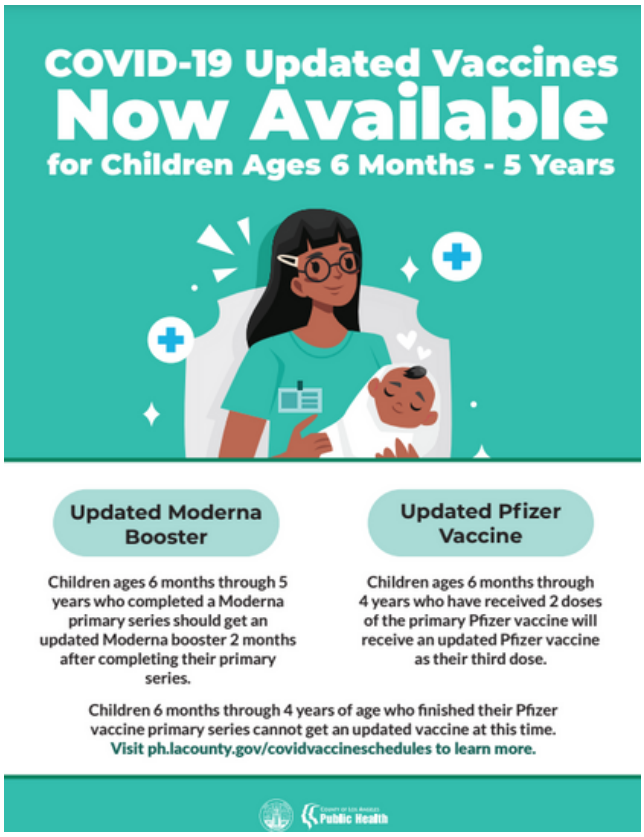
BIVALENT BOOSTERS NOW APPROVED FOR THOSE 6 MONTHS AND OLDER.

Learn about COVID-19 vaccine schedules, including boosters, here.

Three factors guide your individual COVID-19 recommendations:

1. Age
2. First vaccine received
3. Length of time since last dose

COVID-19 vaccines are free to all.



Find a vaccination site here.

Unable to leave your home to get vaccinated for COVID-19? Complete this Los Angeles County COVID-19 Home Vaccination Request form and Los Angeles County Department of Public Health will bring the vaccine to you.

Have questions about COVID-19 boosters? See Vaccine Facts, Booster Facts (English | Spanish), Vaccine FAQs for People Who are Immunocompromised, Vaccine FAQs for Children 6 Months and Older.

MEDICATION TO PREVENT AND TREAT COVID-19

MEDICATIONS ARE NOW AVAILABLE TO PREVENT AND TREAT COVID-19.

Along with vaccines, boosters, testing, and masking, there are medications available to keep ourselves and our communities safe from COVID-19. It is recommended to talk to your primary care physician (PCP) about therapeutics when you test positive for COVID-19. If you do not have access to healthcare or

are unable to reach your PCP within 5 days, please call the Los Angeles County Department of Public Health's Public Health Call Center at 1-833-540-0473. Learn about COVID-19 Therapeutics and find more information about eligibility and medicine to treat and prevent COVID-19.

WELLNESS CORNER

THE NEW YEAR IS A GREAT TIME FOR SELF-RELECTION.

For many, the new year marks an opportunity for change, growth, and reinvention of themselves. These changes can be on a small or large scale, depending on each individual. Whether you are looking to make changes or looking to keep some of the great health habits you made this year, take a moment to reflect on your wellness in 2022. This reflection will help you identify what you want to keep and what you'd like to change in 2023 to reach a healthier and happier version of yourself.

Ask yourself:

- What do I want to achieve in 2023?
- What did I learn in the past year?
- How can I use that information to make improvements to my physical and mental health?
- How can I support the well-being of my community?
- How can I make a positive impact on those around me?

Use these steps to reach your 2023 health goals:

1. Identify what you want to achieve
2. Identify the steps needed to achieve that goal
3. List potential challenges and create a plan to overcome the challenge
4. Visualize your goals: make a vision board, write your plan on paper, talk about your plan as if it were already happening
5. Create SMART goals: specific, measurable, achievable, relevant and time-framed. For example, "I will walk 15 minutes during my lunch hour at least three days a week for the next 30 days."
6. Accept that challenges are part of the journey and do not give up. The course may change, but the destination remains the same.

For more tips on reaching your wellness goals visit Making New Year's Resolutions that Stick.