

SPA 7 Regional Health Office

LA County DPH Monthly Newsletter

July 2024

[Lea este boletín en Español](#)

July is National Park and Recreation Month

National Parks and Recreation month is celebrated to promote strong, vibrant, and resilient communities through the power of parks and recreation.

This year's theme - "[Where you Belong](#)" celebrates the many ways parks and recreation professionals across the country foster a sense of belonging in their community by providing welcoming and inclusive programs and essential services for all ages and abilities. The goal is also for safe, accessible spaces to build meaningful connections.



To learn more about Los Angeles County's parks, visit: <https://tinyurl.com/5ebttbfv>.
To see offerings and/or sign up for a recreational activity at your local park, please click here: <https://tinyurl.com/4nh3m9mp>

Summer Parks After Dark



Parks after Dark returns this summer with **FREE** activities at 34 LA County parks. Bring your family and friends to an LA County parks location for a free summer concert, movie night, or a variety of free programs. This year, Parks After Dark offers more fun for all ages! Each week enjoy Teen Zones, Senior Social Hours, Aquatics, movies or concerts in the park.

Summer parks after dark will be every Thursday, Friday, and Saturday from 6PM-10PM starting on June 13 through August 3. To see the full schedule, click here:

<https://tinyurl.com/38khp3f6>.

July Observances

UV Safety Awareness Month

While sunshine is essential to your body to process vitamin D, ultraviolet (UV) radiation can quickly damage your skin, no matter your skin tone. In July, we raise awareness that UV is the root cause of most skin cancers and encourage the public to take precautions. **Just five sunburns doubles your risk of developing melanoma, the deadliest form of skin cancer.** We should be practicing sun safety all year-round by following these steps when outdoors:

- Seek shade when appropriate
- Wear sun protective clothing
- Apply a broad spectrum, water-resistant sunscreen with an SPF of 30 or higher

Checking your skin regularly for moles or abnormalities will help you identify any suspicious changes. Be sure to check less visible areas of your skin like the soles of your feet. People often find using the **"ABCs"** helpful when inspecting a mole (asymmetry, border irregularity, color, diameter, and evolution). If you notice anything irregular, please speak to your doctor.





Minority Mental Health Awareness Month

Mental health is just as important as physical health. Mental health affects how we think, feel, act, handle stress, relate to others and make choices. Mental health issues are treatable and often preventable, but not everyone has access to the resources they need.

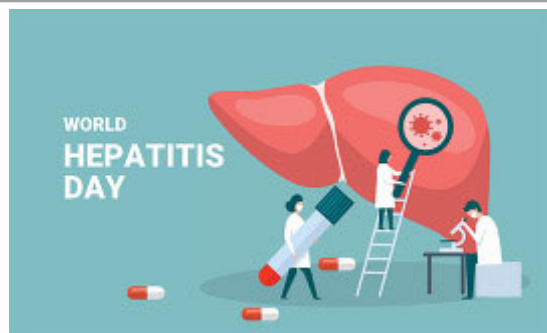
People in some racial and ethnic minority groups face more challenges than others getting mental health care. Many people from racial and ethnic minority groups have difficulty

getting mental health care. This can be due to many different reasons, such as cost or not having adequate health insurance coverage. It may also be challenging to find providers from one's racial or ethnic group. Stigma or negative ideas about mental health care may also prevent people from seeking services.

Everyone benefits when people from racial and ethnic minority groups can thrive. To find out more about LA County's mental health resources for yourself or a loved one, please see: <https://tinyurl.com/5n6awysz>

World Hepatitis Day - July 28

Viral hepatitis, a group of infectious diseases known as hepatitis A, hepatitis B, hepatitis C, hepatitis D, hepatitis E, affects millions of people worldwide, causing both short term and long term liver disease. To read more about each type, please click here: <https://tinyurl.com/ycdht5yt>.



Each type of hepatitis is distinct and can spread in different ways, affect different populations, and result in different health outcomes. **Ensuring good hygiene and avoiding contact with contaminated objects or body fluids can protect against any of the hepatitis viruses.** Luckily, there are vaccines for some types of hepatitis or some are curable if contracted. To get tested or get vaccinated, please visit an LA County Immunization clinic. To find more information on the clinic nearest you, please see: <https://tinyurl.com/hdbafkyk>.

Summer of Love

A summer of love is filled with long sunny days, clear blue skies, music festivals, Pride events, and warm summer nights. It's about love for friends, family and self, which includes prioritizing your health!

LA County Department of Public Health is here for you with these services:

- immunizations
- HIV/Sexually Transmitted Disease Screenings
- HIV Pre and Post Exposure Prophylaxis (PrEP/PEP)
- Condoms
- Narcan
- Tuberculosis Screening
- And much more!

For more information, please visit the sexual health clinic website: ph.lacounty.gov/clinics or call the Public Health Info Line at (833) 540-0473



2024 MADD Teen Influencer Institute

Summer is on the horizon which means it's almost time for the 2024 MADD Teen Influencer Institute! This is an intensive 5-week program designed to train and develop peer-to-peer educators. Graduates will be prepared to represent MADD on a local and national level and provide the youth perspective for underage drinking prevention programming as MADD Teen Influencers.

Youth are welcome to join us virtually on Zoom, Thursdays, 3:00pm – 5:00pm on the following dates:

- Week 1, July 15th, MADD 101 and Power of (YOU)th
- Week 2, July 16th, Public Speaking
- Week 3, July 17th, Alcohol and Traffic Safety
- Week 4, July 18th, Social Media Best Practices
- Week 5, July 22nd, Final Presentations

Participants will develop valuable skills, network with professionals and other youth, and earn community service hours. Registration is at tinyurl.com/maddcateen2024.



Hearst Foundation Grant Opportunity

The Hearst Foundation funds programs designed to enhance skills and increase the number of practitioners and educators across roles in healthcare. The Foundations also support public health, medical research and the development of young investigators to help create a broad and enduring impact on the nation's health.

Approximately 25% of all grant requests will be awarded up to **\$100,000** or more. If you are interested in applying, or finding out if your organization is qualified, please visit this website: <https://tinyurl.com/352urnwp>.

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.

LA Health Portal E-Visits

Need care now? An eVisit is a quick, convenient online care choice for common medical concerns. An eVisit gives patients access to care from a provider who can order tests and/or medicines without a trip to the doctor's office. eVisits are a great choice for common medical concerns like:

- Cold or Flu
- Headache
- Muscle Aches
- Skin Rash
- Sore Throat
- Urinary Problems
- Vaginal Problems

How it works

- Sign in to LA Health Portal and fill out an eVisit form.
- Get a response email from a provider within 1 hour from 8 am to 8 pm, 7 days a week.*
- The provider will answer your questions and order tests and/or medicines if needed.

*E-visits sent after 8 pm will receive an answer the following day.

For questions, call [844-804-0055](tel:844-804-0055), select Option 3, or text [844-804-0001](tel:844-804-0001).

For more information, [watch a video about eVisits](#).



Not enrolled in LA Health Portal?

Enrolling is quick and easy for LA Health Services patients.

Click [here](#) to enroll online or download the app from your app store.

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, visit: <http://publichealth.lacounty.gov/pie/CommEngage/cpht.htm>.

Employment Opportunities

LA County Department of Public Health AmeriCorps Members



AmeriCorps

Are you interested in the public health field? Healthcare Staffing Professionals, Inc is assisting the LA County Department of Public Health (LACDPH) in recruiting part-time and half-time AmeriCorps members.

AmeriCorps members will engage in community outreach, health education, and resource sharing in the most highly impacted communities located within Los Angeles County. Members will be assigned to one of the eight Service Planning Areas (SPAs) and work to meet the unique health needs of communities within their assigned region. The primary role of members will be to conduct community outreach.

To find more information and/or apply, please see: <http://tinyurl.com/5xzchmxc>.

LA County Department of Parks and Recreation Youth @ Work Program

Youth@Work provides work experience with a comprehensive and strategic set of employment, training and support services provided through a network of American Job Centers.

Job Description: Leading recreational activities for persons of all ages, helping support event setup and takedown, and interacting with the public.



For more information and/or to apply, please click here: <https://parks.lacounty.gov/youth-at-work/>

Free or Low Cost Full-Scope Medi-Cal

In January 2024, a new California law allowed those in a lower income bracket to get free or low cost full-scope Medi-Cal.



Full scope Medi-Cal covers:

- Doctor visits
- Hospital visits
- Dental care
- Vision care
- Mental health care
- Emergency services
- And much more

To find out if you qualify, or to apply, click here: <http://tinyurl.com/5s6sz4ef>.

Paid Conversation Group



[EurekaFacts](#) is seeking **Spanish-speaking**, Hispanic/Latina women for online conversation groups. Participants will discuss women's health experiences and thoughts on information related to health and cultural influences. Sign up now to see if you qualify!

The sessions will last no more than 90 minutes. Those who complete a session will receive \$75. This project is funded by the Center for Disease Control and Prevention (CDC).

To register, call 240-403-1650, email outreach@eurekafacts.com, or visit the following websites:

- Spanish landing page: <https://www.eurekafacts.com/salud-de-la-mujeres/>
- English landing page: <https://www.eurekafacts.com/cdc-womens-health-study/>

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 resources Public Health can provide over the phone, strengthen community trust by having a live person to talk to, and being a vital line of communication for 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 & Sexually Transmitted Infections/Diseases
- Vaccinations

- Women's Health
- Nutrition
- Oral Health
- And much more!

Immunization Coalition of LA County

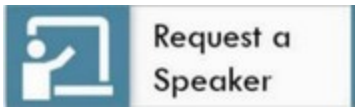
The Immunization Coalition of Los Angeles County (ICLAC) is a diverse, grassroots, community-based partnership of Los Angeles County hospitals, schools, clinics, health department programs, pharmacies, health plans, vaccine companies, and non-profit organizations with a mission to work together to improve 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:

<https://immunizelac.org/>

Need a Presentation on the COVID-19 Vaccine, Hands Only CPR, or other Health Topics?



The Los Angeles County Department of Public Health offers an array of presentations, including COVID-19, COVID-19 vaccines, and Mpox. If you would like to schedule a presentation for your organization, see: <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 the Los Angeles County Department of Public Health monitor respiratory illness throughout the 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>.

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 see: <http://tinyurl.com/y3hfb575>.

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>



SPA 7 Resources and Upcoming Events

LA CADA Resources and Opportunities



Jovenes Speak Up - Teen Leadership Group

Jovenes Speak Up is a leadership group for teens and young adults to help address issues in their community, learn life skills, earn volunteer hours, and contribute to substance use prevention in communities. Join if you're interested in:

- volunteer hours
- letters of recommendation
- networking
- receiving incentives
- and being a voice in your community

Orientation is held every last Tuesday of each month. To sign up,

please see: <https://tinyurl.com/34f9hmbt>

Free HIV Testing

Free HIV testing for youth ages 13-17 every Friday from 3-5pm. **Earn up to \$40 for participating.**

Location: 11015 Bloomfield Ave, Santa Fe Springs, 90670

Prevention Workshop Series

Youth and young adults ages 13-24 are encouraged to participate in this workshop series. Topics include:

- Addiction and the Brain
- STD/STI Prevention
- HIV/AIDS 101
- PrEP & PEP to prevent HIV

- Peer Advocacy

Participants who complete the program earn up to \$30 in gift cards, and a certificate of completion.

To apply, please see: <https://tinyurl.com/yc3h585v>

PIH Health Workshops on Cancer

Check out this upcoming series with PIH Health:

Cancer Survivorship Series: Transforming from Patient to Survivor

This lecture will focus on nutrition information for cancer survivors. You will learn helpful eating tips, food safety, how to support your body with healthy foods and more. Details:

- Wednesday, September 4, 2024, 5PM-6PM
- PIH Health Whittier Hospital, Conference Room F, 12401 Washington Blvd., Whittier, CA 90602
- To register, visit PHIHealth.org/calendar and search "nutrition" or call 562-698-0811, Ext. 12570



Workplace for Environmental Restoration in Communities (WERC) Program

The WERC program is looking for candidates for the next phase of work to remove lead contamination from residential properties and parkways surrounding the former Exide battery facility in Vernon.

To qualify, you must reside in one of the following areas: Boyle Heights, unincorporated East Los Angeles, and the cities of Commerce, Vernon, Maywood, Bell, and Huntington Park.



To find out more information, please contact WERC Program Coordinator, Laura Castillo, at Laura.Castillo@dtsc.ca.gov or 916-282-8958.

Free Food Distribution and Produce Distribution

Free food distribution is every first Wednesday of the month at the Whittier Wellness Community (WWC). Upcoming distribution is on Wednesday, July 3, starting at 8:30am.

For more information visit: [WWC Produce Distribution](#)



Free Outdoor Wi-Fi and Hotspots at Select LA County Libraries



The Los Angeles County Library is now offering free outdoor Wi-Fi, and portable hotspots at several participating libraries. Visit a participating location and use your device to get connected or take home a portable hotspot for up to 6 weeks!

For free outdoor Wi-Fi, click this link to find participating locations: <http://tinyurl.com/2s47amy>.

For a portable hotspot, click this link to find participating locations:

<https://tinyurl.com/2k5edcbm>.

Free CPR Classes

The Critical Care Training Center is offering Cardiopulmonary Resuscitation 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 offered in English and Spanish.



East Los Angeles CommUNITY Wellness Program

CommUNITY Wellness is a community-based program for children and their parents. The goal is to reduce the risk of childhood obesity by focusing on healthy habits related to eating, physical activity, sleep, and emotional wellbeing. This program is for both parents and children 6-12 years of age. Program is every Wednesday from 4:30-6:30pm.



For more information, please call 213-438-5570 or email info@gasolfoundation.org

Vaccinate L.A. Newsletter



Sign up for the COVID-19 Vaccine Newsletter to stay updated on COVID-19 related facts. Visit [VaccinateLACounty.com](https://www.vaccinate.lacounty.gov) 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