

# SPA 8 Regional Health Office LA County DPH Monthly Newsletter

August 2025

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## Hot Weather Safety Tips

With temperatures increasing this season, here are some tips to protect yourself and those around you:

- Keep yourself and your pets hydrated. Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.
- If your home lacks air conditioning, seek refuge in shopping malls or public libraries. [Check for emergency cooling centers in your community.](#)
- Sunburn reduces your body's ability to cool down and can lead to dehydration. Wear a wide-brimmed hat and sunglasses outdoors, and apply sunscreen with SPF 15 or higher at least 30 minutes before going

For more information please visit:

<http://publichealth.lacounty.gov/eh/safety/extreme-heat.htm>



## August Observances

### National Immunization Awareness Month

Part of staying healthy is keeping up with necessary vaccinations. In August, we raise awareness around vaccinations to ensure a healthy fall and winter for you and your loved ones.

#### Reasons to get vaccinated:

- **Stay Healthy:** Vaccines protect us from getting serious illnesses and feeling really sick.



- **Protect Your Loved Ones:** By getting vaccinated, we also protect those who can't get vaccinated, like infants and those with weakened immune systems.
- **Avoid Disruptions:** Vaccinations mean less chance of changing our plans or missing important activities because of illness.
- **Safe Schools and Activities:** Vaccinations are a vital part of keeping schools and activities safe for everyone involved.

To learn what vaccines are recommended for you, ask your health care provider or pharmacist. For a list of recommended vaccines, visit: <https://www.cdc.gov/vaccines>.

To find a low or no cost vaccination clinic, call 2-1-1, or visit [publichealth.lacounty.gov/ip/clinics/index.htm](http://publichealth.lacounty.gov/ip/clinics/index.htm).



### National Breastfeeding Month: Nourish, Shine, Thrive

Breastfeeding is good for both you and your baby. Breast milk is the best source of nutrition for most babies. As your baby grows, your breast milk will change to meet his or her nutritional needs. Breastfeeding can also help protect you and your baby against some short- and long-term illnesses and diseases.

Families often encounter various challenges with breastfeeding, which can lead to shorter breastfeeding durations than they originally planned. Additionally, significant disparities in breastfeeding rates continue to exist across different racial and ethnic groups. The consistent month-to-month decline in both any and exclusive breastfeeding suggests that families may require more robust support systems to successfully achieve their breastfeeding goals. Los Angeles County is committed to ensuring that mothers and families have access to breastfeeding and chest feeding education, support, and resources to reach their breastfeeding goals.

#### Breastfeeding Resources:

**BreastfeedLA** is dedicated to improving the health and well-being of infants and families through education, outreach, and advocacy to promote and support breastfeeding. For more resources please see: [www.breastfeedla.org](http://www.breastfeedla.org).

**Home Visiting Programs** give parents tips and tools to make it easier for them to have a happy, healthy family. Find your local home visitation program at [edirectory.homevisitingla.org](http://edirectory.homevisitingla.org).

**Black Infants and Families LA** provides free doula support and access to other services for Black women and families. Learn more at: [www.blackinfantsandfamilies.org/breastfeeding](http://www.blackinfantsandfamilies.org/breastfeeding).

**The Women, Infants & Children (WIC)** program promotes, supports and protects exclusive breastfeeding. WOC clinics are breastfeeding friendly and staffed with trained breastfeeding counselors. To find your local WIC agency, visit: <https://tinyurl.com/yvzh73fi>

**La Leche League** helps parents, families, and communities to breastfeed, chestfeed, and human milk feed their babies through parent-to-parent support. To learn more visit: [www.lllscnv.org](http://www.lllscnv.org).

## August 12 is International Youth Day

[International Youth Day celebrates and recognizes the potential of the world's youth.](#) It is a day to raise awareness of the challenges facing young people and to promote their empowerment and participation in society.

Are you looking to lead your community to better health? Are you looking to increase your public health skills and build a resume that demonstrates your community leadership? Become a Public Health Ambassador with the Los Angeles County Department of Public Health (LACDPH)! Public Health Ambassadors support their communities across Los Angeles County by sharing public health information and resources with family, friends, school and social networks. Ambassadors are encouraged to share information and resources in a way that is unique to their individual style, community needs, and interests. Topics include COVID-19 safety, youth substance use/abuse prevention, mental health, reproductive health, immunizations, and more! How will you make an impact?

sign up here: <https://tinyurl.com/yj2bjsbr>



## 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](http://ph.lacounty.gov/clinics) or call the Public Health Info Line at (833) 540-0473



## Free Gun Locks



In 2025, 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

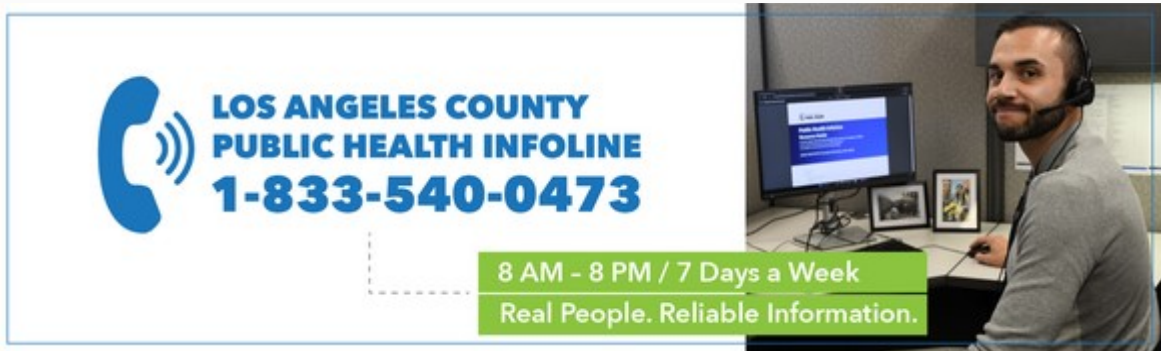
Community Public Health Teams (CPHT) is a project that brings together community-based organizations, health care partners, and Public Health staff. These teams work at the household level, conducting home visits to gather health needs and connect people to care and also works at the community level, 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.



To learn more about the CPHT project and find a CPHT near you, visit:  
<http://publichealth.lacounty.gov/pie/CommEngage/cpht.htm>.

## DPH Resources



The image shows a promotional graphic for the Los Angeles County Public Health InfoLine. On the left, there is a blue telephone handset icon with three curved lines representing sound waves. To its right, the text reads "LOS ANGELES COUNTY PUBLIC HEALTH INFOLINE" in blue, followed by the phone number "1-833-540-0473" in a larger, bold blue font. Below this, a green banner contains the text "8 AM - 8 PM / 7 Days a Week" and "Real People. Reliable Information." in white. On the right side of the graphic, there is a photograph of a male call center agent with a beard, wearing a headset and a grey shirt, sitting at a desk with a computer monitor displaying a website.

### 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:

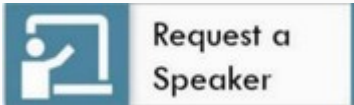
<https://immunizelac.org/>

Also click here <https://www.cdc.gov/vaccines/hcp/imz-schedules/child-schedule-vaccines.html> for Children and adolescent vaccine schedule





## 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: <https://tinyurl.com/32pwacam>

## 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 8 Resources and Upcoming Events

### 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.vaccinatelacounty.com) to learn more about:

## 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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