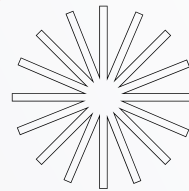


THE EDUPRESS

Martin Luther King Jr. Center for Public Health
SPA 5 & 6
Education Sector Monthly Newsletter

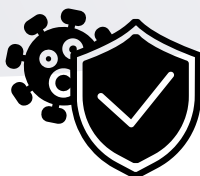


MAKE YOUR
Summer
HEALTHY AND FUN!

With its warmer weather and longer days, summer is a season marked by fun in the sun whether at the beach, park or your own backyard. Outdoor adventures in your neighborhood and exciting vacations farther from home add to the memories of a great summer. The Los Angeles County Department of Public Health wants you to stay safe and healthy this summer. Browse the links for more information:



Sun Safety



COVID-19



Cooling Centers



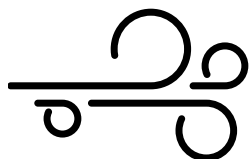
Food Safety



Travel



Mosquitoes



Air Quality

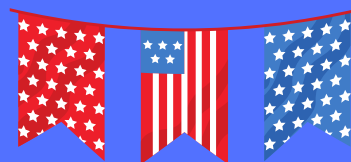


Pet Safety

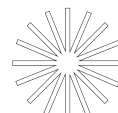


Pool Safety

In This Issue:



1. **Summer Health Resources: Los Angeles County Department of Public Health**
 - a. Heat-related illnesses
 - b. Mosquitoes & West Nile Virus
2. **Local Summer Resources**
3. **July: "Flavor of the Month" Scholarship**



Lisa Soulinthong-Reynoso BSN, RN, PHN
EDU Community Liaison Public Health Nurse
West & South LA
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Email: LSoulinthong2@ph.lacounty.gov

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- **CALL 911 RIGHT AWAY -- HEAT STROKE IS A MEDICAL EMERGENCY.**
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water
- Get medical help right away if:
 - You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:
 - Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash

Learn more at publichealth.lacounty.gov.

Source: Centers for Disease Control and Prevention





BUZZ OFF, MOSQUITOES!

HOW TO APPLY INSECT REPELLENT

- Always follow label directions and read precautions before applying
- Wash your hands with soap after, especially before eating and drinking
- Use only enough repellent to cover exposed skin (and clothes if using spray)
- If using spray, hold the spray 6-8 inches away and spray slowly and evenly

- Don't use any near your eyes, nose, mouth, ears, or open cuts
- Don't use on babies younger than 2 months
- Don't use under clothing
- Don't use to kill insects
- Don't reapply more often than directed by the product label

EPA-registered insect repellents come in different forms:

WIPES
 SPRAY
 LOTION

Use Environmental Protection Agency (EPA) registered insect repellents with one of the active ingredients below:

- DEET
- Picaridin
- IR3535
- Oil of Lemon Eucalyptus (OLE)
- Para-methane-diol (PMD)
- 2-undecanone

When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding persons.
Visit: www.epa.gov/insect-repellents

- West Nile virus (WNV) is a disease caused by the bites of infected mosquitoes. WNV spreads during warm weather months when mosquitoes are most active. While not all mosquitoes carry this virus, the type of mosquito that spreads this virus is found throughout Los Angeles County.
- While everyone is at risk for WNV, individuals over 50 and those with health problems are at greater risk of serious illness. Most people who get WNV don't have any symptoms. Some will have mild symptoms similar to the flu. A few will have severe symptoms, like high fever, stiff neck, muscle weakness, and sometimes rash.

Follow the 6 C's to keep mosquitoes off your property:

- Check items that hold water
- Cover storage containers
- Clear standing water
- Clean vases and pet bowls
- Cast out old items
- Call 2-1-1 or visit www.socalmosquito.org for mosquito help
- www.publichealth.lacounty.gov
- #NotJustABite

MOSQUITOES CAN SPREAD SERIOUS DISEASES

A few infected mosquitoes can cause large outbreaks and put your family at risk of becoming sick.

<p style="text-align: center; font-weight: bold; font-size: 1.1em;">CHECK</p> <p style="font-size: 0.8em;">Mosquitoes lay eggs on the walls of water-filled containers. Check for items that hold water inside and outside your home once a week.</p>	<p style="text-align: center; font-weight: bold; font-size: 1.1em;">COVER</p> <p style="font-size: 0.8em;">Tightly cover water storage containers (buckets and rain barrels) so mosquitoes can't get in to lay eggs. If no lid, use wire mesh with holes smaller than an adult Mosquito.</p>	<p style="text-align: center; font-weight: bold; font-size: 1.1em;">CLEAR</p> <p style="font-size: 0.8em;">Drain out standing water in flower pots, saucers, buckets, bird baths, and other containers.</p>
<p style="text-align: center; font-weight: bold; font-size: 1.1em;">CLEAN</p> <p style="font-size: 0.8em;">Scrub vases and containers to remove mosquito eggs as they stick like glue and hatch when exposed to water.</p>	<p style="text-align: center; font-weight: bold; font-size: 1.1em;">CAST OUT</p> <p style="font-size: 0.8em;">Cast out (throw away) old items in your patio or yard that can hold water.</p>	<p style="text-align: center; font-weight: bold; font-size: 1.1em;">CALL</p> <p style="font-size: 0.8em;">Visit socalmosquito.org or call 2-1-1 to report problems to your local mosquito control district.</p>

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For More Information:

<http://publichealth.lacounty.gov/acd/vectorwestnile.htm>



WEST NILE VIRUS

West Nile virus (WNV) is a disease caused by the bites of infected mosquitoes. It spreads during warm weather months when mosquitoes are most active.

HOW DOES WNV SPREAD?

This virus spreads when someone gets bitten by an infected mosquito. While most mosquitoes are not infected with the virus, it is best to stay safe and avoid mosquito bites. WNV doesn't spread through casual contact, like touching or kissing a person with the virus.

WHO IS AT RISK?

Everyone is at risk of WNV infection, but people most at risk for serious illness are the elderly and those with certain medical conditions like cancer, diabetes, high blood pressure, and kidney disease. WNV can also infect animals like birds and horses.

WHAT ARE THE SYMPTOMS?

Most people who get WNV don't have any symptoms. Some will have mild symptoms similar to the flu. A few will have severe symptoms, like high fever, stiff neck, muscle weakness, and sometimes rash. People get symptoms 3 to 14 days after being infected. If your symptoms are severe, call your doctor right away.

HOW IS WNV TREATED?

There are no medicines to treat WNV infection or shots to prevent it. Over-the-counter pain medicines can be used to lower fever and other symptoms. People with severe symptoms may need to be hospitalized.

KEY POINTS

- WNV is caused by bites from infected mosquitoes. It doesn't spread through casual contact.
- While most people who are infected with WNV don't have symptoms, it's best to avoid mosquito bites, especially if you're older or have certain medical conditions.

Frequently Asked Questions (FAQ)

WEST NILE VIRUS

WHAT CAN YOU DO TO PREVENT WNV?

- Avoid getting mosquito bites. The mosquitoes that spread WNV are most active during evening to early morning hours (dusk to dawn).
- If you are outdoors during those times, use Environmental Protection Agency (EPA) registered insect repellents and cover up: wear long sleeve shirts, and pants and other protective clothing.
- Keep mosquitoes out of your home. Make sure your door and window screens are in good condition.
- Get rid of places where mosquitoes lay their eggs. Every 2-3 days, dump and drain water from potted plants, pet water bowls, bird baths, and other places where water collects.



HELP PUBLIC HEALTH TRACK WNV BY REPORTING DEAD BIRDS, WHICH CAN BE A SIGN OF WNV IN AN AREA:

California Department of Public Health
1-877-WNV-BIRD or 1-877-968-2473
<http://www.westnile.ca.gov/>

TO REPORT A POTENTIAL MOSQUITO BREEDING SITUATION, CONTACT:

Los Angeles County Vector Control
(310) 915-7370
<http://www.lawestvector.org>

FOR MORE INFORMATION:

Los Angeles County Department of Public Health - West Nile Virus
publichealth.lacounty.gov/acd/VectorWestNile.htm

Centers for Disease Control and Prevention
cdc.gov/west-nile-virus/

For questions or to find a nearby clinic or doctor, call the Public Health InfoLine at 833-540-0473. Open every day from 8 a.m. to 8 p.m. ph.lacounty.gov



Los Angeles County
PUBLIC HEALTH INFOLINE



1-833-540-0473



**8 AM – 8 PM
7 DAYS A WEEK**

Call Us for Reliable Health Information!



Find out how to get your updated COVID-19 vaccine & treatment



Get access to clinics for childhood immunizations



Learn more about reproductive health



Get mental health resources



Discover community resources to boost your health and wellness!



Are you an LA County resident and need help accessing health services or have health-related questions? Let our LA County Public Health InfoLine team assist you! Residents can now get connected to community-based resources for SDT testing, COVID-19 treatment, vaccines, maternal health, and other services by calling (833) 540-0473. The InfoLine is available every day from 8 a.m. - 8 p.m. in multiple languages.



In an effort to properly route the most appropriate resources to emergencies, the Los Angeles County Department of Mental Health (LACDMH) has partnered with the Los Angeles County Sheriff's Department, Los Angeles Police Department, Los Angeles County Fire Department, Didi Hirsch Mental Health Services, the 988 Suicide & Crisis Lifeline, and 211 LA to create the Who Do I Call for Help? campaign.

This initiative aims to increase awareness of what each County department and agency's number can specifically provide to assist residents, especially during emergencies and in times of behavioral health-related crisis.



Who Do I Call for Help?

9-1-1

to report crimes, fires, and medical emergencies when law enforcement, firefighters, or paramedics are needed



800-854-7771

for crisis response teams in the field or mental health resources through the 24/7 LACDMH Help Line



9-8-8

for support with suicidal crisis or mental health-related distress



988 SUICIDE & CRISIS
LIFELINE

2-1-1

for general information on local resources or linkages and referrals to health, human, and social services





CITY OF LOS ANGELES CAREER PATHWAYS PROGRAM

A PAID INTERNSHIP OPPORTUNITY WITH THE CITY OF LOS ANGELES YOUTH DEVELOPMENT DEPARTMENT

The Youth Development Department (YDD) is seeking applications to fill a City Career Pathways Fellow position who will assist the City of Los Angeles with a variety of tasks related to outreach, research, and project management in support of the #CaliforniansForAll Youth Jobs Corps program.

POSITION INFORMATION

UP TO **1000 HOURS** @ **\$16.90** AN HOUR

BRIEF DESCRIPTION OF DUTIES

This position will assist with conducting community outreach, online promotion, collecting youth surveys, working with internal YDD staff to support the [#CaliforniansForAll Youth Jobs Corps program](#) implementation, and other duties as assigned. The position is a hybrid role, which includes working at least half a day in the office, which is located at 444 Flower St, Los Angeles, CA 90071.

FOCUS

Outreach
and
Research

HOURS

Up to 20
per week

ELIGIBILITY REQUIREMENTS:

- Must be a student at one of the colleges of the LACCD
- Live in the City of Los Angeles
- Be between the ages of 18 to 25
- Have a CA Driver's License and reliable transportation

HOW TO APPLY:

1. Email your resume to CA4ALL.LAEvaluation@lacity.org
2. Complete a brief intake form at bit.ly/LAPATHWAY (or scan the QR code below)
3. Complete the HIRELA's Youth Application at [Hirelayouth.com](https://hirelayouth.com)



DEADLINE TO APPLY: ASAP

Applications to be accepted on a rolling basis. Apply as soon as possible.

If you have any additional questions about the position or application process, please email CA4ALL.LAEvaluation@lacity.org



#CaliforniansForAll
Youth Jobs Corps





THE PARAMOUNT CITY COUNCIL PRESENTS

SUMMER MOVIE NIGHTS

FREE

Progress Park • 15500 Downey Ave.

GAMES AND CRAFTS AT 7:30PM • MOVIE TO FOLLOW AT SUNSET



JUNE 14
ELEMENTAL



JUNE 21
Trolls:
Band Together



JULY 12
Teenage Mutant
Ninja Turtles:
Mutant Mayhem



JULY 26
Kung Fu Panda 4



City of Lynwood Recreation and Community Services Department Presents

MOVIES IN THE PARK

2024

@Yvonne Burke-Ham Park
- Movie Begins at Sundown -



Days -

Friday Nights
6/28, 7/12, 7/26, 8/9

Start Time-

Featured Movie
Begins @ Sun Down

Location -

Yvonne Burke-Ham Park
(Basketball Court)

"GRAB A BLANKET OR
YOUR FAVORITE CHAIR &
JOIN US FOR MOVIES
UNDER THE STARS"



Friday, 6/28
The Lion King (2019)



Friday, 7/12
Light Year (2022)



Friday, 7/26
The Addams Family 2



Friday, 8/9
MUMMIES

GIVEAWAYS TO THE FIRST 50
PARTICIPANTS IN ATTENDANCE

FOR MORE INFO CALL
(310) 603 - 0220 EXT. 319

X 
@lynwoodparks



**Parks
Make
Life
Better!**



SUMMER FUN FIELD TRIPS

TRIP COST INCLUDES TRANSPORTATION

DEPARTURE/ARRIVAL: HENNING YOUTH CENTER 11409 BIRCH ST. LYNWOOD, CA 90262

CASH ONLY / NO REFUNDS

MEAL VOUCHER INCLUDED

WEDNESDAY, JUNE 26

KNOTT'S SOAK CITY

9:00AM - 6:00PM

\$60.00

PAY BY: MON. JUNE 24

MEAL INCLUDED

FRIDAY, JULY 5

**DAY AT THE BEACH
MOTHER'S BEACH**

10:00AM - 4:00PM

\$20.00

PAY BY: MON. JULY 1

MEAL VOUCHER INCLUDED

WEDNESDAY, JULY 10

KNOTT'S BERRY FARM

9:00AM - 6:00PM

\$70.00

PAY BY: MON. JULY 8

NO MEAL INCLUDED

TUESDAY, JULY 16

**CRYPTO AREA
L.A. SPARKS GAME**

11:00AM - 5:00PM

\$25.00

PAY BY: MON. JULY 15

MEAL INCLUDED

WEDNESDAY, JULY 24

**MEDIEVAL TIMES
DINNER & TOURNAMENT**

10:30AM - 4:00PM

\$47.00

PAY BY: MON. JULY 22

MEAL VOUCHER INCLUDED

WEDNESDAY, JULY 31

**SPLASH LA MIRADA
AQUATICS CENTER**

10:00AM - 5:00PM

\$45.00

PAY BY: MON. JULY 29

LYNWOOD

TRIPS

**ALL AGES WELCOMED; CHILDREN UNDER
12 REQUIRE ADULT PARTICIPATION**

PLEASE CALL (310) 603-0220 EXT. 319

OR SIGN-UP AT:

AVALOS COMMUNITY CENTER OR HENNING YOUTH CENTER





GET SUMMER

Teens ages 12 – 17 can enroll now for a free membership to YMCA-LA locations throughout L.A. County as part of the YMCA’s GET SUMMER teen initiative. The program runs from June to Aug. 16.

The YMCA-LA GET SUMMER teen initiative is designed to keep teens active, engaged and safe while school’s out for the summer. Individual branches will provide youth with academic support, college and employment readiness, volunteer opportunities, social gatherings and exclusive programming with local partners. Last year, more than 3,000 teens participated in the program; 5,000 L.A. teens are expected to get involved this summer.

Teen memberships include access to designated teen centers equipped with computers, free WiFi, games and entertainment systems. Their membership also gives them access to swimming pools, basketball courts, fitness classes and more.

Teens will also have access to leadership development, academic support, college and employment readiness, life skills education and fun activities that promote physical activity. The program provides social responsibility, community-service opportunities and guidance to support effective and positive change. In addition, the YMCA and IBM SkillsBuild have joined forces to help students enter the workforce with industry credentials and classes.

GET SUMMER offers teens the chance to hang out with friends and meet new people in the Y-dedicated teen centers and host special “Teen Nights” and special events. The teen centers also allow youth to showcase their talents or try a new class in music, art, writing and photography.

“GET SUMMER is focused on providing teens innovative ways to support their personal development, enhance their motivation and give them the tools to reach their full potential. This free Y program elevates the summer experience for teens with fun opportunities to socialize, better their overall health and wellness, as well as give back to the community,” said Christopher Jefferson, senior vice president and chief youth development program officer.

Teens can stop by any YMCA-LA location with a parent or guardian to sign up for the free summer membership. For more information, visit ymcala.org/programs/teen-programs/get-summer-teen-initiative.



Girls Got Game USA

LADIES OF COLOR GAMING & ESPORTS

SUMMER PROGRAM

SESSION 1

TUESDAY, JUNE 25TH
(1-4 PM)



BOYS & GIRLS CLUBS
OF METRO LOS ANGELES

Challengers

5029 S. VERMONT AVE.
LOS ANGELES, CA 90037

SESSION 2

TUESDAY, JULY 2ND
(1-4 PM)



BOYS & GIRLS CLUBS
OF METRO LOS ANGELES

Challengers

5029 S. VERMONT AVE.
LOS ANGELES, CA 90037

SESSION 3

TUESDAY, JULY 9TH
(3-6 PM)

BEFORE
LA SPARKS VS MINN. LYNX
WNBA GAME



crypto.com
ARENA

1111 S FIGUEROA ST.
LOS ANGELES, CA 90015

TO REGISTER AND
FOR MORE INFORMATION, VISIT

GIRLSGOTGAMEUSA.ORG



LA County Library's Annual Free Lunch at the Library Program Returns Nutritious Meals for Kids & Teens at 20 Libraries This Summer



Well Fed, Well Read

This summer, kids and teens 18 and under can enjoy FREE lunch at participating LA County Library locations.

Meals are available on a first come, first served basis from June 17 – August 9 during the hours of 12 – 1 pm, either Mon – Fri or Tue – Fri, depending on the location (see schedule).

Please note that meals are for kids and teens only and must be eaten at the library during Lunch at the Library hours.

There are no restrictions on family income to receive a free lunch. Menus vary daily; please contact your local participating location for menu information.

Since 2015, LA County Library has been offering free, nutritious lunches during the summer months, helping to keep children nourished and ensure that they return to school in the fall energized and ready to learn.

We hope to see you this summer!



Community Resource Center



LYNWOOD



Friday,
July 19, 2024



10am - 2pm



3200 E Imperial Hwy
Lynwood, CA 90262

Blue Shield of California Promise Health Plan is contracted with L.A. Care Health Plan to provide Medi-Cal managed care services in Los Angeles County. L.A. Care and Blue Shield Promise are independent entities. Blue Shield Promise is an independent licensee of the Blue Shield Association.

FREE School Supplies & Backpack Giveaway for Students*

Bring the entire family to kick off the new school year with this fun event!

*One backpack per student, while supplies last. Ages 3 years old & up. Students should be present. Limited quantity may be available for students who are not present.



For additional information, visit communityresourcecenterla.org or call 310.661.3000 (TTY 711), Monday – Friday from 9 a.m. - 6 p.m.



WHATEVER YOU CHOOSE TO BE, IT'S DELICIOUS!

Winning scholarships can be sweet - especially with this special a la mode award for scholarship seekers who love ice cream.

Are you simple and sweet like vanilla, classic yet unpredictable like chocolate chip, or a little nutty like pistachio? Whatever the flavor or reasons may be, we want to know what ice cream flavor best reflects your personality and why.

July is National Ice Cream Month, and we need a little help picking out a "Flavor of the Month" for our famous ice cream scholarship. Tell us all about your ice cream flavor, and you could scoop up a sweet \$1,500 scholarship.

Applicants must:

Must be 14 years of age or older at time of application. | Must be a legal U.S. resident. | Must be a resident of one of the 50 United States or the District of Columbia. | This award is for U.S. students.

Submit an online written response to the question:

"Summer and ice cream go hand-in-hand. In fact, July is National Ice Cream Month, and that's the inspiration behind this award. We think people are very similar to ice cream; some are nutty, others a little exotic, while some are very comforting. If you were an ice cream flavor, which would you be and why?" (250 words or less)

The Flavor of the Month Scholarship winner will be notified by email or phone on or around October 31st.

Apply Now

**Award Amount
\$1,500**

**Application Deadline
July 31, 2024**