

SPA 7 Regional Health Office

LA County DPH Monthly Newsletter

June 2024

[Lea este boletín en Español](#)

June is Scoliosis Awareness Month

June is Scoliosis Awareness Month and we want YOU to get involved, to speak about scoliosis and to raise awareness to support affected people.

Scoliosis causes the spine to abnormally curve sideways, into an “S” or “C” shape. Although many people have not heard of the condition it is surprisingly common, impacting infants, youth and adults of all races, classes and genders. Approximately one out of every six children diagnosed with scoliosis will have a spinal curve that requires active treatment, sometimes involving surgery. Early diagnosis is first treatment step that may prevent more serious problems.

[Children can be screened at any age, although idiopathic scoliosis is more commonly discovered during a child's growth spurt \(10 to 15 years old\).](#) The Scoliosis Research Society recommends that girls be screened twice, at 10 and 12 years of age (grades 5 and 7), and boys once at 12 or 13 years of age (grades 8 or 9).

To learn about scoliosis conditions, frequently asked questions, and to find a specialist, see: <https://tinyurl.com/2vx48f53>.



June Observances

Pride Month

June is [Pride Month](#), which is the annual celebration of Lesbian, Gay, Bisexual, Transgender and Queer, and/ or questioning, Intersex, Asexual, and Two-Spirit (LGBTQIA2-S) community members and allies around the world. Each year, we pay tribute to the 1969 Stonewall Riots, which many regard as a key tipping point for the Gay Liberation Movement leading into modern LGBTQIA2-S rights movements.



The Los Angeles County libraries have put together a list of resources and materials to inform and celebrate the LGBTQ+ community in Los Angeles and beyond. To view: <https://lacountylibrary.org/pride/>

Men's Health Month

[This June, commit to a vital goal: empowering men and boys by building knowledge for healthier lifestyle choices. It's time for men to take charge of their health, make informed decisions, and pave the way for a lifetime of well-being.](#) Knowledge is power, especially with health, and information about nutrition, exercise, mental health, and preventive care paves the way to actionable choices that positively impact lives.



Whether it's understanding the importance of regular exercise, learning about healthy eating habits, or recognizing the signs of mental health struggles, knowledge equips men to take control of their health journey. But it's not just about individual health – individual choices also influence others. By prioritizing well-being, one can be an example for families, friends, and communities. When we make healthier choices, we inspire others to do the same, creating a ripple effect of positive change.

This Men's Health Month, let's commit to building knowledge and using it to shape healthier lifestyles for ourselves and future generations.

For more information, see the Men's Health Network: <https://menshealthnetwork.org/>



World Blood Donor Day

The American Red Cross is celebrating World Blood Donor Day by saying thank you to all past and future blood and platelet donors. [World Blood Donor Day is recognized each year June 14.](#) This day raises awareness of the need for a safe and stable blood supply and recognizes volunteer blood donors for their lifesaving role in patient care.

Blood donations typically decline in late spring and early summer – especially during holiday weeks, like **Memorial Day and Independence Day** – but the need for blood and platelet transfusions doesn't take a summer break. With no substitution for blood and no way to manufacture it, volunteer donors are the only source of blood products for patients with sickle cell disease, car accident victims, and parents experiencing difficult childbirth.

You don't need to know your blood type to make a lifesaving blood donation. Schedule a blood donation by visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

To learn about what to do before, during, and after your donation, see: <https://tinyurl.com/5b9c76ad>.

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.



Free Gun Locks Can Save Lives



Gun violence awareness day is June 7. In 2024, Public Health's Office of Violence Prevention (OVP) committed to distributing more than 60,000 cable gun locks – free of charge and no questions asked – across Los Angeles County. This unprecedented effort can help 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 gun theft. To get 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. To view all locations, please click here: <https://tinyurl.com/mtrkr3m2>

Hearst Foundation Grant Opportunity

The Hearst Foundation funds health programs that enhance skills and increase the number of healthcare practitioners and educators. The foundation also supports 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 qualified, please visit this website: <https://tinyurl.com/352urnwp>.

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 connects people to care. It 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 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 Community Public Health Team near you use the link: <http://publichealth.lacounty.gov/pie/CommEngage/cpht.htm>.

Employment Opportunities

LA County Department of Public Health AmeriCorps Members



Are you interested in the public health field? Healthcare Staffing Professionals, Inc is assisting the LA County Department of Public Health (Public Health) 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: <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 AJCCs. Los Angeles County residents ages 14 to 24, that have the right to work in the United States.



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](https://www.eurekafacts.com) 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

LA County Department of Public Health Youth Advisory Council

Get excited to make a real impact in your community! The Los Angeles County Department of Public Health (LAC-DPH) is thrilled to invite passionate and dedicated youth to join the 2024-2025 cohort of the Youth Advisory Council. Let's create positive change together!

Eligibility Criteria:

- LA County resident
- US citizen or permanent resident
- Enthusiastic about public health and social justice
- Aged between 16-21 years old
- Able to commit to a 1-year program
- Fully vaccinated with either the Pfizer or Moderna vaccine

To apply, please visit: <https://tinyurl.com/5fcajjzw>. For questions, please contact Kevin Donovan at kdonovan@ph.lacounty.gov or Martha Santos at msantos@ph.lacounty.gov.





**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 scope of resources Public Health can provide over the phone, strengthen community trust by having a live person to talk to, and a vital line of communication in case of 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 & STDs/STIs
- Vaccinations
- Women's Health
- Nutrition
- Oral Health
- And much more!

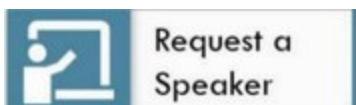
Immunization Coalition of LA County

The Immunization Coalition of Los Angeles County 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. This coalition is especially focused on 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 this website: <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 many presentations, including COVID-19, COVID-19 vaccines, and Mpox. If you would like to schedule a presentation for your organization, click this link <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 Public Health monitor respiratory illness throughout LA 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 private. To read more about Angelenos in Action: <http://tinyurl.com/bdhjuyje>.

Office of Violence Prevention - Preventing Gun Violence



A Gun Violence Restraining Order, or GVRO, is a law approved by 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 on: <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 the 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 click here: <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
- Peer Advocacy

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

To apply, please click here: <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 PIHHealth.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 Food 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 of participating libraries. Visit one of our participating locations 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>.

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

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

Free CPR Classes

The Critical Care Training Center is offering CPR 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.vaccinatelacounty.com) 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](#)



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