LA County Public Health Regional Health Office

Service Planning Areas (SPAs) 5 & 6 Monthly Newsletter

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Independence Day (July 4)

HAPPY 4TH OF JULY



- Prioritize the safety of everyone involved, including pets. Never give fireworks to small children, and never throw or point a firework toward people, animals, vehicles, structures, or flammable materials.
- Enjoy fireworks displays presented by professionals instead. Check your local parks and community organizations for information about public fireworks events.
- Read and follow the directions on fireworks packaging.
- Never use fireworks near dry grass, gas, or other flammable materials, and always keep a water source nearby.



Wishing everyone a safe and happy 4th of July!

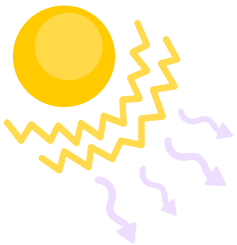


MLK JR. CENTER FOR PUBLIC HEALTH

11833 S. Wilmington Ave. Los Angeles CA 90059

Visit our Regional Health Offices serving the communities of Athens, Compton, Crenshaw, Florence, Hyde Park, Lynwood, Paramount, and Watts.

UV Awareness Month



As summer arrives and temperatures rise, it's essential to prioritize UV protection. July is recognized as UV Awareness Month, and excessive UV exposure can lead to sunburn, premature aging, and skin cancer.

See below for tips on staying safe while enjoying the outdoors this summer:

- **Use SPF sunscreen and apply it to children as well. Reapply every two hours while exposed to the sun.**
- **Wear sun-protective clothing, hats, and protective eyewear.**
- **Seek shade when possible. UV rays are strongest from late morning through the early evening.**
- **Check the UV Index in your area before spending time outdoors.**



Click on the flyer for additional information and facts.



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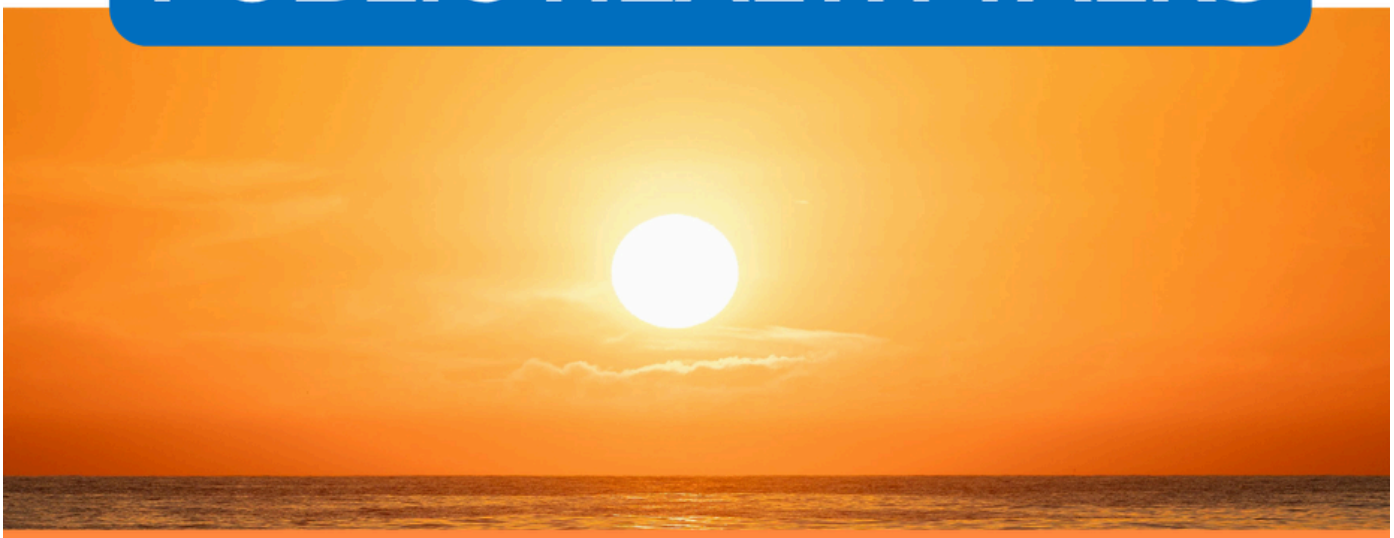
NEXT

See the next page for information about our upcoming Public Health Talks about Heat Safety.

Public Health Talks: Heat Safety

Vision: Healthy People in Healthy Communities

PUBLIC HEALTH TALKS



Join us for Public Health Talks, a series of virtual webinars brought to you by Health Education Services at the Martin Luther King Jr. Center for Public Health.

Tune in to learn more about various public health topics, get your questions answered, and share resources for the South LA (SPA 6) community.

Extreme Heat Safety

Join us for our Tuesday topic on **Extreme Heat Safety**, where we provide an overview of Extreme Heat: why it's an issue, definitions of heat illness, and tips for heat illness prevention.

July 7th, 2026
1:00- 2:00 PM

REGISTER HERE:

https://tinyurl.com/njh2bb4j

For more information contact
Janay Ezekwe : JEzekwe@ph.lacounty.gov

County of Los Angeles Public Health

MMR Vaccines



What is Measles?

- Measles is a serious respiratory disease caused by an airborne virus. It is one of the world's **most contagious** diseases. Nine out of 10 unvaccinated people who come into close contact with an infected person will become infected.
- Vitamin A, at any dose, does not prevent measles.
- The best way to prevent measles is to get the **measles-mumps-rubella vaccine (MMR)** vaccine or the **measles-mumps-rubella-varicella (MMRV)** vaccine. One dose is about 93% effective at preventing measles.

For more information on measles, please click **here**.

World Hepatitis Day

July 28 marks World Hepatitis Day, a day recognized by the CDC and various health organizations globally to increase awareness of viral hepatitis. This condition affects approximately 300 million people and causes about 1 million deaths annually.

It is essential to understand the symptoms, distinguish between hepatitis A, B, and C, and recognize the importance of hepatitis vaccination. Hepatitis can have serious impacts on the liver if left untreated. Please click here to learn the ABCs of viral hepatitis.

To learn more about World Hepatitis Day and find additional resources, visit the CDC website.



National Park & Recreation Month

July is recognized as National Park & Recreation Month in celebration of the important role parks play in conservation, community well-being, and outdoor recreation.

Public Health recognizes access to parks as a key indicator of health and wellness. Benefits include improved physical health, chronic disease prevention, stress reduction, and stronger community connections.

Celebrate this awareness month with friends and family by visiting your local park or exploring a new one!

National Parks in California
California is home to nine national parks, including Yosemite, Joshua Tree, and Channel Islands. Plan your visit through the National Park Service website to make reservations, obtain entrance passes, and review current park updates.



California State Parks
California State Parks offer trails, beaches, historic landmarks, and more. Find a park near you to visit this summer. California State Parks is offering its Historian Passport free of charge from June 17 through July 6. Visit their website for more information and instructions on how to obtain a pass.



Los Angeles County Parks & Recreation
LA County Parks & Recreation offers many free programs and activities for all residents. Visit their website for a list of programs and events happening near you.



National Park & Recreation Month (cont.)



Click HERE for more information.

National Park & Recreation Month (cont.)



Click HERE for more information.

National Park & Recreation Month (cont.)



Summer Tips



Swimming Tips

Always prioritize safety in and around water.

- Enroll in swimming lessons available year-round in your community.
- Always wear a life jacket, and ensure children's life jackets are properly secured.
- Learn CPR by visiting the **American Heart Association's** website for nearby classes.





Prioritize Self-Care

Never forget to prioritize your well-being. Balancing family duties, caring for children, and organizing summer vacations and plans can be overwhelming. Make it a goal to adopt healthy habits. Take a look at the image for 10 simple steps that can help you manage stress effectively.



MLK Healing Center Featured Programs



The MLK Healing & Trauma Prevention Center

The MLK Healing & Trauma Prevention Center, also known as the “Healing Center,” offers services to help children, families, and individuals improve their well-being. Located within the MLK Center for Public Health, it serves the South Los Angeles communities of Watts, Willowbrook, and Compton (SPA 6). The center provides support for mental health, substance use, and overall health and wellness.

All activities are FREE and open to the community.

For more information, contact: MLKHealingCenter@ph.lacounty.gov

To view the monthly calendar, visit the MLK Healing Center website.

MLK Healing Center on Wheels

MLK Healing on Wheels: Three-Month Impact Recap

Over the past three months, MLK Healing on Wheels has made a meaningful impact throughout SPA 6, bringing healing-centered services directly into the community and serving more than 500 participants from March through June 2026.

Created to extend the reach of the MLK Community Healing and Trauma Prevention Center, this mobile program delivered workshops, educational activities, and community engagement events at schools, children's facilities, senior housing communities, and neighborhood gatherings. Participants of all ages engaged in activities designed to promote mental wellness, stress reduction, social-emotional development, creative expression, and community connection.

The program's early success reflects the dedication of staff, community partners, and stakeholders who have helped expand access to trauma-informed resources in convenient and familiar settings. Through strong partnerships and community engagement, MLK Healing on Wheels has increased awareness of available wellness services while fostering resilience and healing across the communities it serves.

As the program continues to grow, MLK Healing on Wheels remains committed to strengthening partnerships, expanding its reach, and creating more opportunities for residents to access healing-centered support throughout SPA 6.

RECAP



MLK Healing Center Featured Programs



SCAN THE QR FOR HELP.

Need resource assistance? Reach out to our systems navigator for support with needs such as housing, food, and financial assistance.

Click here to download the flyer.

213-360-2904

DPH-NAVIGATOR@PH.LACOUNTY.GOV



Join us on the first and third Thursdays of each month for a produce giveaway.



Join us for coffee and mental health discussions.



Join us to create your own bracelets.

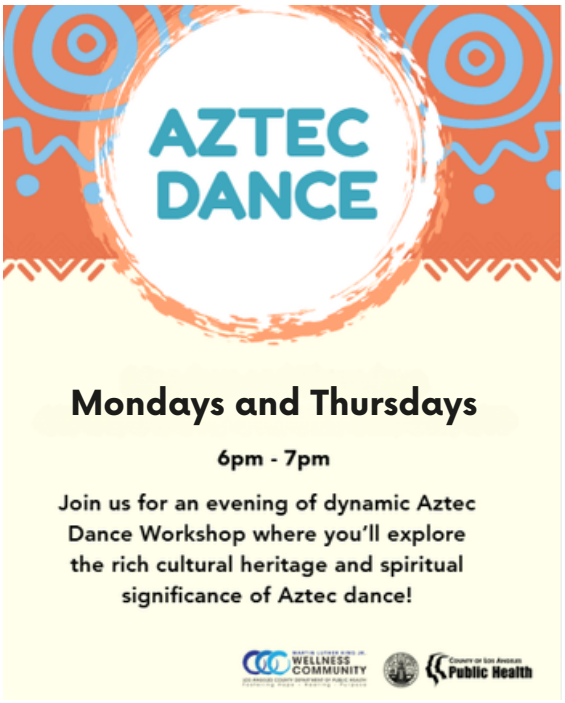
MLK Healing Center Featured Programs (cont.)



Join us for a calming mindful walk.



Join us for a calming mindfulness meditation workshop.



Join us for an Aztec dance workshop celebrating ancestral traditions.



Join us for an evening of canvas painting.

Public Health Resources

FREE HEALTH RESOURCES

AVAILABLE AT:

MARTIN LUTHER KING JR. CENTER FOR PUBLIC HEALTH
11833 S Wilmington Ave, Los Angeles, CA 90059



COMMUNITY HEALTH STATION

Accessible, life-saving products help LA County residents make informed decisions and take proactive steps to protect their health.

Products available in the kiosk:

- COVID-19 antigen tests
- Condoms
- Naloxone
- Fentanyl test strips



For more information, visit: http://ph.lacounty.gov/CommunityHealthStation/

GUN VIOLENCE PREVENTION (GVP)



The MLK Center for Public Health is a distribution site for the DPH Office of Violence Prevention GVP Initiative.

Adults ages 18+ can receive up to two free gun lock safety kits from:

- MLK Community Healing & Trauma Prevention Center
- MLK Clinic Services

For more information, visit:
http://www.publichealth.lacounty.gov/ovp/GunSafety.htm

For questions, contact:
Janay Ezekwe
jezekwe@ph.lacounty.gov

County of Los Angeles Public Health

Public Health Resources (cont.)



Free Home STI Test Kits

Women and transgender men living in Los Angeles County (ages 12–44) can receive free chlamydia and gonorrhea testing through the "I Know" program, sponsored by the Los Angeles County Department of Public Health's Division of HIV and STD Programs.

CLICK HERE for more information.

For partnership opportunities, please contact Ashley Jarquin, Program Coordinator, at (213) 552-5143 or via email at ajarquin@ph.lacounty.gov.

Community Resources

WINNING STARTS WITH STAYING HEALTHY

Communicable diseases like colds, flu, and COVID-19 spread easily, often before symptoms appear. Check in with yourself before you head out.

GERMS SPREAD EASILY IN:

- Crowded spaces
- Poorly ventilated areas
- Close contact (talking, coughing, sneezing)

WATCH FOR SYMPTOMS

- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Trouble breathing
- Body aches

PROTECT YOURSELF & OTHERS

- Stay home if you're sick
- Cover coughs & sneezes
- Wash your hands with soap and water for 20 seconds

IF YOU FEEL SICK

- Stay home until you're fever-free for 24 hours without meds
- Consider wearing a mask around others
- Cover coughs and sneezes with a tissue or your elbow, **NOT** your hands
- Seek care if symptoms worsen or persist



Questions or Concerns?
Call the Public Health info line:
833-540-0473
AVAILABLE 7 DAYS A WEEK, 8 A.M. - 8 P.M.

PLAY IT SAFE. STAY HEALTHY.

County of Los Angeles Public Health

Community Resources

City of Inglewood in collaboration with Youthful Joy Foundation

Presents

Ages 16+

FREE SELF-DEFENSE WORKSHOP



Saturday, July 11, 2026

2:00 p.m. – 3:30 p.m.

ROGERS PARK

400 West Beach Avenue
Inglewood, CA 90302

Pre-registration is required.

Participants must register by July 9th.

Register online at
parksrec.cityofinglewood.org

For additional information, please call:
310-412-8750

Youthful Joy™ Foundation

Community Resources (cont.)



Community Resources (cont.)



Freedom Summer Program has officially kicked off at Carver Park
1400 E 118th St, Los Angeles, CA 90059

- **Willowbrook Inclusion Network: A dynamic program combining life skills, academic enrichment, and high energy flag football to keep youth learning, growing, and active.**
- **Heart and Soul: Learn full production team skills through comprehensive training, multimedia classes, community outreach opportunities, access to a complete multimedia studio, and youth programming including summer camp experiences.**
- **Girls Make Beats: Provides youth ages 10–17 with a hands-on summer experience that teaches the fundamentals of DJing and music production in a fun, creative, and supportive environment led by industry professionals.**
- **Kids in the Spotlight: A script to screen program that trains young people ages 12–24 for jobs in the entertainment industry, offered on site as a cohort experience with stipends for all participants.**
- **Delete the Divide: Build essential tech skills for seniors and re entry participants using VR headsets and smartphones.**
- **Unearth and Empower: A free, hands-on summer STEAM program where young people build skills, confidence, leadership, and community through technology, creativity, mentorship, and real world projects while exploring future career pathways.**
- **Black Surfers Collective: Enjoy and learn more about the ocean with Beach Days in a welcoming and supportive environment.**
- **Food Access Los Angeles: Operating a pop-up farmers market for 6-8 weeks once a week.**

Check out the schedule and sign up here:
https://mitchell.lacounty.gov/freedom-summer/

Community Resources (cont.)





Community Resources (cont.)





Community Resources (cont.)



BROTHERLY LOVE INC.

PRESENTS

DREAM. BUILD. ACHIEVE.



TURN YOUR IDEAS INTO ACTION.

A YOUTH ENTREPRENEURIAL LEADERSHIP EXPERIENCE

Thank you for your interest in Dream. Build. Achieve. (DBA), a youth entrepreneurial leadership experience presented by Brotherly Love Inc. Designed for South Los Angeles youth ages 14–18, DBA equips participants with leadership skills, entrepreneurial knowledge, and the confidence to turn ideas into action.

LOCATION
9502 South Figueroa Street
Los Angeles, CA 90003

ENTREPRENEURIAL PROGRAM FACILITATED BY
THE POWER LEGACY

AGES 14–18
SOUTH LOS ANGELES YOUTH

APPLICATION REQUIRED
Selected participants will join a cohort of emerging youth leaders.

APPLICATION DEADLINE
JULY 10, 2026

KICK OFF
AUGUST 2026

LEARN MORE & APPLY!

PROGRAM INCLUDES:

- LEADERSHIP LOCK-IN EXPERIENCE
- 5 SATURDAY ENTREPRENEURSHIP SESSIONS
- MENTORSHIP OPPORTUNITIES
- HANDS-ON LEARNING TO DEVELOP & LAUNCH A BUSINESS IDEA
- BUSINESS PITCH COMPETITION WITH STARTUP FUNDS

WWW.BROTHERLYLOVE.ORG

Community Resources (cont.)





Useful Links

Flu Vaccines
Get Ahead LA Financial Resources
iPrevail Online Mental Health Resource
LA County America's Job Center of California
LA County's Office of Immigrant Affairs
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
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
VaccinateLACounty.com

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

County of Los Angeles Public Health