



Public Health recognizes:
National Influenza Vaccination Week: December 7-13

Public Health reminds everyone that with seasonal changes, it's a great time to talk to your doctor about getting a Flu Vaccine. Protect yourself and those around you by staying home when you're sick and covering your coughs.

- **Free flu vaccines** are available for anyone *18 years or older*. Drop in or make an appointment at: *1120 S. Dora Street, Ukiah*.
- **Free vaccinations** are also available through the **California Vaccines for Children (VFC)** program for eligible families. Call (707) 472-2716 to check eligibility and schedule an appointment.



Learn more at www.cdc.gov/flu/vaccines



Safe & Healthy County

December 2025



Public Health - Maternal, Child, Adolescent Health (MCAH)

MCAH team hosted and participated in the month of November including:

- Free Car Seat Installation Event at 39251 South Highway 1, Gualala (November 19)

The MCAH team hosted a child passenger safety event in Gualala, expanding outreach and support for local families. Staff provided hands-on guidance, demonstrating proper car seat installation methods and reinforcing best practices for safely transporting infants and children. More than ten car seats and booster seats were installed during the event, ensuring families left with properly fitted equipment and the confidence to use it correctly on their own.

In addition to direct assistance, MCAH staff offered educational materials on safety milestones and guidance on when to transition between seat types. The event also strengthened partnerships with local community organizations that helped promote participation and support logistics. These collective efforts highlighted MCAH's ongoing commitment to reducing preventable injuries, enhancing community preparedness, and fostering long-term resilience for families across the county.

Public Health - California Children's Services (CCS)



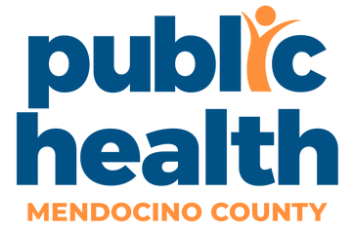
This month, the CCS program met with UCSF to discuss collaborative strategies aimed at ensuring children continue to have reliable access to services through the Medical Therapy Unit (MTU) clinic. The conversation focused on identifying barriers to care, exploring potential improvements in scheduling and staffing, and enhancing coordination between county and specialty providers.

CCS also welcomed four new cases to the program. To support the CCS and MTU caseload, the program welcomed a new nurse to the team, adding valuable clinical expertise and strengthening the program's overall capacity. These efforts show the CCS teams' dedication to promoting high-quality care and improving long-term outcomes for children in our community.



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Public Health - Immunizations (IZ)

October was a particularly busy and productive month for the Immunizations Program. Through the State-Funded Flu Vaccine Program, we allocated 850 doses of flu vaccine to our local clinics. Several employee flu vaccination clinics were held throughout the month, and our annual Drive-Thru Flu Clinic at Public Health was highly successful, drawing strong community participation. In total, the department administered 251 flu vaccinations in October.

IZ team attended and participated in the month of November, providing Flu Vaccination Clinics including:

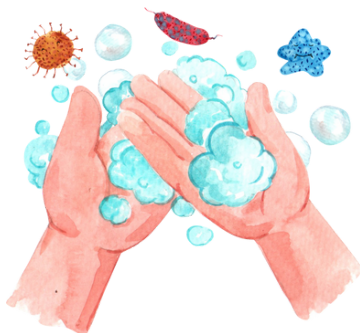
- Día de Los Muertos event
- Flu vaccination event at Mendocino College
- Flu vaccination event partnered with Mendonoma along the South Coast, offering services at multiple locations including Manchester, Point Arena, and Gualala to expand community access (November 19)

In November, staff also attended the Annual Hepatitis C Summit in Los Angeles to support professional development and strengthening our department's capacity in infectious disease prevention.



Public Health also recognizes: Hand Washing Week: December 7-13

Public Health reminds everyone about the importance of washing your hands with soap and water for 20 seconds. Handwashing is one of the easiest and most effective ways to prevent the spread of germs and illness.



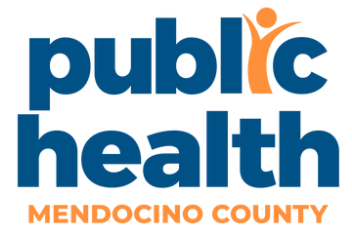
- Wash your hands.
- Stop the spread.
- Keep our community healthy.

Small habits make a big impact.

Learn more on www.cdc.gov/clean-hands

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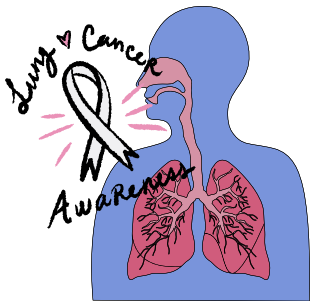
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Public Health - Administration

Communications

Public Health is airing public service announcements in both English and Spanish throughout the month of December to raise awareness about Lung Cancer, Respiratory Virus Season, and National Drunk and Drugged Driving Prevention Month.



- **Lung Cancer**

Lung cancer is the leading cause of cancer death in both men and women. Smoking is the number one cause of lung cancer. Screening is one of the most important ways to detect lung cancer in its early stages. Less than 10% of those eligible are routinely screened. If you smoke, consider a program to help you quit. If you have a history of smoking or are concerned about cancer-causing environmental exposure, contact your healthcare provider for screening recommendations.

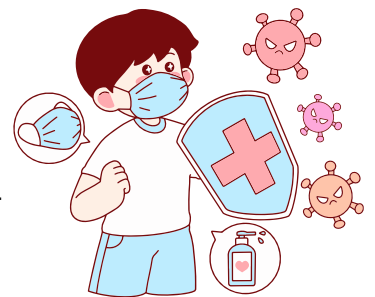
For more information, visit cancer.gov/types/lung



- **Respiratory Viruses**

Winter is the time to prepare for Flu, COVID-19, and RSV (Respiratory Syncytial Virus). Prepare yourself and your family. Get the Influenza, COVID-19, and RSV vaccines. Talk to your healthcare provider to determine which is best for you or any family members. Wear a mask. If you are sick, stay home and test for COVID-19. Vaccines provide a strong defense against severe illness.

For more information, go to cdc.gov/respiratory-viruses.



- **December is National Drunk and Drugged Driving Prevention Month**

December is National Drunk and Drugged Driving Prevention Month. Each December, we go out for fun, parties and drinks with family and friends. Consuming alcohol, and drugs can affect your senses and judgement and cause impaired driving, even if you don't feel it. The holiday season has more accidents than others on average. Taking personal responsibility for a safe ride saves lives. Don't drive while impaired. Don't let friends drive while impaired. Have a designated driver. Take a ride-share or a bus. Ask a friend for a ride. You'll be saving lives.

**STAY
SAFE**