



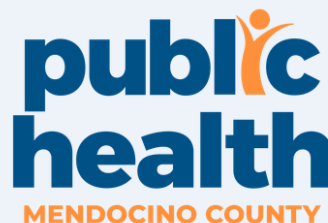
Public Health recognizes:
Men's Health Month: All of June
Men's Health Week: June 14-21
"Wear Blue" Fridays: All Fridays in June

Public Health recognizes Men's Health Month and emphasizes the importance of connection, education, and access to care for men across their lifespan. Healthier men contribute to healthier families, stronger communities, and improved overall public health outcomes.

In the U.S., men have a life expectancy that is, on average, nearly 6 years shorter than women and experience higher mortality rates across many of the leading causes of death. The top causes include heart disease, cancer, unintentional injuries, stroke, diabetes, and chronic liver disease.

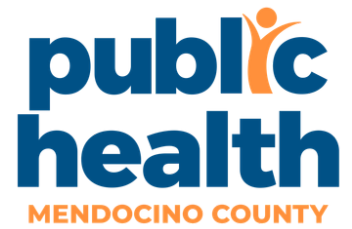
Early detection, education, and open conversations can significantly improve long-term health outcomes. Public Health encourages men to prioritize preventive screenings, adopt healthy behaviors, and seek support for mental health and emotional well-being. Reducing stigma and strengthening social connection are essential components of improving men's overall health.

Men also play a critical role as care partners, fathers, family members, and caregivers. Recognizing and supporting these roles reinforces the shared responsibility of building healthier families and communities. This year's Men's Health Month theme is: "Partners in Care: Advancing Men's Health Through Connection, Education, and Advocacy Across the Lifespan — for Better Lifespans."



Safe & Healthy County

June 2026



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

This month, the Maternal Child Adolescent Health (MCAH) Program continued supporting a safe and healthy county through participation in community outreach events focused on child injury prevention and family wellness, including the Adventist Health Community Baby Shower and Al Punto's Día del Niño celebration. MCAH staff provided child passenger safety seat inspections, education, and family resources in both English and Spanish, and at select events, a public health nurse offered education and support related to family bonding and early childhood development.



MCAH also participated at the Leggett Valley Health and Resource Fair to further expand outreach and access to services by offering car seat appointments for families in the outlying areas of Mendocino County. In response to increased community demand, MCAH expanded its weekly car seat appointment blocks by one additional hour to accommodate more families seeking services.

Public Health - California Children's Services (CCS)

This month, the California Children's Services (CCS) Program continued its commitment to supporting children receiving care through the local Medical Therapy Unit (MTU). Each quarter, the MTU hosts specialty clinics for children with chronic health conditions, providing coordinated, comprehensive care through the dedicated efforts of the MTU clerk, nurse, and medical provider, Dr. Haining. In support of a safe and healthy County, the Mendocino County Office of Education (MCOE) generously provides clinic space, and their physical therapist also participates in the quarterly clinics to further support patient needs. We would also extend a special thank you to Heidi from a durable medical equipment provider in Sonoma County, for attending the clinic and assisting with the maintenance and adjustment of wheelchairs and walkers, helping ensure children have safe and properly functioning mobility equipment.

Public Health recognizes: National Sunglasses Day: June 27

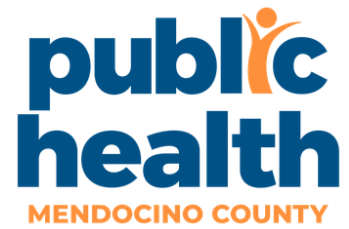
Public Health encourages awareness about the importance of wearing sunglasses to protect your eyes from harmful ultraviolet (UV) rays. Sunglasses help shield the eyes and the skin around them from premature aging, reduce glare, and improve comfort in bright sunlight. Even on cloudy days, UV rays can still damage your eyes, making UV-protective sunglasses an important part of year-round eye health.

Learn more about vision and eye health at www.cdc.gov/vision-health



Safe and Healthy County

June 2026



Public Health Emergency Preparedness (PHEP), Hospital Preparedness Program (HPP), and Emergency Medical Services

The PHEP, HPP, and EMS programs continue to strengthen the Health Services emergency infrastructure and public health monitoring through strategic training and cross-departmental planning including:

Emergency Response Training & Coordination

Simulated Earthquake Exercise: The PHEP and HPP team successfully conducted the annual federally mandated Medical Response System Exercise (MRSE), *"The Dark Grid"* in May. The MRSE exercise is a required annual exercise designed to evaluate a healthcare coalition's ability to respond to a massive surge of patients during a disaster.

The exercise simulated a devastating 7.0 earthquake centered in the Ukiah Valley, combined with a countywide week-long power outage. The scenario successfully tested the healthcare coalition's capacity to coordinate emergency medical response operations, maintain continuity of care, and manage patient surge. Participating partners included the City of Ukiah Electric Utility Department, PG&E, Anderson Valley Fire & EMS, Ukiah Valley Fire & EMS, Adventist Health Hospitals, local clinics, and dialysis centers.

In May, the department also hosted Incident Command System (ICS) 300 & 400 training courses. These advanced federal emergency courses prepare local emergency leaders to effectively manage large-scale, multi-agency incidents and disasters. Participants included representatives from local fire and law enforcement agencies, county departments and staff.

EMS System Stabilization & Oversight

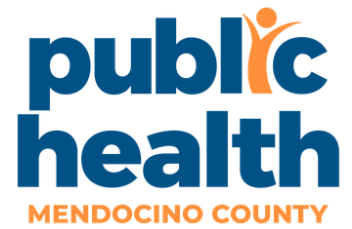
EMS Workforce Optimization & Regional Advocacy:

A dedicated EMS Ad Hoc Committee has been established to collaborate with Coastal Valleys EMS Agency. The committee is actively advocating for the deployment of Advanced EMT personnel to bridge the gap between basic life support and advanced paramedic services in Mendocino County's rural communities. County EMS continues to actively champion this workforce development strategy as a solution to strengthen emergency medical response capacity, improve services sustainability, and support evolving regional EMS delivery models.

EMS staff are actively working to formalize, update, and fully document departmental policies, operational procedures, and cost-recovery fee structures. This ongoing documentation project is intended to establish a transparent and standardized operational framework that supports long-term sustainability, organizational consistency, and future stability for County EMS services.

Safe and Healthy County

June 2026



Public Health - Women, Infants, & Children (WIC)

WIC completed the first half of 2026 with accomplishments and new goals for the remainder of the year. Over the past six months, WIC has continued to increase the number of families served throughout Mendocino County, particularly first-time pregnant women. WIC also continues to provide support to rural communities including Gualala, Point Arena, Boonville, and Round Valley, in addition to services offered through the main offices in Ukiah, Willits and Fort Bragg.

This year, the WIC Program Nutritionist joined forces with Ukiah Adventist Health to form a Diabetes Coalition aimed at increasing awareness and prevention of diabetes throughout Mendocino County. The program is excited about the future opportunities this partnership will bring to the community.

During the first half of 2026, WIC participated in several outreach events, including a Community Baby Shower at Adventist Hospital Ukiah Valley, which was highly successful and helped recruit at least 20 mothers into the program. WIC also participated in Día del Niño at Alex Thomas Plaza, where staff provided healthy nutrition education and wellness tips to children and parents.

Positive changes have also been implemented for WIC families this year. After seven years, WIC authorized foods were updated to increase flexibility. In one month, approximately 2,400 food packages were issued to participating families.

Farmers Market season for WIC begins June 1, 2026. WIC families will receive cash-value benefits to purchase fresh fruits and vegetables at local farmers markets throughout Mendocino County. This program supports both local farmers and the local economy while helping families access healthy, nutritious foods. WIC staff will also be present at local farmers markets throughout the season, with dates and locations to be announced beginning June 1.

Families grow healthier with WIC!

**Public Health recognizes:
Wear Blue Days: All Fridays**

‘Wear Blue’ Days on every Friday in June to raise awareness to support men's health while encouraging care for men's mental and physical health. Wearing blue is a reminder that men's health matters.

Why Wear Blue?

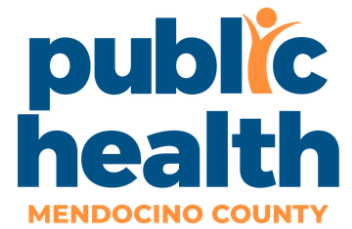
Husbands. Fathers. Brothers. Uncles. Partners. Friends. Co-Workers. Sons.

Learn more at menshealthmonth.org



An Effective Government

June 2026



Public Health - Environmental Health

The Land Use program hosted a virtual stakeholder meeting on June 18 from 4:00 to 5:00 PM via Zoom with local engineering firms, septic designers, and contractors. Additional information regarding past stakeholder meetings is available on the website.

The Land Use Program has processed 20 water well permits, 34 site evaluation reports, completed 54 inspections, and reviewed 408 Planning and Building Services (PBS) projects and permits. Inspection activity has remained generally consistent with prior years, while PBS referrals continue to represent the largest workload demand.

In May, staff conducted 9 inspections, primarily related to septic system installations, and received 70 new projects and permit referrals. The majority of incoming work consisted of PBS building permits, followed by site evaluation reports and water well applications. Program performance indicators continue to show significant improvement in turnaround times, averaging 20 calendar days for Site Evaluation Reports and 15 calendar days for Planning and Building referrals. This reflects substantial improvement compared to year-to-date averages in 2025, when turnaround times averaged 59 calendar days for Site Evaluation Reports and 29 calendar days for Planning and Building referrals. Most Site Evaluation Reports have been completed and approved, while the majority of PBS referrals have been cleared.

The Division has also welcomed a new inspector to support implementation of the County's Solid Waste Local Enforcement Agency (LEA) program. We are pleased to welcome Sara to our team. We are excited to have her join us and look forward to working together. Please join us in welcoming her and wishing her success in her new role.

Public Health also recognizes: World Food Safety Day: June 7

Public Health recognizes **World Food Safety Day** to raise awareness of safe food handling, preparation, and storage practices that help prevent foodborne illness and protect community health. Food safety impacts everyone. Contaminated food can lead to serious health risks and affects people of all ages.

Public Health encourages to:

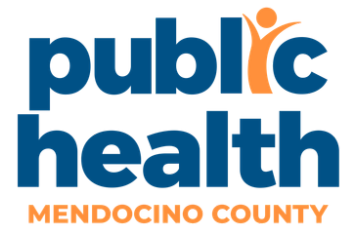
- Wash hands and surfaces often
- Separate raw and cooked foods
- Cook foods to safe temperatures
- Refrigerate foods promptly
- Stay informed about food recalls and safety guidance



Learn more on Food Safety at www.fda.gov/Food

Safe and Healthy County

June 2026



Public Health - Administration

Communications

Public Health is airing public service announcements in both English and Spanish throughout the month of June to raise awareness for Heat Safety, Tick, Mosquito, & Lyme Disease and Alzheimer's & Brain Awareness Month.

- **Heat Safety**

Summer is here and high temperatures can be dangerous. A very high body temperature can damage the brain and other vital organs. Some health conditions can make it harder for the body to stay cool in hot weather. Take steps to keep cool and healthy. Rest often in the shade, wear light clothing, hat, sunglasses, and sunscreen with SPF 15 or higher. Drink plenty of water. Never leave a small child or pet in a car.



- **Tick, Mosquito, & Lyme Disease**

Summer is here and the time to be aware of the disease spreading insects such as ticks and mosquitoes. Protect yourself by using insect repellent when outdoors, check for ticks daily, shower as soon as possible, and tumble clothes in a dryer for 10 minutes to kill ticks after coming indoors.

Learn more on [CDC.gov/Ticks](https://www.cdc.gov/Ticks) and [CDC.gov/Mosquitoes](https://www.cdc.gov/Mosquitoes)



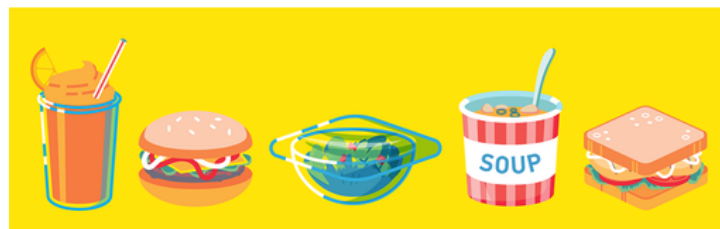
- **Alzheimer's & Brain Awareness Month**

June is Alzheimer's and Brain Awareness Month. Alzheimer's disease is a progressive brain disorder that affects memory, thinking, and behavior. If you have a loved one or friend suffering from Alzheimer's or other dementia or showing signs talk to your healthcare provider. Alzheimer's disease progresses through the stages so seek help early on.

Learn more on www.alz.org/abam



Make food safe choices on-the-go!



Find out how at: www.fda.gov/food

