



Introduction

July 2025

Public Health is in the beginning planning stages for the upcoming flu season 2025/2026.

Public Health is currently enrolling providers into myCAVax, allocating vaccine to providers, and planning upcoming flu vaccine events.

Public Health reminder that with the new school year approaching it is a good time for back-to-school vaccinations and staying up-to-date on vaccines!

Public Health Staff attended the Adventist Health Mendocino Coast Sports, Physical, and Back to School Event on Saturday, June 28 and Adventist Health Howard Hospital Sports, Physical, Back to School Event on Sunday, July 13, Adventist Health Ukiah Valley Sports, Physical, and Back to School Event on Saturday, July 19.

Public Health at Community Events in July:

Public Health will be present at the following community events throughout Mendocino County:

- Car Seat Installation Event at Healthy Start Family Resource Center, 44400 Willis Ave., Laytonville on *Tuesday, July 29, 2025 from 1:00 to 4:00 PM*

Public Health continues to offer vaccination services 3 days a week.

Back to School

public health
MENDOCINO COUNTY

VACCINE REMINDERS

- ✓ Protect your child from preventable diseases
- ✓ Meet school and daycare immunization requirements
- ✓ Keep our community safe

Schedule your child's wellness check today and stay up to date on:

- DTaP
- MMR
- Polio
- Varicella (Chickenpox)
- Tdap (for older children)
- Hep B

Need help? Find a local health center at:
www.mendocinocounty.org/healthproviderlist

FREE vaccinations are also provided through the **California Vaccines for Children (VFC) program** for eligible families.

Call (707) 472-2716 to check eligibility and make an appointment.



A Safe & Healthy County

July 2025

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

This month, the MCAH program participated in a number of community events that promoted safety and optimal health. The MCAH program partnered with Adventist Health to provide car seat evaluations and installations by a certified Child Passenger Safety Technician (CPST) during the Community Baby Shower event. The early childhood educational program, Growing Great Kids (GGK), also joined with the MCAH program to complete hands on training with MCAH staff and local families. These trainings included families of MCAH programs to help tackle barriers that families face, and how to overcome them in a manner that promotes safety and well-being. The MCAH program will also participate in Consolidated Tribal Health's event, Bike Rodeo, which is aimed at promoting safe riding equipment for community members.

Public Health – California Children's Services (CCS)

This month, CCS hosted its' quarterly Medical Therapies Program Clinic Day, in partnership with both local medical equipment suppliers and physical therapists from the local school district. During clinic day, the CCS program provides medical care and equipment modifications for children enrolled in the program. The CCS program is grateful to partner with families in supporting their children's care, and the most recent clinic day was fully booked. The CCS program is also happy to announce additional community outreach for this month, in the form of a service training to Redwood Coast Regional Center on the CCS program and its' benefits to community members.

July is UV Safety Awareness Month!

Summer is here! Public Health reminds about protecting your skin and eyes from harmful ultraviolet (UV) rays which is more important than ever. Whether you're hitting the beach, walking the dog, or just running errands — **UV exposure can happen even on cloudy days.**



UV radiation is a form of invisible radiation that comes naturally from the sun's rays. UV radiation is at its highest when and where the sun's rays are the strongest. These UV levels are highest around noon on a clear sunny day, and even more during the summer months.

Learn more about UV facts on [CDC.gov/Radiation-Health](https://www.cdc.gov/Radiation-Health) or Sun Safety on [CDC.gov/skin-cancer/sun-safety](https://www.cdc.gov/skin-cancer/sun-safety).

Public Health – Women, Children, and Infants (WIC)

WIC is excited to announce updates regarding the Farmer's Market Nutrition Program (FMNP) and the WIC Card.

In previous years we've helped introduce families to the local Farmer's Market by issuing \$30 vouchers to incentivize buying fresh and local produce. This \$30 FMNP benefit is a seasonal benefit given once a year, that can be used to buy fresh fruits, vegetables and edible herbs at local farmer's markets. Due to recent budget cuts WIC is unable to issue the \$30 FMNP benefit this year.

However, we are very excited to introduce the new WIC Card to our families that allows the purchasing of fruits and vegetables from the local farmers' market year-round! The new WIC card is expected to be received from the state by early July and will be distributed at the WIC offices in Ukiah, Willits, and Fort Bragg. This new card contains a QR Code along with a magnetic swipe.

The QR code is to be used at farmers' market for the \$30 benefit to be given once a year per season (unfortunately not available for 2025), along with their regular cash value benefit (CVB) for fruits and vegetables at the farmers' market year-round. All CVB types can be used such as those received by a pregnant or breastfeeding parent, or postpartum parent, and children (except those for infants).

Here are a few key points about the new WIC Card:

- WIC families can still shop at farmers' markets with the new California WIC Card to buy fresh fruits and vegetables using their monthly fruits and vegetables benefit.
- Current WIC cards will remain active for the time being.
- This year, only a few WIC local agencies in California will offer the WIC Farmer's Market Nutrition Program (FMNP). This is part of a limited pilot project.
- The WIC FMNP is limited this year. This benefit is not available through our WIC offices for the current season.
- Some families may hear about the WIC FMNP on social media from other counties, but unfortunately Mendocino County was not selected to be part of the pilot program. That benefit is only being offered in pilot program WIC offices.
- Families can check the [California WIC App](#) or MyFamily.WIC.ca.gov to find a participating farmers' market.

For any questions about the new WIC Card, you may contact the WIC office at (707) 472-2743 . WIC is here to help families get the most from their current food benefits.





A Safe & Healthy County

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Public Health – Community Wellness

In June, Public Health staff attended Pride events in Point Arena and Fort Bragg, collaborating with Adventist Health to encourage healthy habits at their Back-to-School fairs, and hosting waste cleanup.

Tobacco Prevention

The Tobacco Prevention Coalition continues to meet monthly. Those who are interested in joining the discussion about how to protect our air from second-hand smoke and vapor, reduce dependence on nicotine, and keep tobacco waste out of our environment, please email us at TPP@mendocinocounty.gov for meeting details.

On June 21, Mendocino County Tobacco Prevention Program hosted a Tobacco Product Waste Cleanup event at Lake Mendocino. The event brought together a strong group of community partners and youth volunteers from local sports teams who were eager to support a cleaner, healthier environment. Thanks to our collective efforts, we had a great turnout and collected nearly 2 pounds of tobacco litter and 30 pounds of regular waste, raising awareness about the environmental impact of tobacco waste. The collaboration and community engagement made the event a meaningful step forward in our local tobacco prevention and environmental health efforts.



Public Health Tobacco Retail License staff conducted 25 retailer inspections, resulting in 14 violations of the County’s Tobacco Retail License Ordinance. Staff work closely with vendors to make sure they are knowledgeable about the Ordinance and the new flavor ban to ensure the community’s safety.

Oral Health Program

The Local Oral Health Program obtained approval to purchase \$21,162 of supplies and materials to support the oral health of Mendocino County children. These materials include dental hygiene kits and educational materials to be distributed by Family Resource Center (FRC), Head Start and First 5 to locations throughout the County, and for distribution at events such as Back-to-School events, tribal gatherings, fairs, and other health and wellness events. Additionally, in close collaboration with local dental hygienists, two portable ultrasonic de-scalers were purchased to enable basic oral health cleaning in a non-clinic setting. Public Health looks forward to collaborating with Mendocino County’s school districts to serve children who might otherwise not have access to dental care.



CalFresh Healthy Living

Public Health participated in 6 youth events where participants were introduced to different ways of cooking with low-to-no sugar ingredients, including traditional tribal foods and enhancing water with natural flavors to encourage drinking water instead of sugary drinks. Over three fun filled days staff engaged with nearly 150 youth, encouraging them to Rethink their Drink.



Public Health Administration

Communications

Public Health is airing public service announcements in both English and Spanish throughout the month of July to raise awareness about heat safety, ticks, mosquitoes, Lyme disease and water safety.

- **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.

Learn more on [Tips for Preventing Heat-Related Illness](#)

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

Summer is here, and it's time to be aware of 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)

- **Water Safety**

Hot weather is here and everyone is headed to the pools, rivers and lake to cool off. Prevent drownings by practicing water safety. Learn basic swimming and water safety skills. Swim lessons are offered at most local pools. Never leave a child alone. Learn CPR. Do not swim alone. Wear a life jacket. Build fences around pool.

Learn more on [CDC.gov/Drowning](https://www.cdc.gov/Drowning)

July is also Juvenile Arthritis Awareness Month

This month, Public Health is raising awareness for the **300,000+ children** in the U.S. living with this chronic condition.

These young warriors show incredible strength every day—battling pain, fatigue, and joint stiffness most adults can't imagine.

