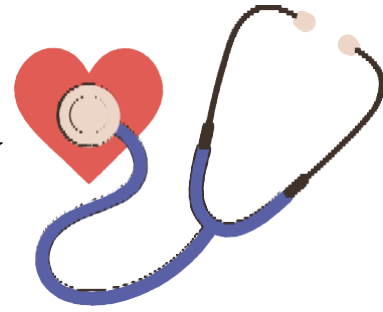




**Public Health** recognizes:  
**American Heart Month:** All of February  
**Wear Red Day:** February 6



Public Health is raising awareness about cardiovascular health. Heart disease is common and remains the leading cause of death in the United States for men, women, and across most racial and ethnic groups. Understanding the importance of prevention through education on types of heart disease, symptoms, causes, prevention, and treatment —can help save lives.

***Awareness is the first step toward prevention.***

Public Health encourages all to:

- Choose healthy food and drinks
- Maintain a healthy weight
- Get active
- Don't smoke - or get help quitting!

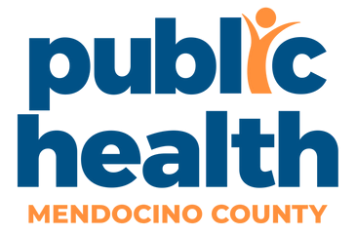
***Small lifestyle changes can make a big difference for your heart health—this month and all year long.***



For more information and resources about cardiovascular health, visit:  
[www.cdc.gov/heart-disease](http://www.cdc.gov/heart-disease) or visit [www.heart.org](http://www.heart.org) or  
[www.mendocinocounty.gov/departments/public-health/community-wellness](http://www.mendocinocounty.gov/departments/public-health/community-wellness)

# Safe & Healthy County

## February 2026



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

This month, the MCAH programs focused on the significance of community engagement and community enrichment. The MCAH program completed several outreach events, including a child passenger safety event in partnership with the Indigenous Wellness Alliance (IWA). Through this partnership, families received education, resources, and hands-on support for child injury prevention strategies, resulting in the installation of 19 car seats.



In addition, staff collaborated with WIC to present information about MCAH programs, strengthening cross-program awareness and referral pathways. Staff also engaged with community partners to strengthen collaborations, increase awareness of MCAH services, and connect families to available health and safety resources. These activities helped improve access to services and reinforced MCAH's commitment to supporting families within the community and promoting community enrichment.



### **Public Health - California Children's Services (CCS)**

This month, the CCS program is happy to announce that the Medical Therapies Program has finalized the clinic dates for the first portion of 2026! The Medical Therapies Program hosts clinic days onsite at our Medical Therapies Unit at the educational buildings on Orr Springs Road. During clinic days we provide medical care and equipment modifications to those children enrolled in CCS. We are happy to partner with families in order to provide care to children enrolled in the program and are looking forward to having full schedules on each date.

### **Public Health - Health Care Program for Children in Foster Care (HCPCFC)**

This month, the HCPCFC team focused efforts by ensuring the medical, dental, mental health, and wellness needs of children in foster care. The team participated in continuing education with Redwood Community Services and collaborated closely with Family and Children's Services (FCS) and Anchor Health Management.

Six new cases were assigned this month. Ongoing weekly coordination with FCS Title IV-E Emergency Response nurses continues to support smooth transitions from Emergency Response to Family Reunification. HCPCFC nursing team also completed a training on "Talking to At-Risk Youth About Substance Use," with a post-training review scheduled for February.

Collaboration with Anchor Health included preparation for JV-220 submissions and shared care for complex foster youth. HCPCFC nursing processed 14 JV-220s, and monthly FCS-HCPCFC meetings continued to strengthen partnerships and identify solutions for placement stability.

# Safe & Healthy County

## February 2026



### Public Health - Environmental Health (EH)

EH reminds the public that now is the time to prioritize safe food handling when cooking for large groups - from Super Bowl parties to wedding celebrations.



✓ **Plan ahead:** Know your menu, how food will be cooked, held, and served safely.

✓ **Keep foods out of the “Danger Zone” (40°F–140°F):**

- Refrigerate perishables until needed
- Cook foods to safe minimum internal temperatures
- Hold hot foods at 140°F or hotter
- Keep cold foods at 40°F or colder

✓ **Prevent cross-contamination:**

- Use separate cutting boards/utensils for raw and ready-to-eat foods
- Wash hands and surfaces often

✓ **Serve wisely:**

- Replace buffet items often
- Discard perishables left out >2 hours (or >1 hour if >90°F outside)

For more information and resources on **cooking safely for groups**, visit:  
[www.fsis.usda.gov/food-safety/](http://www.fsis.usda.gov/food-safety/) or **7 food safety steps at:**  
[www.fsis.usda.gov/7StepsCommunityMeals](http://www.fsis.usda.gov/7StepsCommunityMeals)



# Safe & Healthy County

## February 2026



### Public Health - Environmental Health (cont'd)

EH coordinated with CDPH for routine monitoring of mussels for the presence of Paralytic Shellfish Poisoning. The mussel sampling is done near McKerricker State Beach at the lowest tide of the month, year-round. All the mussels we sampled were negative.

EH coordinated with the State Water Board and conducted ocean beach monitoring to ensure safe beach recreation. All beaches sampled were negative for harmful bacteria and none were closed in 2025.

The CUPA team completed 675 permit inspections for 2025, including the removal of 10 single wall steel tanks throughout Mendocino County. The Hazmat team fielded 30 calls for service this year, and the Solid Waste program completed 144 inspections of composting and solid waste facilities.



### Public Health - Emergency Medical Services

**EMT Class Completion:** The Local Emergency Medical Service Authority (LEMSA) recently completed a site visit for the Coast Life Support District (CLSD)/Covelo Fire Department EMT class. Nine students are expected to complete the course on Saturday, January 31, 2026. Upon receiving their course completion certificates, they will be eligible to take the National Registry of Emergency Medical Technicians (NREMT) exam for final certification. Local EMS partners that have gone above and beyond supporting the Covelo community are REACH, CLSD, MEDSTAR, CALFIRE, Cloverdale Ambulance, and Coastal Valleys EMS Agency.

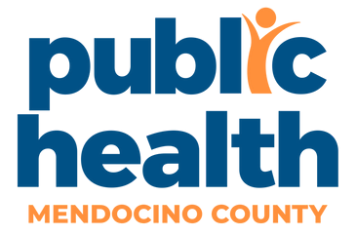
**Round Valley Indian Health Clinic:** The clinic is now receiving low-acuity EMS patients, a program that appears to be successful and reflects strong community collaboration.

**Anderson Valley Health Clinic:** The LEMSA and EMS will be meeting with Anderson Valley Health Clinic to explore the possibility of the clinic becoming eligible to receive low-acuity EMS patients. The first meeting is being held in February 2026.

**Funding Challenges:** A presentation was given to the Board of Supervisors on January 16, 2026, during the Mendocino County Health Summit, focusing on the funding and patient eligibility challenges posed by the federal and state budget cuts under the "One Big Beautiful Bill". The bill is expected to reduce federal Medicaid spending significantly, threatening the sustainability of ambulance services.

# Safe & Healthy County

## February 2026



### Public Health - Emergency Preparedness

Measles Preparedness: Public Health Services Emergency Preparedness and EMS programs participated in a tabletop exercise simulating a measles outbreak in Sonoma County. The training was presented by Sonoma County's Public Health Emergency Preparedness and Hospital Preparedness Program. The day after the training, Napa County reported a confirmed case of measles, the county's first case since 2012.

### Public Health - Administration

#### Communications

Public Health is airing public service announcements in both English and Spanish throughout the month of February to raise awareness for Respiratory Virus Season, Children's Dental Health Month, and American Heart Month.

#### • 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](https://cdc.gov/respiratory-viruses).*



#### • Children's Dental Health Month

February is National Children's Dental Month. Cavities (also called tooth decay) are the most common chronic disease of childhood in the United States. Mendocino County Public Health reminds parents that healthy habits start early. Brush teeth twice a day with a fluoride toothpaste, clean between teeth daily, choose a healthy diet that limits sugary drinks and snacks, and visit the dentist regularly for prevention and treatment.

*For more information, covered services, or to find a provider go to [SmileCalifornia.org](https://SmileCalifornia.org) or call 1-800-322-6384*

#### • American Heart Month

February is Heart Month. Heart disease is one of the leading causes of death, but many cases are preventable. Simple steps like staying active, eating heart-healthy foods, managing stress, and knowing your blood pressure can make a big difference. This month, take a moment to check in on your heart—schedule a checkup, move a little more, and make choices that support your health. A healthy heart starts with you.



# A Prepared and Resilient County

## February 2026



### Public Health - Environmental Health

The coast office successfully moved from 120 W. Fir Street to 752 S. Franklin Street to join the other County departments at the Avila Center. The department worked closely with Planning & Building to coordinate the Fort Bragg office closures and reopening. This relocation allows more County resources to be in one central location for the public and regulated communities to access.

EH digitized all coastal files and inland land use files in 2025. The division is continuing our digitization to include the remainder of our paper files.

### Effective County Government Organization

The Consumer Protection Team welcomed a new trainee in May 2025. Of the 1,156 permitted facilities, approximately 72% were inspected in 2025. The team completed 830 inspections, reflecting an increase of 16 inspections compared to 2024. During 2025, the team also received 95 complaints and processed 198 applications.



With the program's transition to a digital system, we are now able to track applications electronically. This improvement allows the department to more accurately measure workload, improve transparency, and generate meaningful operational data for the public going forward.

### A Thriving Economy

With a team of two full-time staff, the Land Use Program stayed busy in 2025, juggling a wide range of responsibilities. The Team received 111 engineered septic plans, 757 Planning and Building (PBS) permits/referrals. They conducted 177 septic and water well inspections, a 35% increase from the 114 inspections conducted in 2024. Average review times remained steady at 59 days for engineered septic plans and 29 days for PBS permits and referrals.