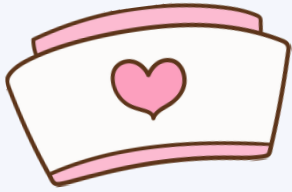


# NURSE WEEK



## **Public Health recognizes: National Nurses Week: May 6-12**

Public Health recognizes National Nurses Week with a proclamation honoring nurses in Mendocino County and across the nation to celebrate and recognize the hard work, compassion, and commitment nurses bring to their roles every single day.

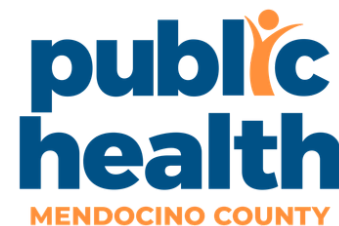
Nurses are a vital part of the healthcare system, supporting individuals through every stage of life and often being present during some of the most personal and challenging moments. Their dedication makes a lasting impact, helping to improve health outcomes and strengthen communities nationwide.

National Public Health Week is an annual observance in the United States led by the American Public Health Association, focused on raising awareness about public health issues, promoting healthy behaviors, and recognizing the contributions of all public health professionals. This year's theme is the Power of Nurses.

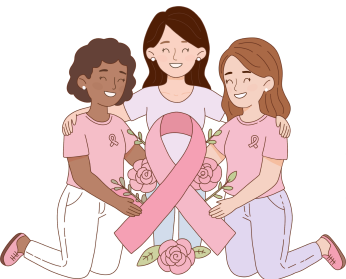


# Safe & Healthy County

May 2026



## **Public Health also recognizes: Women's Health Month: All of May**



Public Health encourages women and everyone to take time to check in with your body, your mind, and overall well-being. Prioritize your health—schedule your screenings, and don't hesitate to ask questions. For more information and support, talk to your healthcare provider to help you stay on track with your health and well-being.

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

This month, the Maternal Child Adolescent Health (MCAH) Program placed a strong emphasis on building and strengthening collaborative relationships across community partners to better serve families throughout Mendocino County. By fostering these connections, MCAH continues to support a more comprehensive network of care. A key highlight was successfully engaging Partnership Health Plan to participate in the local Perinatal Coalition. This coalition serves as an important space for multidisciplinary collaboration, bringing together caregivers, doulas, public health professionals, and representatives from local clinics and hospital systems. In addition to strengthening partnerships, the MCAH program Healthy Families Mendocino County will be actively participating in several upcoming community events, including Día del Niño and the Adventist Health Community Baby Shower. These events provide opportunities to connect directly with families, increase community awareness, and promote program services. Staff will be sharing information about the Home Visiting Program, which supports parents and caregivers through education and guidance, as well as the Car Seat Safety Program, which focuses on keeping children safe through proper car seat use and education. Recently, the Car Seat Safety Program also completed an event in Covelo in partnership with the Round Valley Indian Health Center to check and distribute car seats to families in need, providing a total of 39 car seats.

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

This month, the California Children's Services (CCS) Program placed a strong emphasis on expanding staff knowledge and strengthening community capacity through a series of in-service trainings. These trainings are to be led by Child Services Specialist Angelina Contreras, whose expertise and dedication have been instrumental in delivering engaging and informative sessions. These trainings are focused on increasing awareness and understanding of the CCS program, with particular attention to how providers, partners, and community-based organizations can better support families in accessing services. In addition to covering technical aspects of the program, these trainings create a space for both collaboration and discussion. This approach helps ensure that those who work closely with families are well-equipped to provide accurate information, make effective referrals, and advocate for the needs of children and their caregivers.

# Safe and Healthy County

## May 2026

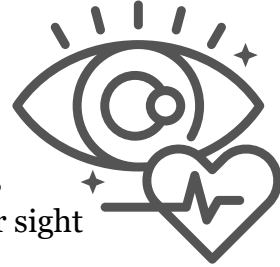


### **Public Health recognizes: Healthy Vision Month: All of May**

Clear vision plays a big role in your overall health.

Public Health reminds to take a moment to prioritize your eye health with routine exams and early detection. Regular screenings can help catch issues like glaucoma, cataracts, and macular degeneration before they have a bigger impact. Protect your sight by scheduling an eye exam with your healthcare provider!

*Learn more at [www.cdc.gov/vision-health/](http://www.cdc.gov/vision-health/)*



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

This month, the HCPCFC continued its focused efforts to support the medical, dental, mental health, and overall wellness of 137 foster children in Mendocino County, and were assigned 10 new cases this month. Newly hired nurse, Emily, has assumed case management responsibilities for foster children ages 0–3, ensuring their medical exams are timely and up to date.

HCPCFC continues to collaborate weekly with the FCS Title IV-E Emergency Response nurse during Tuesday nursing meetings to support a smooth transition from the Emergency Response phase of detainment to the Family Reunification phase. This coordination helps ensure timely procurement of medical and dental records, supports continuity of care with existing providers when possible, and ensures required visits are scheduled within the first 30 days of detainment.

This month, HCPCFC also met in person with the Anchor Health Team to discuss upcoming JV-220 submissions and to assist in obtaining critical patient health information for high-need foster youth whose mental health care is supported jointly. HCPCFC processed 5 JV-220s in the last month.

HCPCFC ongoing weekly collaboration with FCS through IPC meetings continues to generate creative solutions for foster youth experiencing placement challenges. These partnerships have strengthened the relationship between FCN and FCS. Additional efforts to strengthen this collaboration included a face-to-face meeting with the full FCS team in Willits, providing a valuable opportunity to connect in person and further enhance our coordinated approach.



# An Effective County Government Organization



## May 2026

### Public Health - Environmental Health

The Land Use program hosted a virtual stakeholder meeting on April 30, 2026, with local engineering firms, septic designers, and contractors.

*For more information, visit the website at  
[www.mendocinocounty.gov/departments/public-health/environmental-health/land-use/stakeholders](http://www.mendocinocounty.gov/departments/public-health/environmental-health/land-use/stakeholders).*



The Consumer Protection Team conducted over 60 food facility inspections, processed 20 applications, 2 community event applications, and responded to 3 food related complaints. The Land Use Program reviewed 20 building applications, 3 coastal development permits, 2 water well applications, conducted 2 site inspections, and responded to 1 complaint for the month of April.

Both consumer protection and land use staff attended training courses for certification in pool plan checking and various other Environmental Health regulations in order to maintain current education in pace with the industries being regulated.

### Public Health recognizes: National Stroke Awareness Month: All of May

Public Health reminds everyone of the importance of recognizing the signs of a stroke and acting quickly. Use the B.E. F.A.S.T. acronym—every second counts:

- B – Balance:** Sudden loss of balance or coordination
- E – Eyes:** Sudden vision changes or trouble seeing
- F – Face:** Facial drooping or uneven smile
- A – Arms:** Arm weakness or numbness
- S – Speech:** Slurred or difficult speech
- T – Time:** Call 911 immediately

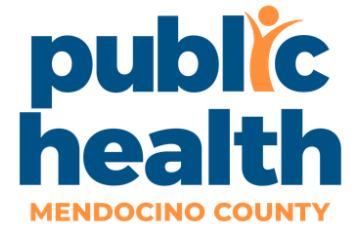


Rapid response can save a life and reduce long-term disability.

*Learn more at [www.cdc.gov/stroke/](http://www.cdc.gov/stroke/)*

# Safe & Healthy County

May 2026



## Public Health - Environmental Health

Environmental Health reminds consumers not to eat sport-harvested shellfish from Sonoma County following an April 9 advisory issued by the California Department of Public Health (CDPH). The advisory warns that consuming sport-harvested mussels, clams, scallops, and oysters may contain dangerous levels of paralytic shellfish poisoning (PSP) toxins, which are not destroyed by cooking and can cause severe illness or death.

PSP toxins affect the nervous system, with symptoms appearing within minutes to a few hours after consumption. Early signs include tingling around the mouth and fingertips, followed by loss of balance, slurred speech, and difficulty swallowing. Severe cases may lead to complete muscular paralysis and death.

Additional advisories remain in effect for Marin and San Mateo counties due to marine biotoxins, as well as a razor clam advisory in Humboldt County.

Commercially sold shellfish from certified sources remain safe, as they are subject to routine testing and monitoring.

Environmental Health continues to monitor conditions and review updates from CDPH to protect public health.

For the most current information on shellfish advisories and quarantines, call CDPH's toll-free Shellfish Information Line at (800) 553-4133 or view the Recreational Bivalve Shellfish Advisory Interactive Map.

For additional information, visit the CDPH Marine Biotoxin Monitoring webpage.

### SAFE AT-HOME OYSTER HANDLING

**KEEP IT CLEAN**      **KEEP IT COLD**      **EAT IT SOON**

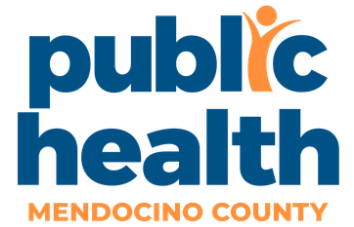
<b>PURCHASE</b> <ol style="list-style-type: none"><li>1 Proper tagged with source &amp; date</li><li>2 Displayed/stored under temperature control (<math>\leq 45^{\circ}\text{F}</math>).</li><li>3 Avoid bad smells and open shells.</li><li>4 Summer months have the highest risk.</li></ol>	<b>TRANSPORT</b> <ol style="list-style-type: none"><li>1 Purchase at the end of your errands.</li><li>2 Use ice. Keep them below <math>40^{\circ}\text{F}</math>. Transfer to a refrigerator ASAP.</li><li>3 Cover to prevent dripping or spills to/from other foods.</li></ol>
<b>PREPARATION</b> <ol style="list-style-type: none"><li>1 Bake: <math>450^{\circ}\text{F}</math> for 10min. Steam: 4-9 min. Fry/Broil: 3 min. Boil: 3-5 min after shells open.</li><li>2 If raw, keep chilled to <math>40^{\circ}\text{F}</math> up until moment of serving.</li><li>3 Hot sauce or lemon juice do not reliably kill bacteria. If cooked and shells do not open, throw away.</li></ol>	<b>STORAGE</b> <ol style="list-style-type: none"><li>1 Discard if not consumed after 7 days.</li><li>2 Refrigerate in open container, can be covered by clean damp cloth.</li><li>3 Throw away any oysters with shells gaped open.</li><li>4 Avoid contact with other food, ice, and water</li></ol>

**KNOW THE SOURCE:**  
- Take a picture of the tag/label, or  
- Ask for the type of oyster and harvest date  
- Use the QR code for more information →



# Safe & Healthy County

## May 2026



### Public Health - Administration

#### Communications

Public Health is airing public service announcements in both English and Spanish throughout the month of May to raise awareness for Tick and Lyme Disease, Mosquitoes, and Mental Health Awareness Month.

- **Tick and Lyme Disease**

Tick season starts in the Spring. To help prevent spread of disease from tick bites including Lyme disease, use insect repellent when outdoors, check for ticks daily, shower as soon as possible, and tumble clothes in a dryer on high for 10 minutes to kill ticks on dry clothing after coming indoors. If you do see a tick on your body, remove as soon as possible to reduce chance of infection from the bite.



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

- **Mosquitoes**

Spring is here and so are mosquitoes. Some carry diseases like the West Nile Virus. Protect yourself and your family. Dump standing water around your home, including buckets, flower pots, and gutters. Use insect repellent when outdoors, and for extra protection choose long sleeves and pants. Be sure your window screens are in good condition. Together, we can reduce mosquito breeding and keep our community safe.

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



- **Mental Health Awareness Month**

May is Mental Health Month. Take a moment to check in with yourself and those around you. Feeling stressed or alone? You're not alone. Help is available. Talk to a friend, reach out for support, or connect with a mental health provider. If you or someone you know needs support, reach out today. Call the Warm Line 707-472-2311. For additional support call or text 988, the Suicide and Crisis lifeline.

**Mental  
health  
matters**