

#worldimmunizationweek



PROTECT OUR CHILDREN GET VACCINATED TODAY

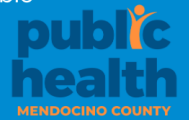
National Infant Immunization Week (NIIW) is April 21-28, 2025 and World Immunization Week is April 24-28, 2025.

- Protect children two years and younger from vaccine-preventable diseases.
- Schedule well-child appointments and get routine vaccinations.

Free vaccinations are provided through the California Vaccines for Children (VFC) program for eligible families. Call (707) 472-2716 to check eligibility and make an appointment.

For more information visit:

www.mendocinocounty.gov/departments/public-health/nursing/vaccines



April 21-28, is **National Infant Immunization Week** and **April 24-30**, is **World Immunization Week**.

Throughout the month of April, Public Health is raising awareness about the importance for infants, adolescents and all ages to stay up to date on their recommended vaccines.

For more information and resources about vaccinations please visit www.mendocinocounty.gov/departments/public-health/nursing/vaccines

April 7-13, is also **National Public Health Week**. Public Health is raising awareness about services that our offered from Public Health.

Public Health affects how we live, work, play safely and our well-being.

Mendocino County Public Health offers various services including but not limited to vaccines, TB testing, wellness and prevention services, tobacco prevention, oral health care referrals, Women, Infants, & Children (WIC) services, referrals and more.

For more information, call (707) 472-2700, Monday through Friday, from 8:00 AM to 5:00 PM or visit the website at www.mendocinocounty.gov/departments/public-health.



National Public Health Week (NPHW) April 7-13, 2025

To celebrate the 30th annual NPHW, we're raising awareness to help create a **safer, stronger, and healthier community** for Mendocino County.



Public Health - Maternal, Child, Adolescent Health (MCAH) / California Children's Services (CCS)

In March, MCAH and CCS program staff attended a professional training focused on the significance of play in child development. The workshop explored the science behind play, emphasizing its role in shaping brain development, fostering emotional intelligence, and strengthening parent-child relationships. Staff left the training with a deeper appreciation for the power of play and actionable

strategies to support families in fostering strong, secure relationships with their children. The insights gained will help reinforce the program's efforts to promote healthy child development and equip caregivers with tools to create meaningful, play-based connections that nurture emotional resilience and growth. Additionally, Applied Survey Research conducted focus groups with MCAH staff to gather insights for the Promotores de Salud project. Staff participated in guided discussions designed to explore their experiences as Promotores. These insights will help improve the program and better support both Promotores and the families they serve. This research plays a key role in the development of an implementation manual, which will be completed next year and aims to serve as a resource for other programs looking to successfully implement their own Promotores initiatives.

MCAH was also awarded the KidsPlates grant that will be starting June 1.

Learn more about Maternal, Child, Adolescent Health programs at www.mendocinocounty.gov/departments/public-health/nursing/maternal-child-adolescent-health-programs



April 7-11, is also Adolescent Immunization Action Week.

This week Public Health reminds about making sure your preteen or teen are protected against preventable diseases like meningitis, HPV, whooping cough, flu and COVID-19.



Ask the doctor about
**Shots for your
preteen or teen**



- Meningitis
- HPV Cancers
- Whooping Cough
- Flu
- Covid



Contact your doctor, pharmacy, or visit MyTurn.ca.gov to schedule your vaccine appointments.

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

April 2025

Public Health - Women's, Infants, and Children (WIC)

Mendocino County WIC is a Statewide program that has been dedicated to ensuring families have a manner in which to remain healthy with supplemental food assistance and nutritional education. The WIC program sees participants who are pregnant and postpartum (up to six months or a year postpartum), and children from birth to 5 years. WIC is dedicated to ensuring a safe and healthy county, with education and food supplementation, as previously mentioned. The Mendocino County WIC program has been seeing an average of 2,540 participants per month. For the month of March, as of the middle of the month, we have seen over 75% of that number; in previous months WIC has seen an average of 93% or more of participants. We are excited to share that WIC is now going to be at our satellite clinics once again; we started with Point Arena, then Boonville, and lastly with Gualala. Each satellite clinic has different dates and times, for more information contact us at (707) 472-2743 or email wic@mendocinocounty.gov.



WE ARE BACK IN OUR SATELLITE CLINICS!

POINT ARENA, BOONVILLE, & GUALALA

Boonville

Every 2nd Wednesday of every month

13500 AIRPORT RD,
BOONVILLE, CA 95415
ANDERSON VALLEY HEALTH
CENTER

Point Arena

Every 2nd Monday of Even Months

225 MAIN STREET
POINT ARENA, CA 95468
POINT ARENA LIBRARY

Gualala

Every 2nd Tuesday of Odd Months

39251 CA-1, GUALALA, CA
95445
MENDONOMA HEALTH
ALLIANCE

April 14-20 is California Mosquito Awareness Week.

This week, Public Health is reminding everyone about getting prepared for mosquito season.



With a few simple steps, you can keep mosquitoes from breeding and biting.

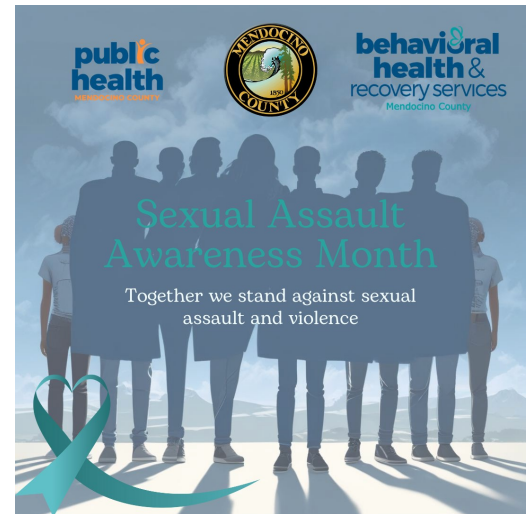
- **Use EPA-registered insect repellent** to prevent mosquito bites.
- **Dump and Drain** any standing water around your home. Mosquitos breed and lay eggs in water.
- **Check window and door screens.** Make sure don't have holes, and aren't letting mosquitoes in your home.
- Be aware during **Dawn and Dusk** when mosquitoes that spread West Nile Virus (WNV) are most active.

Public Health Administration

Communications

Public Health will air public service announcements in English and Spanish all month-long in April to raise awareness on Sexual Assault Awareness Month, National Child Abuse Prevention Month, Measles, and Tick & Lyme Disease.

- April is Sexual Assault Awareness Month. Together, we can build safe and respectful communities by raising public awareness about prevention. Talk openly, promote knowledge, identify resources for assistance, and offer support to survivors. Educate yourself on the signs. If you, a loved one or anyone has experienced sexual assault please call the sexual assault hotline at 1-800-656-HOPE. If you are in immediate danger, please call 911.
- April is Child Abuse Awareness Month. Child abuse can impact a child's physical, emotional and psychological well-being. Recognition of the signs is crucial for early intervention and prevention. Child abuse can include physical or sexual abuse, emotional and psychological abuse, medical abuse, and neglect. To report child abuse or neglect please call 1-866-236-0368 or call the National Child Abuse Hotline at 1-800-4-A CHILD.





Understanding Tick Bites and Lyme Disease



How to prevent tick bites



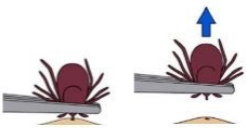
Ticks can spread disease, including Lyme disease.

Protect yourself:

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol or soap and water.



Notes:

- Remove the tick as soon as possible to reduce your chances of getting an infection from the tick bite.
- Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
- If tick mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

201708-A January 9, 2018

• Measles is a highly contagious viral disease. Help prevent the spread, by staying home if you have symptoms like fever, cough, runny nose, conjunctivitis (pink eye), or a rash that starts on the forehead at the hairline and behind the ears. Please contact your health care provider right away if you have symptoms. If you have not received your MMR vaccine, don't wait vaccinate. CDC recommends all to get two doses of MMR vaccine.

• 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 at [CDC.gov/Ticks](https://www.cdc.gov/Ticks).

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