

September 21-27 is Child Passenger Safety Week

This week, Public Health is raising awareness and sharing resources on how to properly install and use a car seat. Did you know that car crashes are a leading cause of death for children in the U.S.? The right car seat, used the right way, can reduce the risk of fatal injury by up to 71% for infants and 54% for toddlers.

Here's a few tips to keep our smallest passengers safe:

- Check your child's car seat for age, weight, and height limits. Use this tool: nhtsa.gov/TheRightSeat
- Install it correctly.
- Get a free inspection. Certified Child Passenger Safety Technicians (CPSTs) can help!
- Keep kids in the back seat until at least age 12.

Public Health has CPSTs and offers free one-on-one car seat safety appointments for Mendocino County residents with children ages 0-12.

**Call to schedule your appointment at 707-472-2757 or email
MCAH@mendocinocounty.gov**

Learn more on www.nhtsa.gov/equipment/car-seats-and-booster-seats or
www.mendocinocounty.gov/departments/public-health/nursing/public-health





A Safe & Healthy County

September 2025

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

This month, the MCAH team dedicated our efforts to advancing the health and wellness of our community by actively engaging in both continuing education and meaningful outreach events. MCAH was proud to participate in the local Redwood Empire Fair, where they connected with community members to raise awareness about our car seat safety program and home visiting services, helping families stay informed and supported. In addition to outreach, our team attended the *Lean Into Lactation* learning series, a specialized training designed to provide community health workers with the latest evidence-based knowledge on lactation support. This valuable education will enable us to better assist the mothers and families we serve, promoting healthier starts for newborns throughout our region. To further extend our reach, we organized a car seat safety event in Laytonville, providing both car seats and safety evaluations to families in this outlying community. By bringing these essential resources closer to those in more remote areas, we are committed to ensuring the safety and well-being of all children in our service area.



Public Health – California Children's Services (CCS)

This month, the California Children Services (CCS) team was pleased to welcome six new cases into our program, continuing our mission to provide comprehensive, specialized care for children with complex medical needs. In parallel with client care, our team submitted the budget proposal to secure ongoing funding for the Medical Therapies Program (MTP). This important program, held quarterly in collaboration with the Mendocino County Education Department, provides therapeutic services to children and youth living with chronic medical conditions. Through the MTP, families gain access to resources and support that help improve the quality of life and developmental outcomes for their children. Beyond our clinical and administrative efforts, we were active in community outreach at the Redwood Empire Fair. This event offered a valuable opportunity to engage directly with families, share detailed information about the CCS program, and foster connections that support broader health and wellness initiatives for children across the region.



Flu season is coming, are you ready?

Public Health reminds you to get your flu shot, wash your hands regularly, and stay home if you're sick. Protect yourself and your community this season!

By taking these precautions, you help protect vulnerable populations like young children, older adults, and people with chronic health conditions.

Let's work together for a healthy flu season!

Find a local flu shot clinic and learn more at www.mendocinocounty.gov/departments/public-health/nursing/vaccines or CDC.gov/Flu



**STAY ONE STEP
AHEAD OF THE FLU.**



A Safe & Healthy County

September 2025

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

WIC continues to advance its vision of promoting healthier eating lifestyles for families by creating more opportunities to use WIC benefits.

On August 11, WIC officially launched its new WIC card for families. This updated card includes a QR code, allowing participants to use their fruit and vegetable cash value not only at grocery stores, but also at Farmers Markets year-round. This expansion provides families with more variety and choice, while also supporting local farmers across Mendocino County.

WIC participation remains strong, with caseload goals being met at 93% as of July 2025. Program growth has been steady over the past seven months: in January 2025, there were 2,574 certifications (individuals enrolled), and by July 2025 that number increased to 2,649. Of those certified, 2,370 participants accessed and used their WIC benefits.

For any questions about the 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.



September 7-13 is National Suicide Prevention Week, and September 10 is World Suicide Prevention Day

This month, is a yearly reminder for mental health support and the importance of awareness in our communities in Mendocino County.

SEPTEMBER SUICIDE PREVENTION AWARENESS MONTH

You are not alone.

Warm Line (non-crisis
emotional support line):
1-707-472-2311
Toll Free: 1-833-955-2510

WIC recognizes the unique needs of postpartum women, especially those who may experience postpartum depression. On September 7-13, National Suicide Prevention Week and September 10, World Suicide Day, the goals of WIC is continued support to perinatal and postnatal families through education, mental health screenings, and referrals to trusted community health partners. Together, we strive to build a healthier, stronger community!

Public Health Administration

Communications

Public Health is airing public service announcements in both English and Spanish throughout the month of September to raise awareness about wildfire preparedness, food safety awareness month, and suicide prevention awareness month.



- **Wildfire preparedness**

Wildfire season is here. Be safe and be prepared. When a wildfire is threatening your area, monitor local radio or television stations. Be prepared to evacuate at a moment's notice. Prepare a 3-day emergency kit. Have N95 masks on hand to help avoid smoke intake. Plan, prepare, and be aware.

Learn more on [MendoReady.org](https://mendoReady.org)

- **Food Safety Awareness Month**

September is Food Safety Awareness Month. Every year about 1 in 6 Americans will get sick from food poisoning. Food poisoning can lead to hospitalization and long-term health problems. Help keep your family safe from food poisoning at home by following these four simple steps: keep utensils and surfaces clean, keep foods separate, cook to the right temperature, and keep cold foods cold and hot foods hot.

Learn more on FoodSafety.gov



- **Suicide Prevention Awareness Month**

September is National Suicide Prevention Awareness Month. If you or someone you know is struggling, in emotional distress, or thinking about suicide, help is available. Call or text 988, chat 988lifeline.org or contact the Mendocino County 24/7 Toll Free Crisis line at 1-855-838-0404. It's ok to be not ok. You're not alone.

For more resources visit <https://bit.ly/mendocinomentalhealth>