

May 6-12, 2025, is National Nurses Week



Thank you to all the Nurses!



**May 6 to May 12, 2025 is National Nurses Week and
all month long is National Nurses Month.**

Public Health proudly honors nurses in Mendocino County and across the nation, recognizing their unwavering effort, dedication, and daily sacrifices. Nurses are vital members of the healthcare workforce, providing compassionate care through every stage of life and supporting individuals during their most vulnerable moments. Their commitment plays a critical role in improving health outcomes and strengthening communities nationwide.

We thank all our nurses in Public Health including Angle Slater, Bonnie Humpal, Jessica Toste, Janette Vasquez, Katheryn Reihl, Kathy O' Ferrall, Pam Baland, Sandy Tadeo, Whitney Eads, Wil Boyes, and all nurses nationwide!

Learn more about Mendocino County Public Health programs at www.mendocinocounty.gov/departments/public-health

THANK YOU TO ALL THE NURSES!



MAY 6-12, 2025

NURSES WEEK



A Safe & Healthy County

May 2025

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

This month, MCAH and CCS programs focused on the significance of community engagement and community enrichment.

The MCAH program conducted a number of outreach events, including the Spirit Run & Walk, Cahto Earth Day, and Dia Del Niño, where staff connected with local families regarding our services.

The MCAH program also recruited a number of community partners an effort to increase enrollment in the upcoming Child Passenger Safety Technician (CPST) training event. This comprehensive event seeks to train community members in both the use and installation of car seats, the event also results in a National CPST certification. As a result of collaborating with the community partners, MCAH is happy to announce an increase in enrollment for the CPST course!

The CCS program has welcomed five new cases to the program this month. The CCS team is also happy to announce that another Registered Nurse has been added to the program, and will be providing clinical support to the CCS and Medical Therapies Program! This program helps the children of Mendocino County receive medical oversight for certain physical medical conditions.



CPST TRAINING 2025

CHILD PASSENGER SAFETY TECHNICIAN (CPST)

This certification course is a comprehensive four-day training that combines classroom learning, hands-on practice with car seats and vehicles, and a community safety checkup event. To earn certification, participants must attend the entire course.



Scan the QR code to register
If you need assistance registering contact:
MCAH@mendocinocounty.gov
\$95 certification fee

May 19th - May 22nd
2025

from 8:30am-5pm

1120 S. Dora St., Ukiah, CA 95482
Conference Room #1



May 12-15, 2025



WOMEN'S HEALTH WEEK

Reminders:

1. Schedule regular health screenings.
2. Eat a balanced diet.
3. Avoid drinking too much alcohol.
4. Stay Active.
5. Take breaks.
6. Connect with friends, family, & others.
7. Prioritize mental health. Ask for help.
8. Avoid use of illegal drugs.
9. Avoid use of tobacco products.

If you are feeling stressed, isolated, overwhelmed, or need support, call the
Warm Line: 1-707-472-2311 or Toll Free at 1-833-955-2510.

May 12-15, 2025 is also National Women's Health Week and starts on Mother's Day.

Public Health is reminding all women and girls about the importance of prioritizing their health. This includes your physical, mental, social, and emotional health.

Learn more at www.cdc.gov/womens-health/features/nwhw.html

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

Mental health is a critical topic in both perinatal and postnatal education. Approximately one in five new mothers experience perinatal mood and anxiety disorders. The transition into motherhood involves many changes, including natural hormonal shifts, adjusting to a baby's sleep schedule, and adapting to the responsibilities of parenting.

At WIC appointments, we strive to create a supportive environment where mothers can openly share their experiences, voice concerns, and ask questions. For families needing additional support, WIC often serves as the first point of contact—identifying needs and providing appropriate referrals. Through WIC, families also receive nutrition education, supplemental food benefits, and connections to other vital programs.

May 7, 2025 is Maternal Mental Health Awareness Day. On this day and everyday WIC works with parents to help grasp infant and toddler behaviors to better understand the children at home. Some of the most frequent topics with children are establishing healthy routines to ensure children sleep well, eat healthy, or maintain physical activity to regulate their emotions and well-being.



May 8, 2025 is Children's Mental Health Awareness Day

WIC services are available for all families and children. For more information and support, please contact the Ukiah office at (707) 472-2743 or by email at WIC@mendocinocounty.gov.



Public Health Administration

Communications

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

Tick season begins in the spring. To help prevent tick bites and reduce the risk of tick-borne illnesses such as Lyme disease, take the following precautions:

- Use insect repellent when spending time outdoors
- Check yourself and your pets for ticks daily
- Shower as soon as possible after being outdoors
- Tumble dry clothes on high heat for 10 minutes to kill ticks on dry clothing

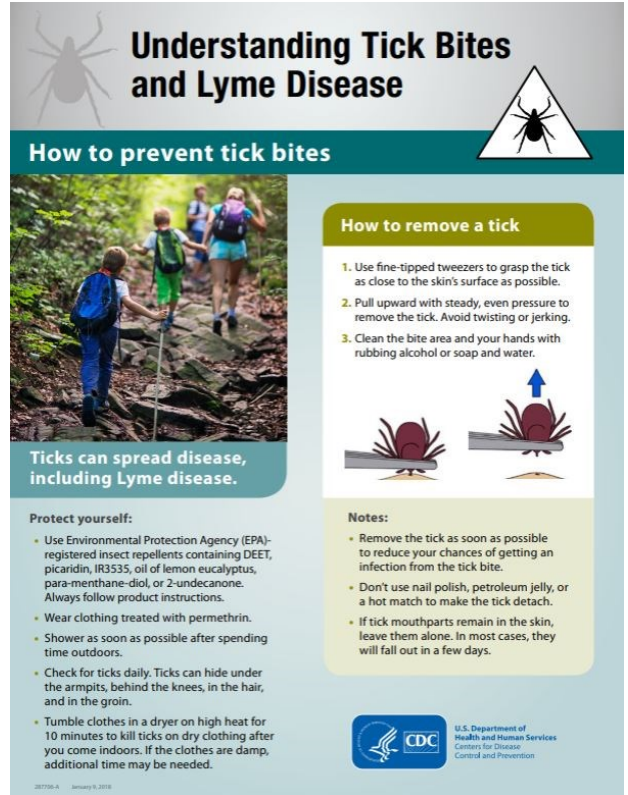
If you find a tick on your body, remove it promptly to reduce the risk of infection.

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

Spring also brings mosquitoes. To prevent mosquito bites:

- Use insect repellent
- Wear long sleeves and pants when outdoors
- Eliminate standing water around your home to prevent mosquitoes from breeding

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



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

May is also Lyme Disease Awareness Month.

Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans through the bite of infected blacklegged ticks, also known as deer ticks. It is the most common tick-borne disease in the Northern Hemisphere, with infections occurring most frequently in the spring and early summer. In addition to Lyme disease, these ticks can occasionally transmit other tick-borne illnesses.

Common symptoms of Lyme disease include fever, headache, fatigue, and a distinctive skin rash known as erythema migrans. If left untreated, the infection can spread to the joints, heart, and nervous system.

Tick Identification and Testing:

Mendocino County residents can submit ticks for identification and testing for *Borrelia burgdorferi*. Ticks may be submitted via mail or dropped off in person with a completed requisition form and payment.

To learn more, visit:

www.mendocinocounty.gov/departments/public-health/nursing/communicable-diseases/ticks-and-lyme-disease