

Service Planning Area 8 Update October 2025



Respiratory Virus Season

On 9/18/2025 the Los Angeles County Department of Public Health endorses California Department of Public Health's (CDPH) respiratory virus season immunization recommendationsⁱ for the 2025-2026 respiratory season. This guidance was developed in collaboration with California partners in the West Coast Health Alliance and informed by national medical groups, including the American Academy of Family Physicians, American Academy of Pediatrics, and American College of Obstetricians and Gynecologists. Additionally, effective September 17, 2025, California state law ensures Californians have insurance coverage for immunizations recommended by CDPH at no cost.

All children and adults who choose protection are recommended to receive COVID-19 vaccinations. Those with higher risk of severe disease should get the updated 2025-2026 formulation of the COVID-19 vaccine as soon as it's available from their medical provider or local pharmacy. This includes young children aged 6-23 months; children aged 2-18 years who have never received a COVID-19 vaccine; persons who are planning pregnancy, pregnant, postpartum or lactating; persons 6 months and older with underlying health conditions; persons aged 65 years and older; and persons living with or working with persons at high risk for severe disease.

Individuals with questions about getting a COVID-19 vaccine should contact their health care provider. Because of delays in updated COVID-19 vaccines recommendations at the federal level, it may be more challenging to find a vaccine this fall/winter than in years prior. However, vaccine supply and access are expected to improve. There is limited supply of the updated COVID-19 vaccines for children under 12 years of age, but we expect more availability in the coming weeks. To schedule your vaccine appointment, contact your health care provider, local pharmacy or visit myturn.ca.gov

Where to Find Vaccines

Free or low-cost immunization clinics

- Free or low-cost immunization clinics available for children 18 years and younger: [English](#) | [Spanish](#)
 - Some clinics also offer vaccines to uninsured or underinsured adults 19 years of age and older – see “people served” column on the clinic list.
 - For a list of clinics by service planning area [Service Planning Area](#)ⁱⁱ (SPA)
- Children 12 years of age and older may consent to receive HPV and Hepatitis B vaccines. For all other vaccines, parental consent is required.

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- Please call to confirm which immunizations are provided and to check the clinic's hours.
- Bring your child's immunization record (yellow card), if you have one.
- If you have health insurance or a regular health care provider, don't hesitate to get in touch with them for immunization services.
- For referrals to no-cost and low-cost immunization providers, dial 2-1-1 (Los Angeles County Information Line).

Additional Resources

- LAC DPH:
 - Vaccine Program: ph.lacounty.gov/vaccines
 - Flu Vaccine: ph.lacounty.gov/flu vaccine
 - RSV Vaccine: RSV: ph.lacounty.gov/RSVimmunizations
 - COVID Vaccine: COVID-19: ph.lacounty.gov/COVID19Vaccine
 - Flu and COVID Vaccine coverage data dashboard
<http://ph.lacounty.gov/media/FluSeason/vaccine/#/flu>
 - CDPH COVID-19 Vaccine Recommendations:
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Covid19Vaccines.aspx>

Mpox

The Los Angeles County Department of Public Health has confirmed its first case of clade I mpox in an adult with no recent travel to regions where this virus is typically found. The individual was hospitalized and is now recovering at home.

This is the second clade I mpox case in LA County and the second in the nation without known travel to another country where clade I is typically found. The City of Long Beach, which has its own health department, also announcedⁱⁱⁱ a separate clade I mpox case earlier this week.

Public Health is collaborating closely with California Department of Public Health and the U.S. Centers for Disease Control and Prevention to investigate these mpox cases as swiftly and effectively as possible. Enhanced surveillance and contact tracing are underway to identify any additional cases and potential sources of the infection and to prevent further transmission.

Mpox (previously referred to as Monkeypox) is mainly spread through close contact with body fluids, sores, shared bedding or clothing or respiratory droplets (kissing, coughing, sneezing). Symptoms include rash or unusual sores that look like pimples or pus-filled blisters on the face, body and genitals, fever, chills, headache, muscle aches or swelling of lymph nodes. Early detection, testing and vaccination are vital to controlling the spread of this disease and protecting the health of Los Angeles County residents. For more information visit our website^{iv} Public Health strongly recommends, people in high-risk groups to get vaccinated. Vaccination with both doses remains an effective tool in preventing the spread of mpox. The JYNNEOS

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vaccine is a safe, two-dose vaccine that helps protect against both clade I and clade II mpox, and getting both doses provides the best protection.

Domestic Violence Awareness Month

October is Domestic Violence Awareness Month (DVAM) Domestic violence is a significant public health issue in Los Angeles County. According to the 2023 LA County Health Survey, 15.3% of women in the county have experienced sexual or physical violence at the hands of an intimate partner. Men are also impacted by domestic violence with 5.7% reporting experiences of physical abuse and 1.6% experiencing sexual violence.¹ These figures only capture part of the picture. Many survivors do not report abuse due to stigma, fear or a lack of trust in systems. Inconsistent definitions of domestic violence and fragmented data sources also make it difficult to fully understand the scope of this issue. What we do know is that domestic violence remains widespread and vastly underreported.

Youth are often left out of conversations about intimate partner violence, yet the data shows that they are significantly impacted. According to [the CDC's Youth Risk Behavior Survey](#)^v.

Resources

If you or someone you know needs support, shelter or other services, below are a list of resources. Please contact 911 if you feel like you are in immediate danger or a in a life-threatening situation.

- **LA County Domestic Violence Hotline** (24/7 Confidential): (800) 978-3600
- **Domestic Violence Shelter 24-hour Hotlines** ([download PDF](#))
- **National Domestic Violence Hotline** (24/7 Confidential):
 - (800) 799-7233
 - (800) 787-3224 (TTY)
 - Text LOVEIS to 22522 *Msg & Data Rates may apply
- **National Deaf Domestic Violence Hotline** (24/7 Confidential):
 - Video phone (only for Deaf callers): 1-855-812-1001
 - Email: nationaldeafhotline@adwas.org
- **Parent Hopeline**: 323-790-LADL (5235)
- **LA County Child Abuse Hotline**:
 - (800) 540-4000
 - (800) 272-6699 (TTY)
- **LA County Elder Abuse Reporting Hotline**: (877) 477-3646
- For LGBTQ-specific legal services to victims of crime:
 - **Los Angeles LGBT Center**: (323) 993-7649 legalservices@lgbtcenter.org
 - **LGBTQ Center Long Beach**: (562) 433-8595
- **StrongHearts Native Helpline**: Call or text 1-844-7NATIVE (762-8483) StrongHearts is a 24/7 safe, confidential and anonymous domestic, dating and sexual violence helpline

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for American Indians and Alaska Natives, offering culturally appropriate support and advocacy.

SIDS Awareness Month

October is Sudden Infant Death Syndrome (SIDS) Awareness Month, a time dedicated to raising awareness about SIDS and promoting safe sleep practices that can help reduce the risk of infant death. This observance is an important opportunity to focus efforts to prevent infant mortality and ensure that every infant has a safe sleep environment.

SIDS refers to the sudden and unexplained death of a baby under one year of age, typically occurring during sleep. The highest risk period is within the first six months of life. Although the exact causes of SIDS remain unknown, research consistently shows that safe sleep practices can significantly lower the risk.

Common risk factors for SIDS include:

- Placing infants to sleep in positions other than on their backs
- Use of soft bedding or loose items in the sleep area
- Bedsharing with adults or other children

Other contributing factors may include prenatal and postnatal exposure to tobacco smoke, prematurity, low birth weight, maternal substance use, and limited access to prenatal care.

Tragically, disparities in sleep-related infant deaths remain stark—particularly among African American and American Indian/Alaska Native communities.

Resources and Links to More Information

- Los Angeles County SIDS website ph.lacounty.gov/safesleep
- AAP Safe Sleep Guidelines <https://shorturl.at/y0lx7>
- California Department of Public Health SIDS Program <https://www.cdph.ca.gov/Programs/CFH/DMCAH/SIDS/Pages/default.aspx>
- CDC SIDS Information <https://www.cdc.gov/sudden-infant-death/index.html>
- NICHD Safe to Sleep materials
 - <https://safetosleep.nichd.nih.gov/resources/caregivers/videos>
 - <https://safetosleep.nichd.nih.gov/resources/order>
- Provider and patient conversations for Safe Sleep
 - <https://rb.gy/fa56vp>
- How to keep your sleeping baby safe: AAP Policy Explained
 - <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/a-parents-guide-to-safe-sleep.aspx>

Events happening at Curtis Tucker Center for Community Wellness

Well Fed = Less Lead Resource Fair on October 24, 2025 from 10:30am-2:30pm (previously included in the report for September)

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New You Resource Fair

The **New You Resource Fair**, hosted by the Curtis Tucker Center for Community Wellness and the Asian American Drug Abuse Program in honor of Red Ribbon Week, will take place on October 31st from 12:00pm-3:00 p.m. at 123 W. Manchester Blvd., Inglewood, CA 90301. This event is designed to support people experiencing homelessness by offering a variety of essential resources. Attendees can learn about PrEP education and linkage, overdose prevention, health navigation, harm reduction services, and much more. The resource fair is open to all as a walk-in event, providing opportunities for community members to access helpful services and information aimed at improving their health and well-being.

Unstoppable: Mental Health Workshop

Unstoppable: Mental Health Workshop is a new, trauma-informed, and culturally affirming wellness program designed to support the mental and physical health of underserved BIPOC communities. It aims to enhance mental health awareness, reduce stigma, and equip participants with tools for emotional well-being and resilience. Rooted in cultural understanding and healing practices, the workshop provides accessible and inclusive support for participants on their wellness journey. Sessions take place at the Curtis Tucker Center for Community Wellness every 3rd Wednesday of the month from 6:00 p.m. to 7:15 p.m., with upcoming dates scheduled for October 15, November 19, and December 17.

Produce Distribution Schedule Update for November & December 2025

Due to the upcoming holidays, the produce distribution event dates for November and December will be adjusted. Instead of the usual 2nd and 4th Thursdays, the events will occur on the 2nd and 3rd Thursdays from 10am-12pm as follows:

- November: 13 & 20
- December: 11 & 18

Note: Starting January 2026, the produce distribution will resume the original schedule of the 2nd and 4th Thursdays from 10am-12pm. Please refer to the updated flyer for more details.

ⁱ <https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/Immunization/IMM-1481.pdf>

ⁱⁱ <http://publichealth.lacounty.gov/ip/clinics/index.htm#spas>

ⁱⁱⁱ <https://longbeach.gov/press-releases/city-of-long-beach-confirms-first-case-of-clade-i-mpox/>

^{iv} <http://publichealth.lacounty.gov/media/monkeypox/>

^v https://www.cdc.gov/yrbs/index.html?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

FREE PRODUCE DISTRIBUTION

No eligibility required, no paperwork, or ID required.

Curtis Tucker Center for Community Wellness

123 W. Manchester Blvd.
Inglewood, 90301

September 11, 2025
September 25, 2025
October 9, 2025
October 23, 2025

November 13, 2025
November 20, 2025
December 11, 2025
December 18, 2025

10:00 AM - 12:00 PM
or until supplies last
Please bring a reusable bag



CURTIS TUCKER CENTER FOR
COMMUNITY WELLNESS



LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
Fostering Hope - Healing - Purpose

LOS ANGELES REGIONAL
FOOD BANK
Fighting Hunger. Giving Hope.

Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.CalFreshHealthyLiving.org for healthy tips.

DESPENSA DE FRUTAS Y VERDURAS GRATUITA

No se requiere elegibilidad, papeleo,
o identificación

Curtis Tucker Center for Community Wellness

123 W. Manchester Blvd.
Inglewood, 90301

Septiembre 11, 2025
Septiembre 25, 2025
Octubre 9, 2025
Octubre 23, 2025

Noviembre 13, 2025
Noviembre 20, 2025
Diciembre 11, 2025
Diciembre 18, 2025

10:00 AM - 12:00 PM
o hasta agotar existencias

Por favor traiga una bolsa reutilizable



Financiado por SNAP del USDA, un proveedor y empleador que ofrece oportunidades equitativas. Para consejos saludables, visite www.CalFreshHealthyLiving.org.