



## Service Planning Area 8 Update – October 18, 2023

### 1. **Respiratory Season begins November**

**COVID-19:** Los Angeles County is still in the low [CDC COVID-19 Hospital Admission Level](#). Getting vaccinated is the best way to protect against getting very sick from COVID-19. The new vaccine has been modified to target the current circulating COVID-19 strains. To get vaccinated visit your health care provider or pharmacist. [Visit our website](#) to request in-home vaccination or [click here](#) to host a mobile clinic for your organization or event.

**Influenza:** Receiving the [flu vaccine](#) reduces the risk of getting sick, experiencing severe flu symptoms, and potentially spreading the virus to others. Flu vaccination is a recommended preventive measure to limit the spread of the flu. For more information on vaccines [click here](#).

**Respiratory syncytial virus (RSV)** is a prevalent respiratory virus typically causing mild cold-like symptoms. However, it can be severe, particularly for infants, and older adults, leading to hospitalization. The **RSV vaccine** safeguard against severe RSV respiratory infections, especially in infants, pregnant women, and adults over the age of 60, [click here](#) to learn more about RSV.

2. **Hands Only CPR Training:** Los Angeles County Department of Public Health aims to train county residents in Hands-Only CPR, with training sessions held at various locations. The goal is to increase CPR training to improve survival rates during cardiac arrests, potentially doubling or tripling chances of survival. This initiative can save lives in critical situations. In Service Planning Area 8 we continue to make significant progress toward reaching the community to date we have trained 14,257 residents and have surpassed our goal of 12,500. We continue to provide trainings to resident and community organization. To request a training contact us at [spa8@ph.lacounty.gov](mailto:spa8@ph.lacounty.gov) or [visit our website](#) to learn more about HOCRCP.
3. **What is Gun Violence Restraining Order (GVRO)?** A legal tool in California that allows law enforcement or family members to request a court order temporarily restricting an individual's access to firearms if they are deemed a threat to themselves or others due to mental illness or other factors. It was designed to help prevent gun-related violence and suicides by temporarily removing guns from individuals in crisis. GVROs are effective in California as they provide a legal mechanism to address potential gun violence threats without infringing on an individual's Second Amendment rights. Use this [link](#) for more information and on how to file a GVRO.

4. **October 23<sup>rd</sup> to 31<sup>st</sup> is National Red Ribbon Week:** A week-long drug prevention campaign that promotes drug awareness through education and trainings for people to make a commitment to a drug-free lifestyle. During the month of October in SPA 8 our substance use disorder counselor will collaborate with local schools to deliver substance use resources and conduct presentations for students and staff, raise awareness and provide support. Also, the Core Center is offering free virtual presentations for the public, focusing on substance use disorders and teaching the public on how to identify and respond to overdoses with Narcan. Review the [flyer](#) for more detail on how to access a free training.



## Free Virtual Presentation

# RECOGNIZING AND RESPONDING TO AN OVERDOSE



**TUESDAY OR THURSDAY**  
**2:00 PM - 3:00 PM**  
**VIA MICROSOFT TEAMS**

Learn the 3 vital steps to perform if you find someone unresponsive from a potential overdose and receive a FREE Naloxone (Narcan) kit.



**SCAN THIS QR CODE TO REGISTER**

Or click on a date to join a session:

**October 5**

**October 24**

**October 31**




**FORGOT TO REGISTER?**

Scan this QR code and join a session directly



**Naloxone is a life-saving medication that reverses an overdose from fentanyl, heroin, and prescription drugs when given right away.**

**For more information contact:**

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## Free Virtual Presentations

# WHAT YOU NEED TO KNOW ABOUT SUBSTANCE USE DISORDERS

**WEEKLY VIRTUAL PRESENTATIONS**

**Tuesdays & Thursdays**  
**2:00 P.M. - 3:00 P.M.**  
Via microsoft teams



**SCAN THIS QR CODE TO REGISTER**

Or click on a date to join a session directly



**OCTOBER 17**  
**RELAPSE PREVENTION AND HEALTHY COPING**

Scan QR code to join session directly




**OCTOBER 26**  
**HOW TO TALK TO LOVED ONES ABOUT ALCOHOL & DRUGS**

Scan QR code to join session directly



**LEARN ABOUT SUBSTANCE USE DISORDERS**  
**LEARN HOW SUBSTANCES AFFECT YOUR HEALTH**  
**LEARN HOW TO CARE FOR YOURSELF AND YOUR LOVED ONES**

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