

Keep Food "Cool for the Summer" to Avoid Foodborne Illness



One of the best things about the summer is finally getting to enjoy the warm weather outside! Backyard barbecues and picnics can be a great way to get outside, but rising temperatures can also bring food safety risks. During warm weather it's important to make sure your food is safe by keeping it "cool for the summer."

Normally, perishable foods can be left out for only two hours before they need to be chilled or discarded. That keeps your food out of the "Danger Zone" for too long; germs that cause foodborne illness can grow rapidly in temperatures between 40°F (4°C) and 140°F (60°C). But in the summer, hot and humid weather creates an ideal environment for bacteria to grow even more quickly. When the temperature outside is above 90°F (32°C), food is only safe outside for one hour. Here are some tips to keep your food "cool for the summer" and avoid foodborne illness.

1. Keep it Cool:

When you're serving food outside, extra cold sources are needed to keep everything out of the "Danger Zone." Pack coolers with bags of ice, gel packs, or frozen water bottles to keep your food cold for as long as possible.

2. Pack it Tight:

Full coolers will keep your perishable foods cold and safe for much longer than half full ones. If you can't fill your cooler, pack it with extra ice to take up more space.

3. Open and Close it Quick:

When you're having fun in the sun, you may want a nice, cold drink to stay cool. Because beverage coolers tend to be opened more frequently, keep your drinks in a separate cooler from your perishable foods. For snacks, only take out what you need at a time, and keep the rest chilling for later. And never leave your cooler open for long!

4. When in Doubt, Throw it Out!

If food has been out for a while, it may not be safe to repack and eat later. Don't hesitate to throw anything away that might have been left out in the sun for too long

For more information on food safety, product recalls, and outbreaks, please click here:

<https://www.foodsafety.gov/>.

To report a Foodborne Illness in Los Angeles County, please click here:

<http://publichealth.lacounty.gov/eh/i-want-to/report-foodborne-illnesses.htm>.

July Observances



UV Safety Awareness Month

Ultraviolet (UV) rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can penetrate and change skin cells.

Overexposure to UV rays from the sun during the summer months (when we are often outside for extended periods of time) can cause severe skin and eye injuries, including sunburn, skin cancer, cataracts, macular degeneration, and growths on our eyes - including cancer. In the continental U.S., the hours between 10 a.m. and 4 p.m. are the most hazardous for UV exposure and are at their greatest intensity during the late spring and early summer.

Tips for Protecting Our Skin Against UV ray overexposure:

1. Use sunscreen with an SPF of 30 or higher, and reapply regularly.
2. Seek shade during peak hours (between 10 a.m. and 4 p.m.).
3. Wear protective clothing such as long sleeve shirts, wide-brimmed hats, and sun glasses.
4. See a dermatologist and get an annual skin check to detect any early signs of skin cancer

Mosquito-Borne Disease Awareness

Although July is not an official awareness month, LA County would like to highlight mosquito borne diseases as they are more prevalent during the summer months. Some of these common mosquito borne diseases are:

- West Nile Virus - The leading cause of mosquito-borne disease in the continental US. Most people with West Nile Virus do not develop symptoms, but about 1 in 5 will experience fever, headache, body aches, vomiting, diarrhea, or rash. Severe cases can lead to neurological illness.
- Zika Virus - While primarily a concern in tropical regions, occasional cases in the US have been reported. Symptoms are generally mild and include fever, rash, headache, joint pain, conjunctivitis (red eyes), and muscle pain



- Dengue Fever - More common in tropical and subtropical regions, but can be commonly found in the US in travelers. Symptoms can range from mild to severe and can include fever, headache, muscle and joint pain, vomiting, bleeding and lethargy.

Preventing mosquito bites is the first line of defense against these illnesses. Here are some effective strategies:

1. Use insect repellent and follow the product instructions for proper application
2. Wear protective clothing such as long sleeves, pants, and socks to shield your skin from bites. Light colored clothing is less attractive to mosquitos
3. Install screens on windows and doors to keep mosquitos outside. Repair any holes or tears promptly
4. Eliminate standing water as mosquitos lay eggs there. Regularly empty water from flowerpots, gutters, buckets, pool covers, pet water dishes, and bird baths

To report mosquito infestations or ask questions, call your local Vector Control District. You can look up contact information for your [local Vector Control District](#).

New Community Health Station Kiosk

The Department of Public Health Presents:

OUR NEW COMMUNITY HEALTH STATION

Located at:

Whittier Public Health Center
7643 S. Painter Ave Whittier, CA 90602

Stop by during the hours of:

Monday- Friday: 8am- 5pm

Thursday: 8am- 8pm

Free Health Supplies Include:

- Male & Female Condoms
- COVID-19 Testing Kits
- Fentanyl Testing Kits
- Naloxone Nasal Spray



Resource Navigator



**SYSTEMS NAVIGATION
SERVICES**

Need Resource Assistance?

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AND MORE

FOR MORE INFORMATION CONTACT:



CHRIS HAYES
SYSTEMS NAVIGATOR
(323) 597-6053



DPH-NAVIGATOR@PH.LACOUNTY.GOV

California Community Reinvestment Grants Program (CalCRG) is funded by Governor's Office of Business and Economic Development (GO-BIZ)



Free Gun Locks



In 2024, OVP is committed to distributing more than 60,000 cable gun locks – free of charge and no questions asked – across Los Angeles County. This unprecedented effort is designed to keep children safe from firearms, limit the possibility that a person intent on harming themselves or others can quickly secure a loaded, unlocked weapon, and guard against the theft of guns. To secure a lock from OVP, please fill out this form (limit of two locks per person): <https://tinyurl.com/5n8tvddz>

Free gun locks are also available at these Los Angeles County Medical Centers. To view all locations, please click here: <https://tinyurl.com/mtkrk3m2>

DPH Resources



**LOS ANGELES COUNTY
PUBLIC HEALTH INFOLINE
1-833-540-0473**

8 AM - 8 PM / 7 Days a Week
Real People. Reliable Information.



Los Angeles County Public Health InfoLine

The Los Angeles County Public Health InfoLine's goal is to expand the scope of resources Public Health can provide over the phone, strengthen community trust by having a live person to talk to, and a vital line of communication in case of future public health emergencies. All calls from the community are answered by health education assistants. Here are some of the topics the InfoLine can cover:

- COVID-19
- Mpox
- Insurance/Coverage
- Domestic Violence
- HIV & STDs/STIs
- Vaccinations
- Women's Health
- Nutrition
- Oral Health
- And much more!

Immunization Coalition of LA County

The Immunization Coalition of Los Angeles County is a diverse, grassroots, community-based partnership of Los Angeles County hospitals, schools, clinics, health department programs, pharmacies, health plans, vaccine companies, and non-profit organizations with a mission to work together to improve access to the medically recommended immunizations for adults and adolescents, especially among groups at highest risk for vaccine preventable diseases in Los Angeles County.

If you are interested in getting vaccinated, looking for vaccination records, or reading up on the latest ICLAC news, please visit this website: <https://immunizelac.org/>



Need a Presentation on the COVID-19 Vaccine, Hands Only CPR, or other Health Topics?



The Los Angeles County Department of Public Health offers an array of presentations, including COVID-19, COVID-19 vaccines, and Monkeypox. If you would like to schedule a presentation for your organization, click this link: <http://tinyurl.com/562dad3e>.

Angelenos in Action

Join Angelenos in Action, a voluntary public health survey that takes less than 1-minute each week and helps us monitor respiratory illness throughout LA County.

Here's how it works:

1. Text "@PROTECT" to (833) 228-3056 to volunteer for our survey or sign up online using this link: <http://tinyurl.com/ys6se6we>.
2. Answer 5 quick questions to sign up.
3. You will be randomized to receive surveys one day a week.
4. Every week on that day, the LA County Department of Public Health will text or email you one YES/NO question to ask how you're feeling.
5. If you feel unwell, you will be asked two more YES/NO questions about symptoms of respiratory illness.

All data is kept completely private. To read more about Angelenos in Action, please click <http://tinyurl.com/bdhjuvje>.



Office of Violence Prevention - GVRO's



A Gun Violence Restraining Order, or GVRO, is a law that was approved by the State of California in 2016. The GVRO allows family members, household members, some employers, colleagues, teachers, and law enforcement to take action to prevent a person who poses a significant risk of harming themselves or others from having or purchasing a gun, ammunition, or magazine for a specified length of time, between 21 days and five years. To find out more on who can request one, and how to request one, please click this link: <http://tinyurl.com/y3hfb575>.

Free Naloxone Clinics

A number of Los Angeles County public libraries are hosting FREE Naloxone Clinics. Naloxone is a lifesaving medication that can reverse the effects of an opioid overdose.

No identification or proof of insurance is required. To find the clinic closest to you, please visit this website: <http://tinyurl.com/y5z2edu3>



SPA 7 Resources and Upcoming Events

Free Food Distribution and Produce Distribution

Free food distribution is every first Wednesday of the month at the Whittier Wellness Community (WWC). Upcoming distribution is on Wednesday, July 2, starting at 8:30am.

For more information visit: [WWC Produce Distribution](#)



Free Outdoor Wi-Fi and Hotspots at Select LA County Libraries



The Los Angeles County Library is now offering free outdoor Wi-Fi, and portable hotspots at several of participating libraries. Visit one of our participating locations and use your device to get connected or take home a portable hotspot for up to 6 weeks!

For free outdoor Wi-Fi, click this link to find participating locations: <http://tinyurl.com/2s47amy>.

For a portable hotspot, click this link to find participating locations:

<https://tinyurl.com/2k5edcbm>.

Free CPR Classes

The Critical Care Training Center is offering CPR classes. If you're interested in earning a CPR certification, please click this link to find the classes closest to you: <http://tinyurl.com/mrxpj9t5>. All classes are free and are offered in English and Spanish.



Vaccinate L.A. Newsletter



Sign up for the COVID-19 Vaccine Newsletter to stay updated on COVID-19 related facts. Visit [VaccinateLACounty.com](https://vaccinatelacounty.com) to learn more about:

- [In Home Vaccines](#)
- [Vaccine Schedule](#)
- [Vaccine Data](#)
- [Vaccine Records](#)
- Vaccine Facts - [English](#) | [Español](#)
- Vaccine Side Effects - [English](#) | [Español](#)

Useful Links and Resources

[iPrevail Online Mental Health Resource](#)
[COVID-19 Post-Surge Dashboard](#)
[COVID-19 Vaccination Distribution Dashboard](#)
[COVID-19 Vaccine Information](#)
[COVID-19 Vaccination Records](#)
[COVID-19 Surveillance Dashboard](#)
[COVID-19 Testing](#)
[Flu Vaccines](#)
[Free Tax Preparation Services](#)
[Free Snack Program](#)
[Get Ahead LA Financial Resources](#)
[Headspace: Free Mindfulness App](#)
[LA County America's Job Center of California](#)
[LA County's COVID-19 Tenant Protections Resolution](#)
[LA County's Office of Immigrant Affairs](#)
[LA County's Office of Emergency Preparedness and Response Program](#)
[LA County Youth Suicide Prevention Project](#)
[LA Department of Water & Power Bill Credit](#)
[LA Public Health Podcast](#)
[Laptop and Hotspot Loans from LA County Libraries](#)
[Masks – Free N-95](#)
[Mental Health Support](#) (800) 854-7771 or text "LA" to 741741
[Metro LIFE Program](#)
[National Suicide Prevention Lifeline](#)
[Opportunity LA: Child Savings Account for LAUSD Students](#)
[Request a Mobile Vaccination Team](#)
[Report a violation](#) (888) 700-9995, Monday – Friday from 8:00AM to 5:00PM
[SoCalGas Assistance Fund](#)
[Southern California Edison Assistance](#)

For additional resources, please dial 2-1-1

For more information on COVID-19, please [visit our website](#)

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