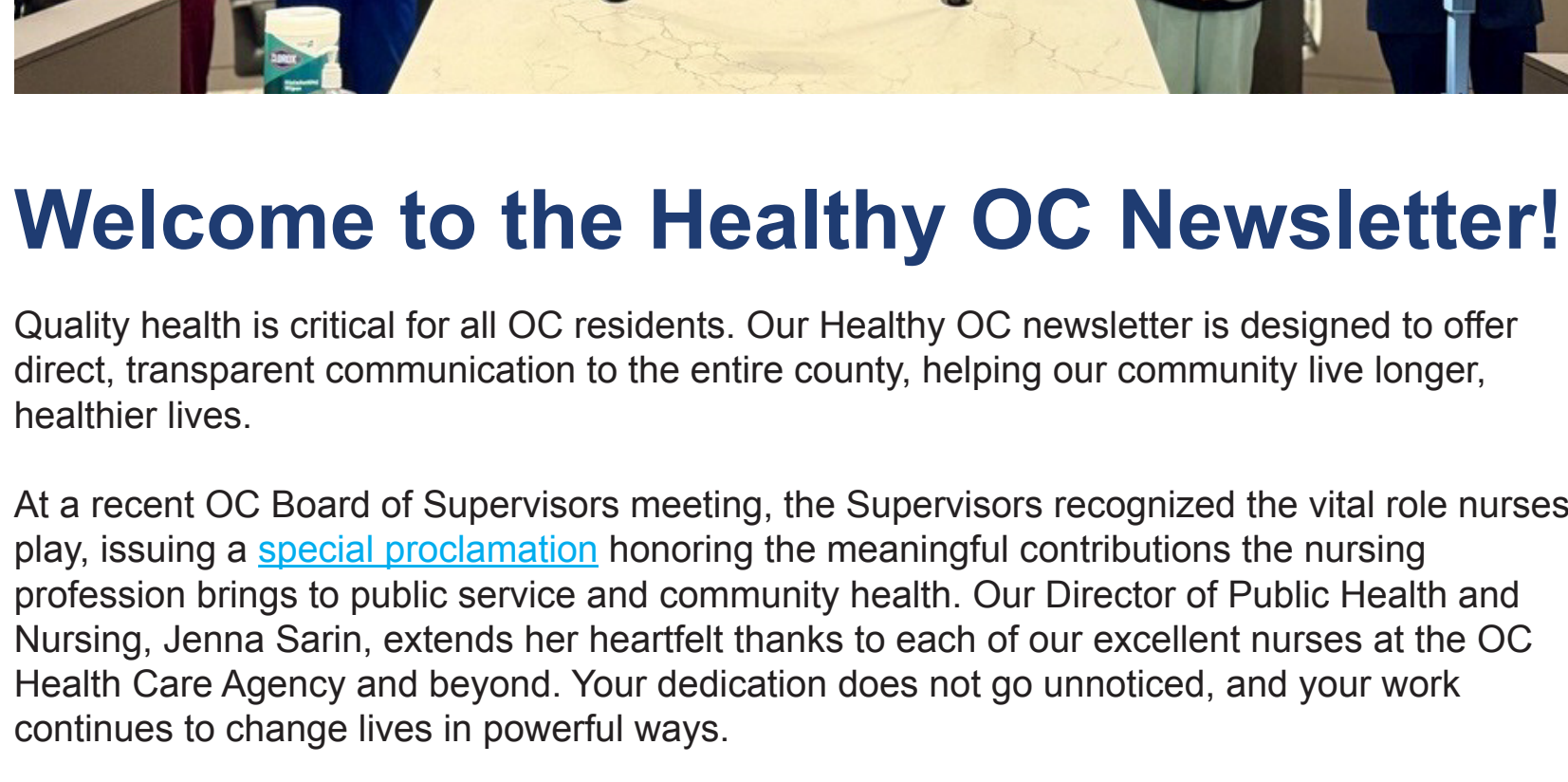


healthyOC

July 2026



Welcome to the Healthy OC Newsletter!

Quality health is critical for all OC residents. Our Healthy OC newsletter is designed to offer direct, transparent communication to the entire county, helping our community live longer, healthier lives.

At a recent OC Board of Supervisors meeting, the Supervisors recognized the vital role nurses play, issuing a [special proclamation](#) honoring the meaningful contributions the nursing profession brings to public service and community health. Our Director of Public Health and Nursing, Jenna Sarin, extends her heartfelt thanks to each of our excellent nurses at the OC Health Care Agency and beyond. Your dedication does not go unnoticed, and your work continues to change lives in powerful ways.



Heat Stroke is No Joke!

Dehydration can sneak up on anyone – even the young and healthy – and lead to serious conditions. That's why staying hydrated isn't optional, especially when temperatures are rising.

In our latest Health Corner, Dr. Michele Cheung shares the warning signs to watch for with heat-related illnesses. With hotter days of summer upon us, this is a good time to review the signs and symptoms of heat-related illness and what to do if they happen to you or your loved ones!

[Protect Yourself](#)

Beach Water and Swimming Safety

Summer in Orange County means sunshine, swimming, and lots of family fun. Whether it's a day at the beach, splashing around in the backyard, or a trip to the local community pool, there's no shortage of water activities to enjoy. But with all that fun comes a serious reminder: where there's water, there's also risk.

Drowning is the leading cause of death for kids 1–4 years old. Most drownings happen in the summer and for young children, drownings are most likely to occur in pools. Drowning can happen quickly and quietly – even with adults nearby. The good news is that drowning is preventable, and a few simple steps can keep your children safe around water!

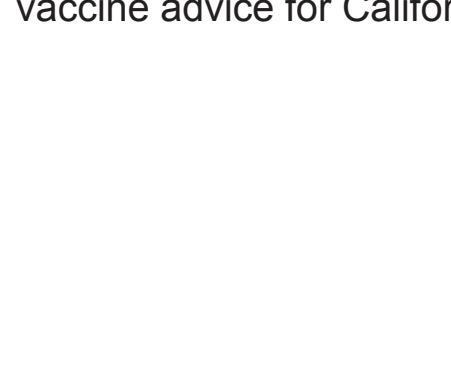
[Water Safety ABCs](#)

Clinical Skills Training

Investing in our clinical workforce keeps our team prepped and ready to do their jobs. Each year, the HCA hosts a refresher course for clinic staff within Public Health, Behavioral Health, Correctional Health and Emergency Medical Services to strengthen their skills, refresh their hands-on training, and support ongoing preparedness efforts.

This initiative promotes clinical excellence and professional development by empowering nurses and key HCA clinical staff to grow their experience, build connections, and collaborate toward our shared commitment to quality health care.

[Nursing Services](#)



Immunization Awareness Month

Thanks to vaccines, many serious diseases that once threatened humans like tetanus, diphtheria, polio, and measles are now far less common than they used to be. But did you know that vaccines are not just for children? As we age, vaccine advice adjusts to our different needs at different stages of life – today, there are vaccines recommended for adolescents, adults, and older adults.

It is natural to have questions about vaccines. After all, they are given to healthy people with the goal of preventing illness. Because of that, vaccines go through careful study and testing before being approved, and they continue to be monitored for safety once they are in use.

The OC Health Care Agency looks to the [California Department of Public Health](#) for the best vaccine advice for Californians – information is posted for the public on our website!

[Learn More](#)

DUMP & DRAIN

MOSQUITOESSUCK.ORG

West Nile Virus Season!

It starts with water. And it ends with bites. West Nile virus (WNV) is most common during the summer months and can be spread by mosquitoes carrying the virus. You can track WNV activity in Orange County by [clicking here](#).

While the current WNV risk rating for OC is low, we're asking everyone to take a few minutes to make a big impact preventing mosquitoes at the source. From buckets to plant saucers, even the smallest water source can produce mosquitoes in just a few days. So make sure you:

- Empty containers
- Tip out plant saucers
- Wear a repellent containing DEET, Picaridin, or Oil of Lemon Eucalyptus when outside

[Symptoms, Risks and More](#)

About Communicable Disease Control

Communicable disease prevention is important because it protects the whole community and can reduce the spread of illnesses like influenza, RSV (respiratory syncytial virus), legionella and even the measles.

The OC Health Care Agency [works to prevent and control](#) the spread of infectious diseases in our community. We work with local health providers, community partners and other government agencies to identify outbreaks of disease and develop strategies to prevent and respond to them.

[Watch Our Video](#)



Behavioral Health Support

Life can bring daily ups and downs. During uncertain times, it's okay to seek support. Whether you're looking for mental health resources, family support or community services, [OCNavigator.org](#) is a trusted place to start.

Remember, you are not alone! ❤️

[Find Resources](#)



Join Our Team

We are continuously recruiting for key roles that strive to create a safe and healthy place to work, live and play in Orange County. This includes Environmental Health Specialists, Behavioral Health Clinicians, Nurses and so much more.

Ready to help reach and improve the lives of people in your community? Search "Health Care Agency" on our jobs listing website.

[Apply Now](#)