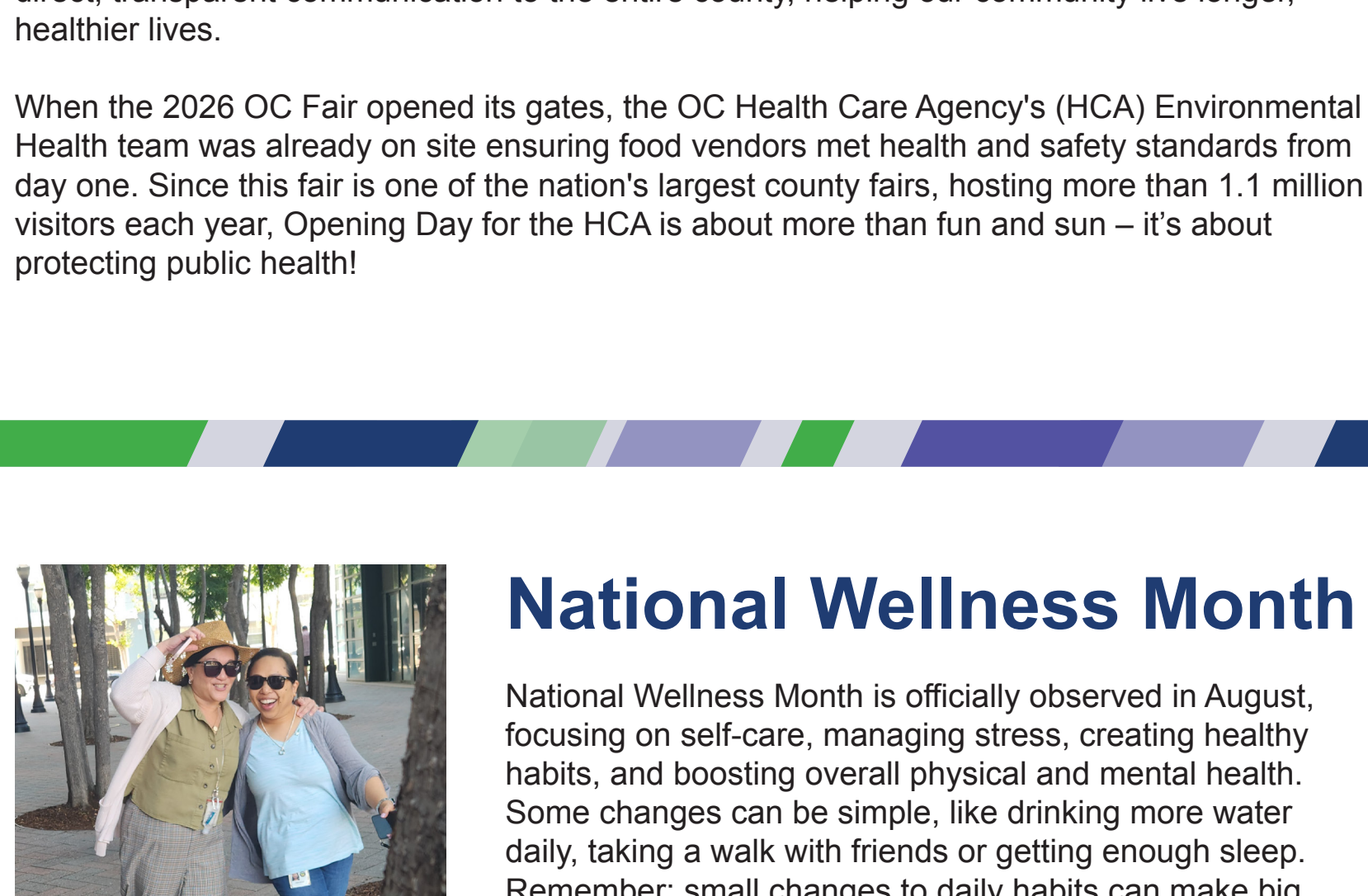


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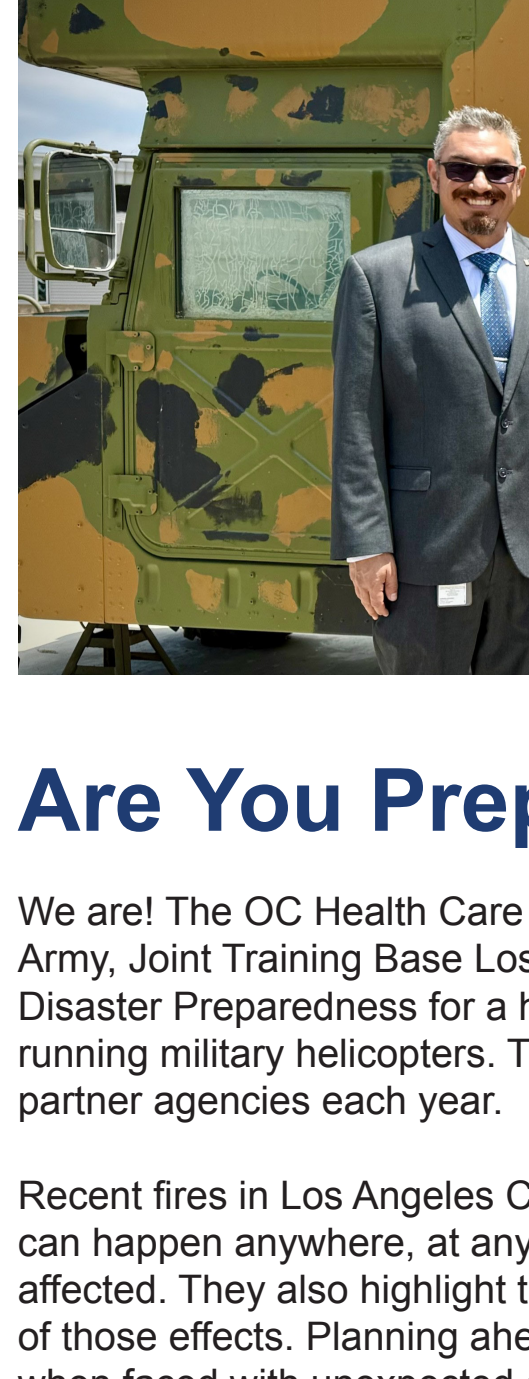
August 2026



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.

When the 2026 OC Fair opened its gates, the OC Health Care Agency's (HCA) Environmental Health team was already on site ensuring food vendors met health and safety standards from day one. Since this fair is one of the nation's largest county fairs, hosting more than 1.1 million visitors each year, Opening Day for the HCA is about more than fun and sun – it's about protecting public health!



National Wellness Month

National Wellness Month is officially observed in August, focusing on self-care, managing stress, creating healthy habits, and boosting overall physical and mental health. Some changes can be simple, like drinking more water daily, taking a walk with friends or getting enough sleep. Remember: small changes to daily habits can make big improvements in your overall wellness!

[Explore Resources](#)

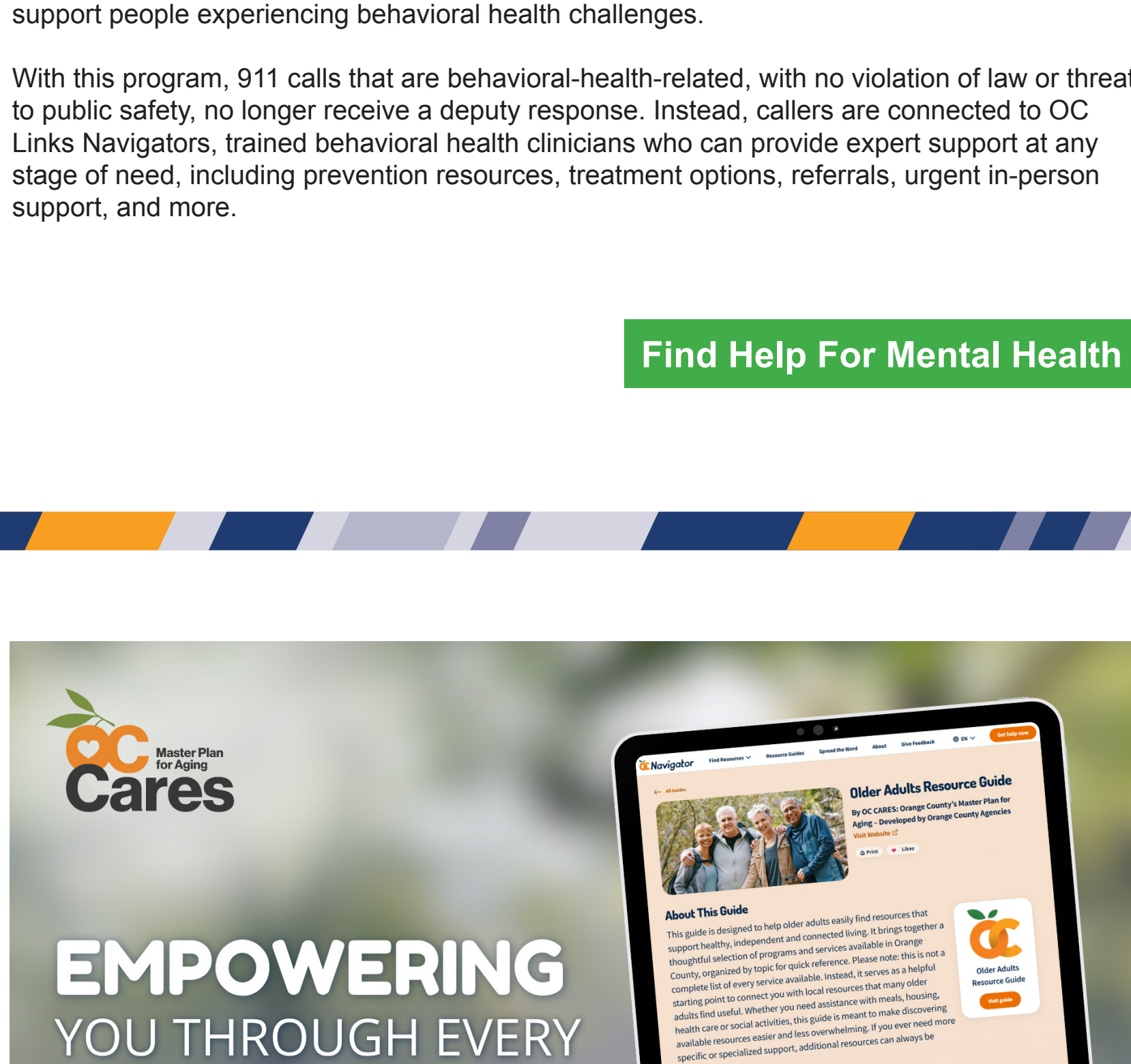


Are You Prepared for a Disaster?

We are! The OC Health Care Agency's Emergency Medical Services team joined the U.S. Army, Joint Training Base Los Alamitos, Falck Ambulance, UCI Medical Center, and Health Disaster Preparedness for a hands-on exercise in hot loading and unloading patients from running military helicopters. This is one of many disaster drills practiced by the HCA and other partner agencies each year.

Recent fires in Los Angeles County and earthquakes in Venezuela remind us that disasters can happen anywhere, at any time, and can have devastating impacts on the lives of those affected. They also highlight the importance of preparing for a disaster to help mitigate some of those effects. Planning ahead can go a long way in protecting yourself and your loved ones when faced with unexpected events. Key components of emergency preparedness that you can apply to your plans include: prevention, response and recovery.

[Ready To Get Ready?](#)



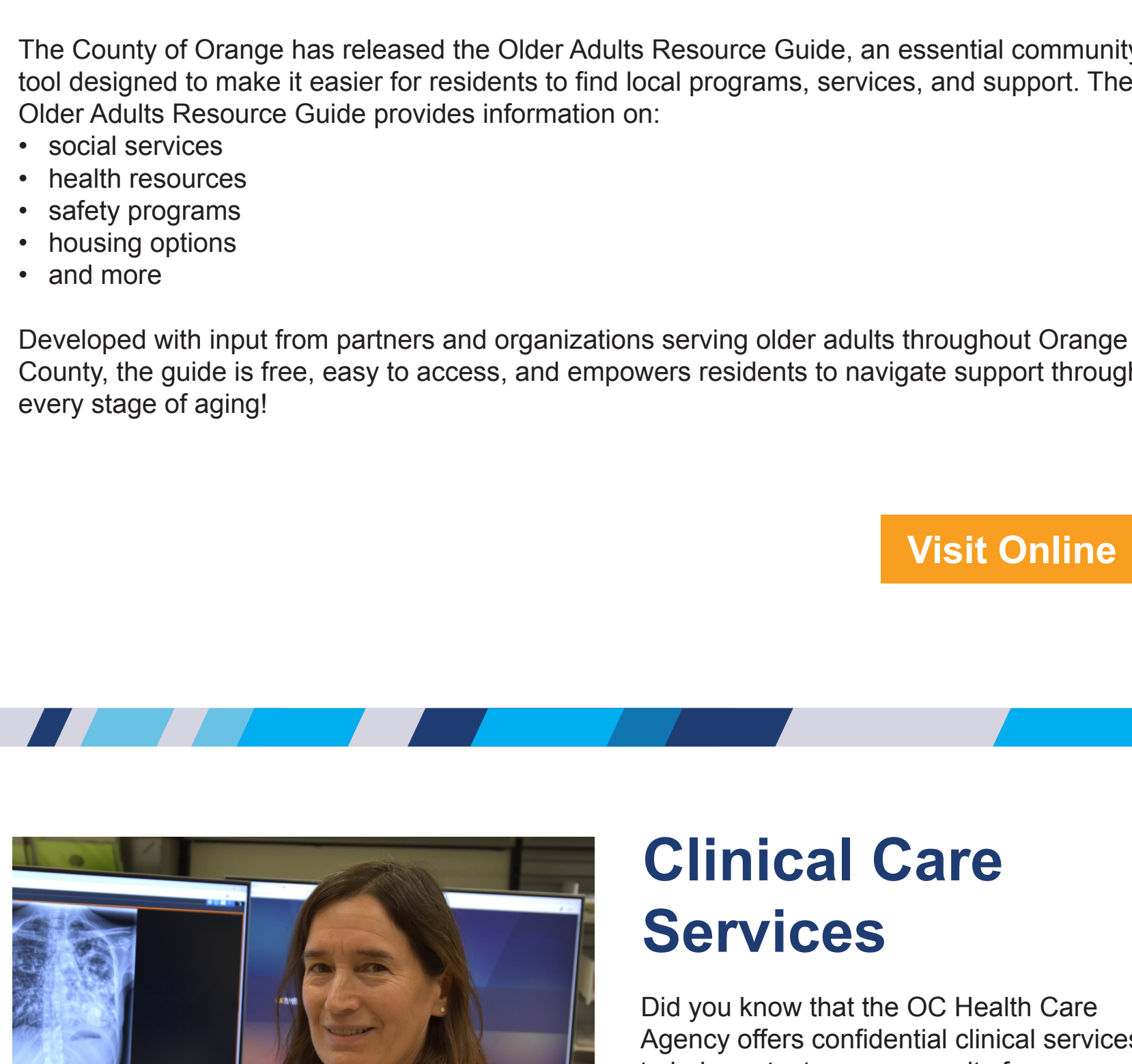
911 Diversion

A mental health condition is a medical issue, not a criminal one, and when people are struggling, they need understanding, compassion and care.

That's why the OC Health Care Agency, in partnership with the Orange County Sheriff's Department, is enhancing the County of Orange's crisis call diversion program to better support people experiencing behavioral health challenges.

With this program, 911 calls that are behavioral-health-related, with no violation of law or threat to public safety, no longer receive a deputy response. Instead, callers are connected to OC Links Navigators, trained behavioral health clinicians who can provide expert support at any stage of need, including prevention resources, treatment options, referrals, urgent in-person support, and more.

[Find Help For Mental Health](#)



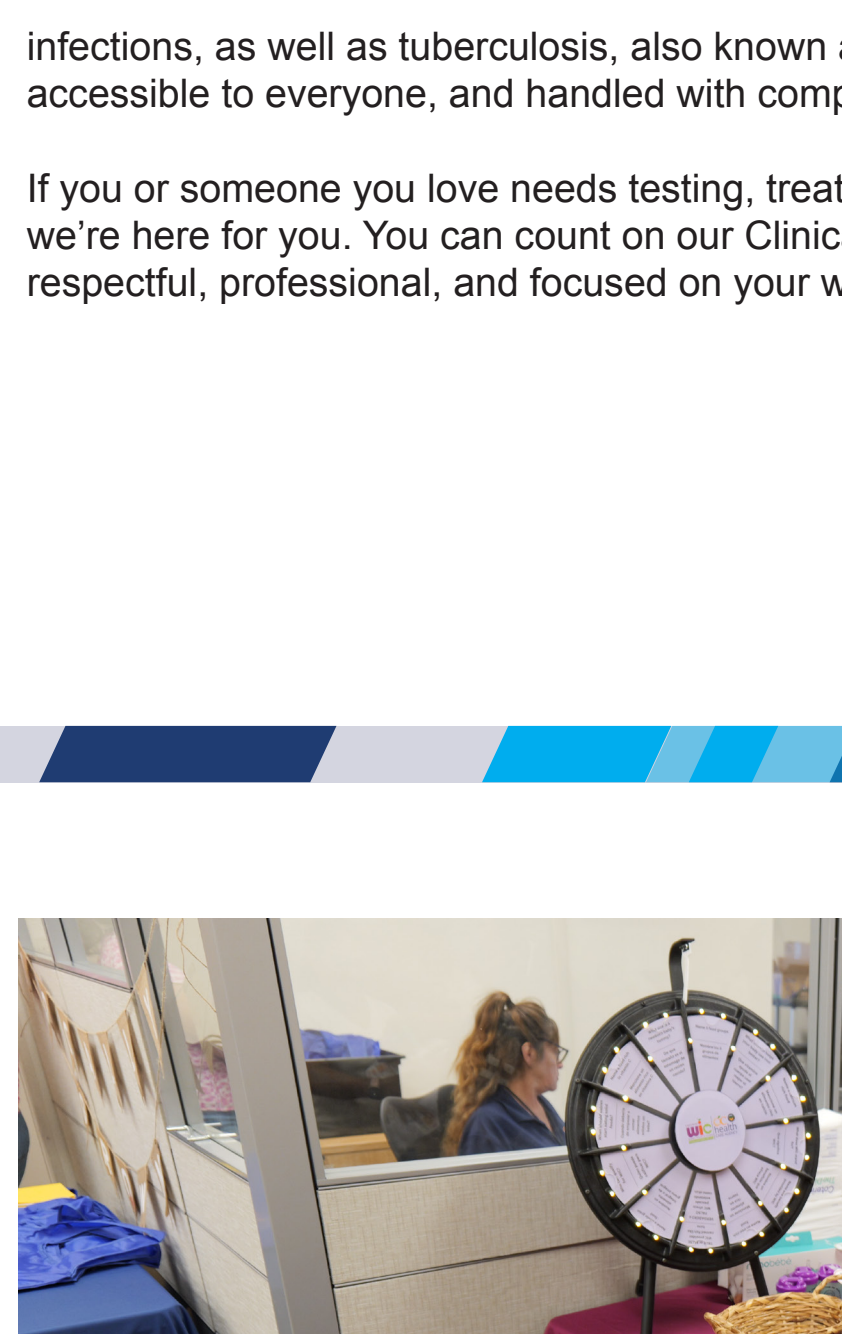
Older Adult Resources

The County of Orange has released the Older Adults Resource Guide, an essential community tool designed to make it easier for residents to find local programs, services, and support. The Older Adults Resource Guide provides information on:

- social services
- health resources
- safety programs
- housing options
- and more

Developed with input from partners and organizations serving older adults throughout Orange County, the guide is free, easy to access, and empowers residents to navigate support through every stage of aging!

[Visit Online](#)

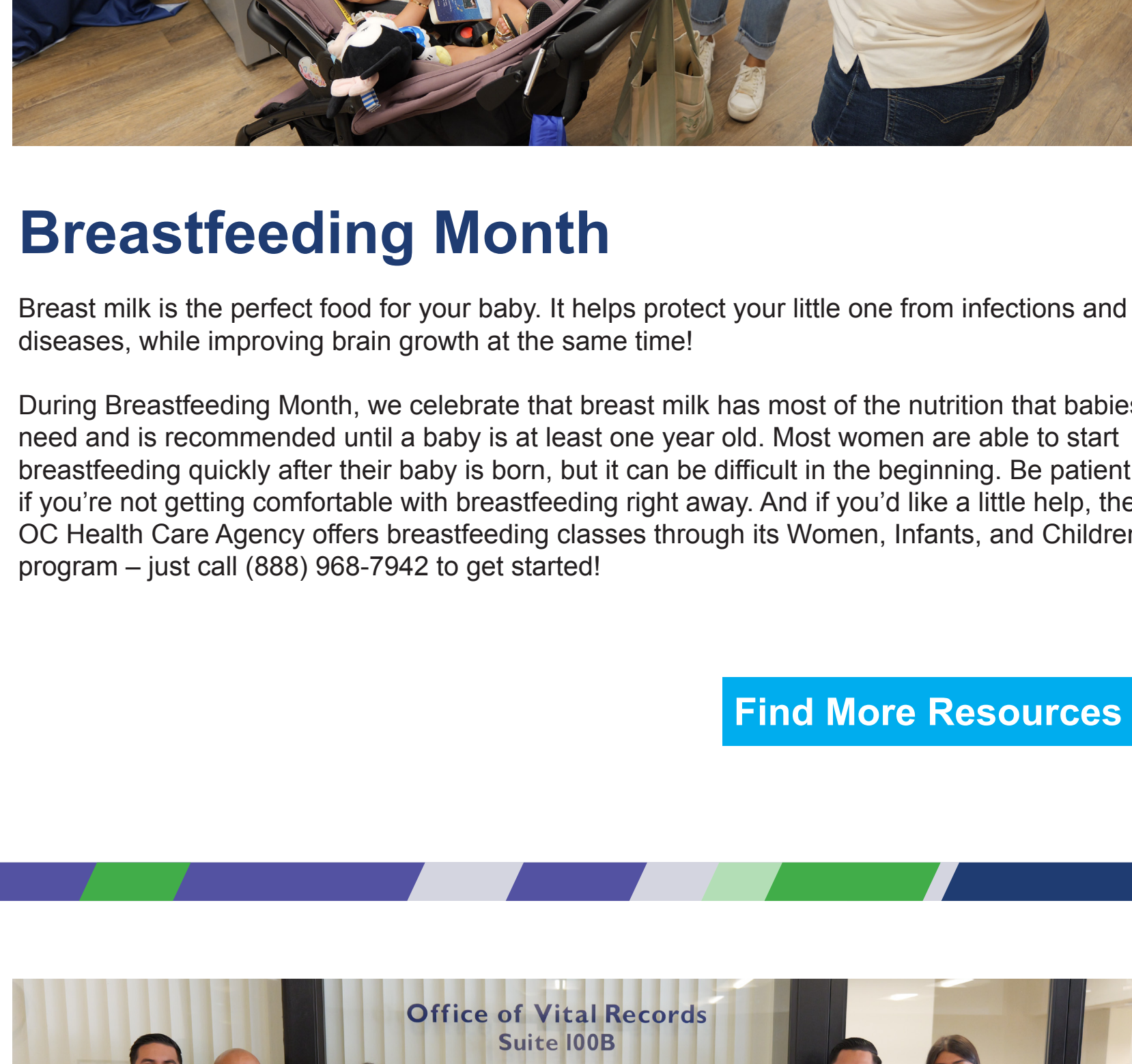


Clinical Care Services

Did you know that the OC Health Care Agency offers confidential clinical services to help protect our community from infectious diseases? Services are performed by the Public Health Service's Clinical Services team, which plays a vital role in preventing and managing illnesses like HIV and other sexually transmitted infections, as well as tuberculosis, also known as TB. These services are free or low-cost, accessible to everyone, and handled with compassion and care.

If you or someone you love needs testing, treatment, or help managing a condition like TB, we're here for you. You can count on our Clinical Services team to provide care that's respectful, professional, and focused on your well-being.

[Get Clinical Care](#)

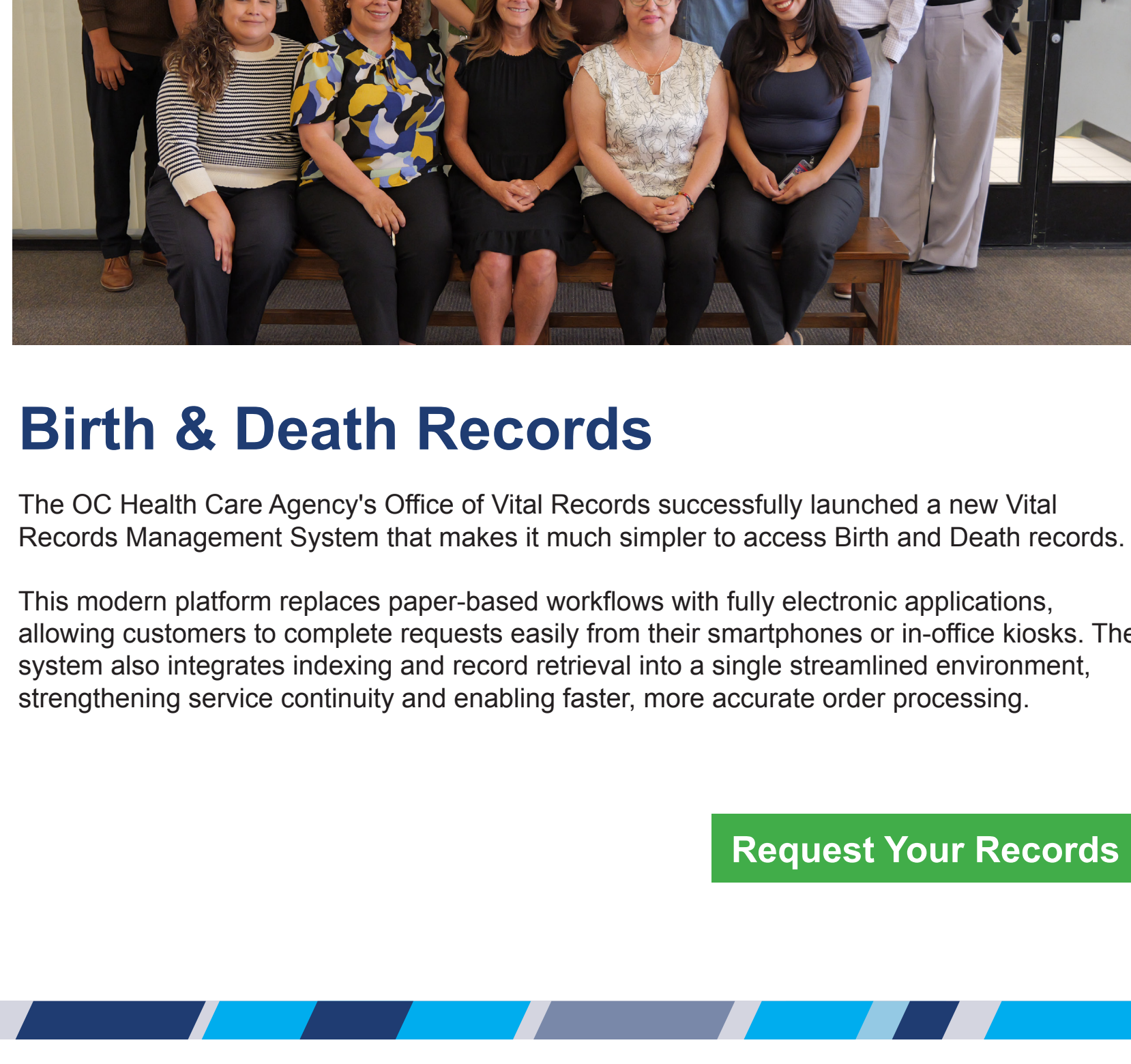


Breastfeeding Month

Breast milk is the perfect food for your baby. It helps protect your little one from infections and diseases, while improving brain growth at the same time!

During Breastfeeding Month, we celebrate that breast milk has most of the nutrition that babies need and is recommended until a baby is at least one year old. Most women are able to start breastfeeding quickly after their baby is born, but it can be difficult in the beginning. Be patient if you're not getting comfortable at breastfeeding right away. And if you'd like a little help, the OC Health Care Agency offers breastfeeding classes through its Women, Infants, and Children program – just call (888) 968-7942 to get started!

[Find More Resources](#)



Birth & Death Records

The OC Health Care Agency's Office of Vital Records successfully launched a new Vital Records Management System that makes it much simpler to access Birth and Death records.

This modern platform replaces paper-based workflows with fully electronic applications, allowing you to complete requests easily from fully electronic kiosks or in-office kiosks. The system also integrates indexing and record retrieval into a single streamlined environment, strengthening service continuity and enabling faster, more accurate order processing.

[Request Your Records](#)



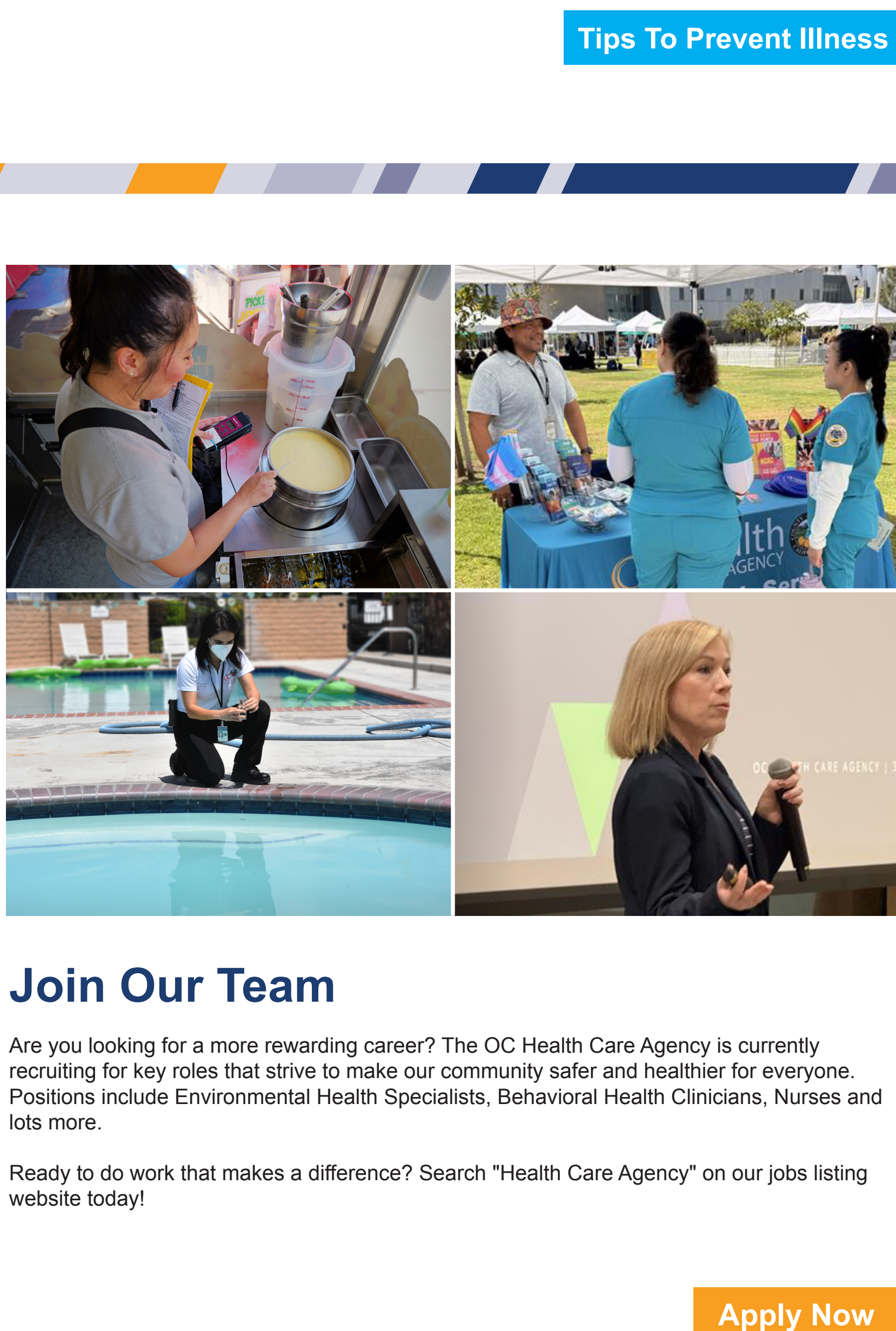
Keep Your Food Safe!

Even though the US has one of the safest food supplies in the world, the Centers for Disease Control estimates that 48 million people a year get sick from something they ate – and 128,000 of them end up in the hospital.

That's why OC Health Care Agency Environmental Health experts work to make food safety easy to understand and even easier to practice. You can prevent foodborne illnesses from affecting you and your family with a few simple habits – like storing food properly, cooking to the right temperature, and washing your hands with warm water and soap.

Hungry for more helpful tips, myth-busting facts, and everyday food safety guidance you can use right away? Check out our website now!

[Tips To Prevent Illness](#)



Join Our Team

Are you looking for a more rewarding career? The OC Health Care Agency is currently recruiting for key roles that strive to make our community safer and healthier for everyone. Positions include Environmental Health Specialists, Behavioral Health Clinicians, Nurses and lots more.

Ready to do work that makes a difference? Search "Health Care Agency" on our jobs listing website today!

[Apply Now](#)