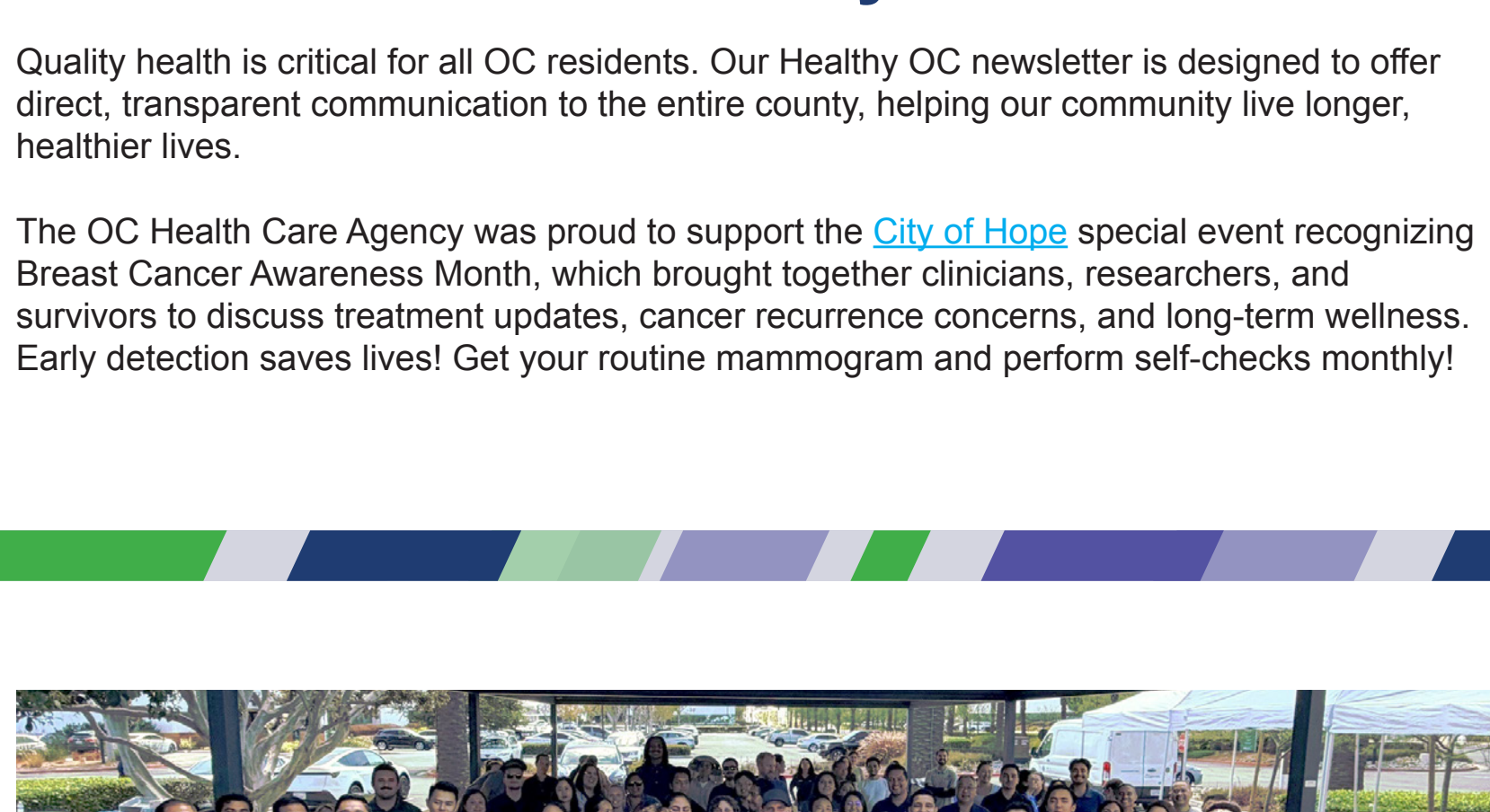


healthyOC

October 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.

The OC Health Care Agency was proud to support the [City of Hope](#) special event recognizing Breast Cancer Awareness Month, which brought together clinicians, researchers, and survivors to discuss treatment updates, cancer recurrence concerns, and long-term wellness. Early detection saves lives! Get your routine mammogram and perform self-checks monthly!

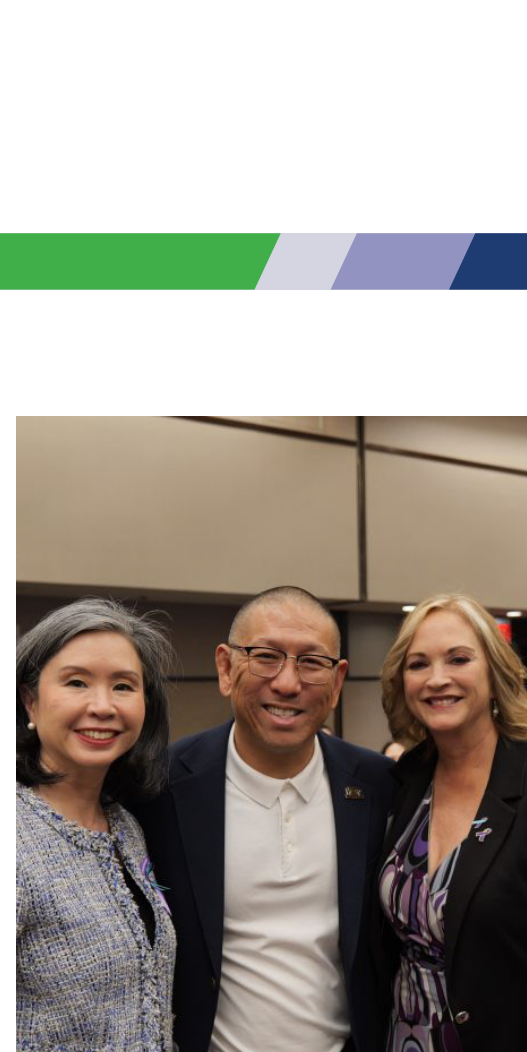
Fighting Food Allergens for You

Awareness of food allergens continues to grow, and it's important for communities to learn how to reduce the risk of allergic reactions. Recognizing the signs and symptoms of an allergic reaction early can support quicker and more effective responses. Proper training and careful food-handling practices also play a key role in preventing cross-contact, strengthening overall safety for individuals with food allergies.

The OC Health Care Agency Environmental Health division supports these efforts by promoting education, compliance, and safe food-service practices at food facilities throughout Orange County, helping create a safer dining environment for everyone.

[Learn More](#)

It's Flu Vaccine Time!



As flu season begins, it's time to take steps to help protect yourself, your family, and your community. While flu activity remains relatively low nationwide, health officials are seeing early increases in influenza activity in some parts of the country, making prevention especially important.

One option to help reduce your risk of illness is the annual flu vaccine. In addition to vaccination, simple everyday habits can help prevent the spread of respiratory illnesses like washing your hands frequently and covering your coughs and sneezes with a tissue or your elbow.

A healthy community starts with prevention. Getting vaccinated and practicing healthy habits can help keep Orange County healthy all season long.

[Read More](#)

How the HCA Engages Justice-Involved Individuals



The OC Health Care Agency (HCA) assists justice-involved individuals to build healthier, more stable futures through coordinated health care, behavioral health treatment, substance use services, and reentry support.

The HCA was a proud sponsor of a special event with [Project Kinship](#) focused on OC Public Safety and Re-Entry, a powerful gathering centered on healing, hope and transformation. Working closely with County of Orange partners and community organizations, the HCA helps individuals address underlying challenges, develop life skills, connect with needed resources, and prepare for a successful return to the community.

The goal is to support recovery, promote self-sufficiency, strengthen family and community connections, and help individuals create a positive path forward.

[Learn More](#)

The Art of Handwashing

Handwashing isn't just a routine – it's a powerful way for kids to protect themselves and the people they love. After all, clean hands lead to healthy kids (and parents)!

Adults can make a big impact by turning handwashing into a fun, everyday habit. Sing a short song together, make it a game, or simply wash hands alongside your child to show how important it is. These small moments help little ones build lifelong healthy habits that keep everyone smiling and healthy!

[Best Practice Tips](#)

Sweet Dreams Start with Safe Sleep

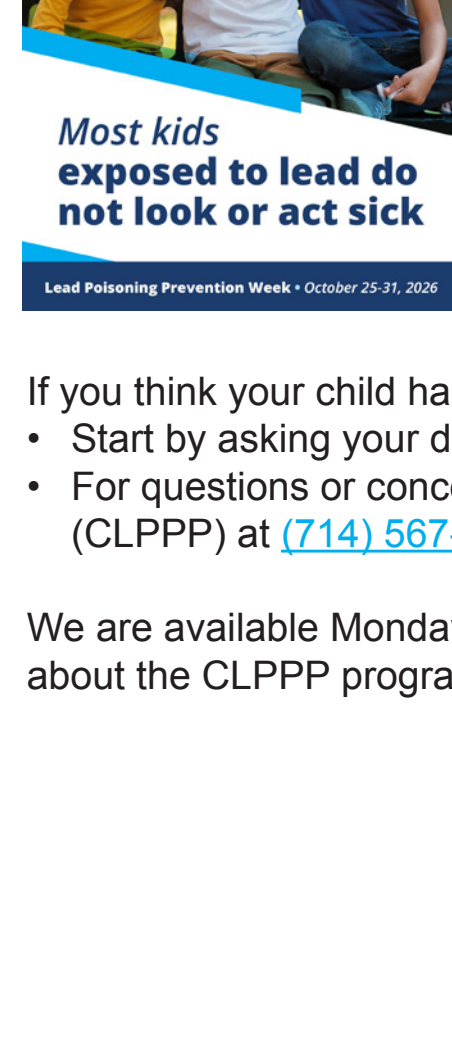
Getting good sleep is important for your baby's growth and development. Parents and caregivers can help create a safe sleep environment by:

- always placing babies on their backs for naps and nighttime sleep
- keeping the sleep area free of blankets, pillows, stuffed animals, and other loose items – a firm mattress with a fitted sheet is all that's needed in a crib or bassinet
- giving babies supervised tummy time during waking hours to help strengthen muscles and support healthy development

Quick Tip: Back to sleep, every sleep! Place your baby on their back for every nap and bedtime during their first year.

[More Tips For Baby's First Year](#)

Childhood Lead Poisoning Prevention



Most children exposed to lead don't look or act sick, yet the effects can quietly build over time. The good news is that a simple blood test can catch exposure early and protect your child from long-term harm. Lead can be found in many places inside and outside the home, so be sure to take a moment to [learn about the sources of lead](#) so you can choose safer everyday products for your family.

- If you think your child has been exposed to lead:
- Start by asking your doctor for a blood lead test
 - For questions or concerns contact the OC Childhood Lead Poisoning Prevention Program (CLPPP) at [\(714\) 567-6220](tel:7145676220) or lead@ochca.com

We are available Monday through Friday, 8 am to 5 pm, excluding major holidays. Learn more about the CLPPP program below.

[Protect Your Family](#)

Support For Women, Infants & Children

The Women, Infants, and Children (WIC) program is more than a food program – it's a locally rooted support system helping nurture the next generation. As part of the program's ongoing efforts to build community connection while continuing to modernize services, WIC launched electronic benefit transfer at local farmers markets, issuing \$7,560 in incentive dollars to more than 200 Orange County families, while also supporting small farmers.

WIC Open House events allow you to meet the caring staff behind the telehealth phone calls, learn about healthy eating, and receive lactation support. Connect with your local team to find out how WIC can support your family!

[Connect For Services](#)

The Drug Take-Back Event!

Clearing out unused medications from your home helps prevent misuse and accidental poisonings, keeping everyone in your family safe. And with Take Back Day happening this month, you can make a difference in just a few minutes!

Clean out your medicine cabinet and take action by dropping off unneeded or expired prescription medications at a local collection site on Saturday, October 24, from 10 am to 2 pm.

Unneeded, expired, or unused prescription medications like tablets, capsules, patches, and sealed liquids are all accepted – but please note that syringes, sharps, and illicit drugs are not.

[Find A Location](#)

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](#)