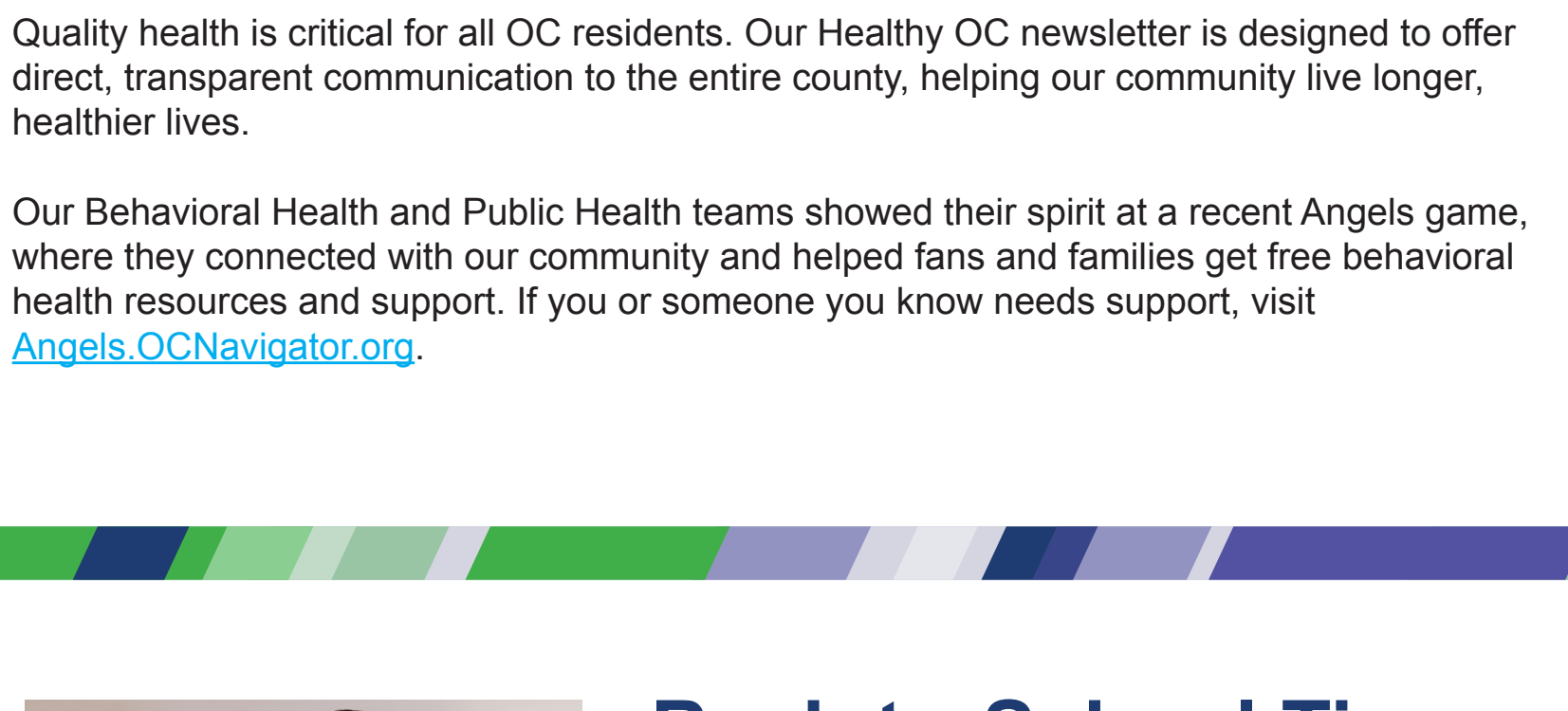




Back to School 2026



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.

Our Behavioral Health and Public Health teams showed their spirit at a recent Angels game, where they connected with our community and helped fans and families get free behavioral health resources and support. If you or someone you know needs support, visit Angels.OCNavigator.org.



Back-to-School Tips for Families

Can you believe it's almost time to send your kids back to school again?!? If you need a little help managing your family's massive back-to-school to-do list, we can help!

From scheduling wellness check-ups with the pediatrician, to packing nutritious lunches, to posting your school year activities calendar on your refrigerator and more, check out our comprehensive back-to-school checklist now!

[Get Back-To-School Ready](#)

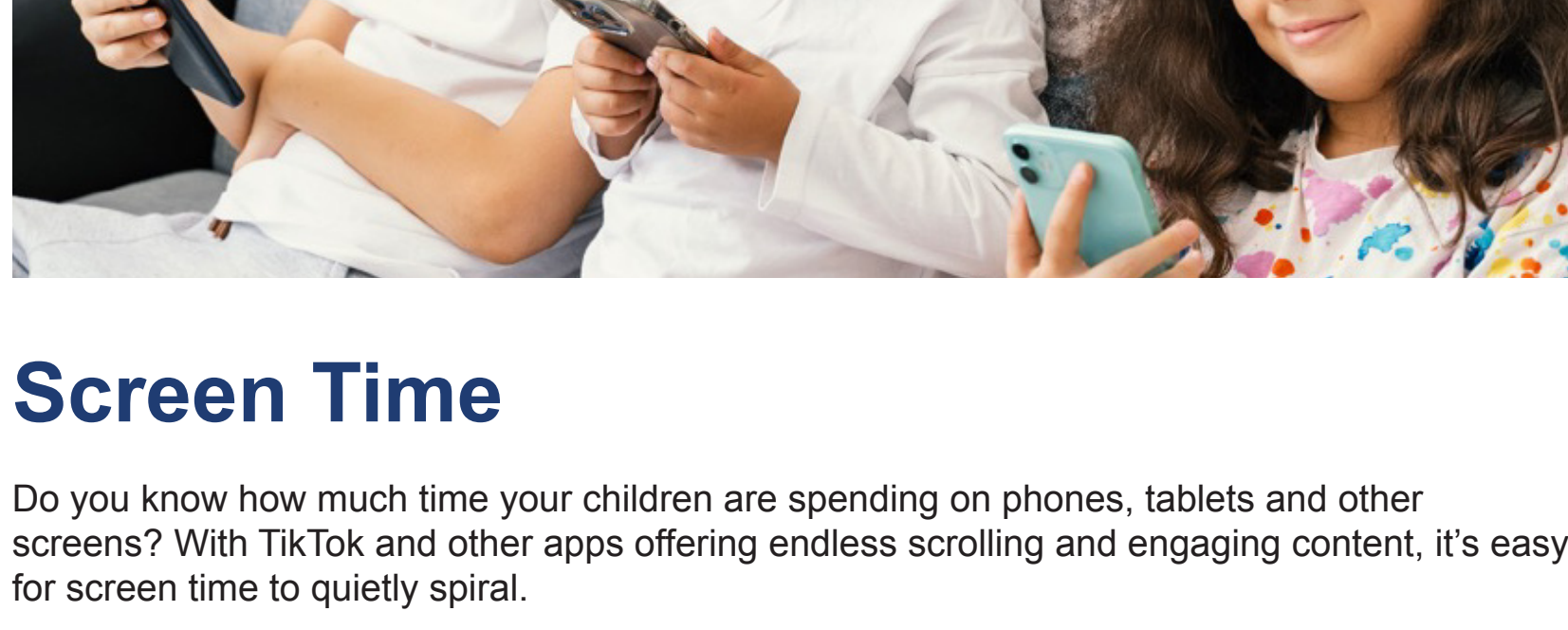


E-Bike Safety

How are your kids getting to school this year? Are they at the age where you're considering an [electric bike](#)? Biking can be a great way for children and teens to get to school or visit their friends. It's also a mode of transportation that needs close attention paid to safety, training, and understanding the risks.

While convenient and popular, e-bike accidents have become one of the leading causes of injury for school-aged children treated in emergency rooms. As you consider the purchase of an e-bike for your kids, learn more about the different types, and how to help your children stay safe!

[What Parents Need To Know](#)

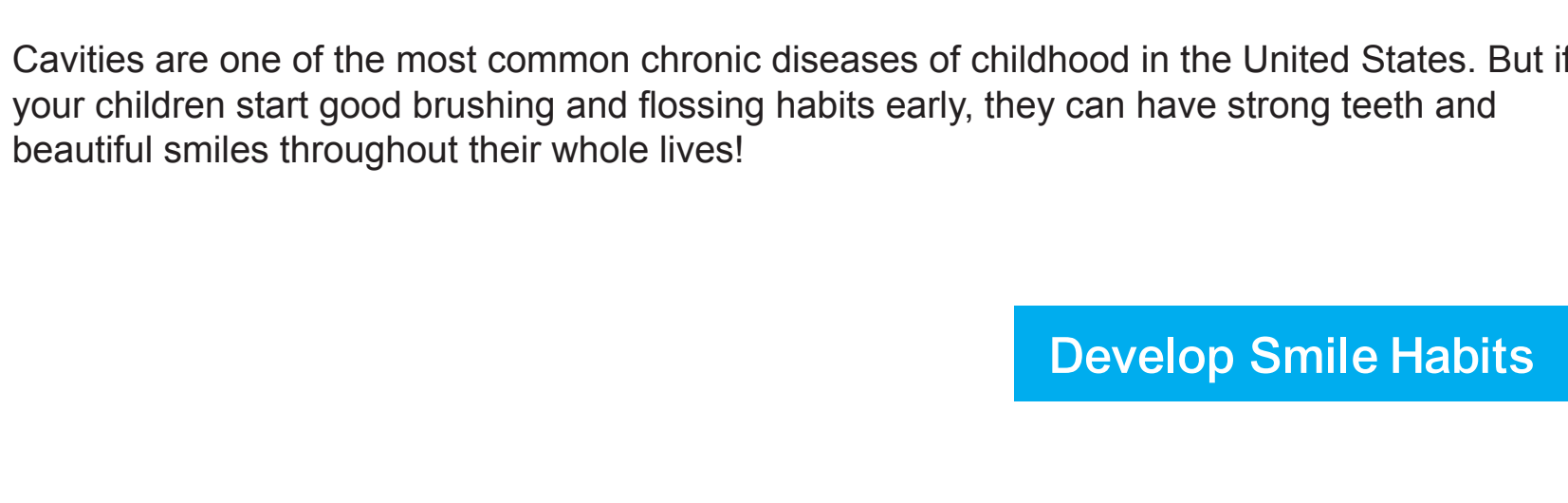


Screen Time

Do you know how much time your children are spending on phones, tablets and other screens? With TikTok and other apps offering endless scrolling and engaging content, it's easy for screen time to quietly spiral.

One of the most common signs of excessive screen use is poor sleep, as late-night viewing can disrupt rest and make mornings harder. To help protect your child's well-being before the new school year starts, consider setting screen time limits (at least during the week), and be sure to review their digital settings to encourage safer, more mindful technology use.

[Learn More](#)

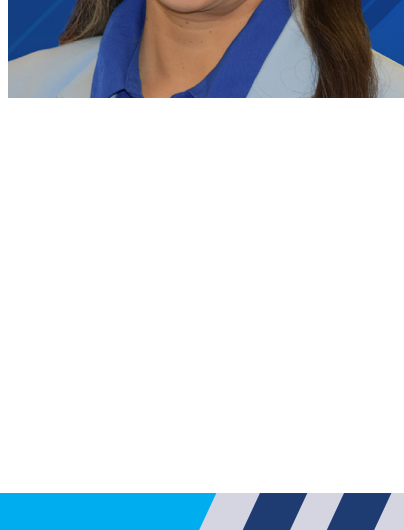


Check Out That Smile!

Have your kids been to the dentist lately? Send them back to school with a bright smile and good dental health habits!

Cavities are one of the most common chronic diseases of childhood in the United States. But if your children start good brushing and flossing habits early, they can have strong teeth and beautiful smiles throughout their whole lives!

[Develop Smile Habits](#)



HEALTH CORNER

Kids' Health and Safety

Back-to-school season is a great time to check your child's health and well-being. It's also the perfect time to catch up on routine vaccinations.

In this issue's Health Corner, trauma surgeon and Interim EMS Medical Director Dr. Almaas Shaikh shares how much prevention matters for children's health – especially when kids are growing fast and adjusting to new routines. So before your little ones head back to the classroom, schedule a checkup with their health care provider to make sure they're healthy, growing and ready to learn.

[Prepare For A Healthy Year](#)



Car Seat Safety

Car seats are one of the most effective ways to protect children in motor vehicle crashes, significantly reducing the risk of serious injury or death. A safe, properly installed car seat is not just a recommendation – it's a critical safety measure that can save a child's life.

Always choose the right seat for your child's age and size, install it correctly, and keep it in use until the child is ready for a seat belt alone. Don't have a car seat? There are local police departments, fire departments and health providers that offer car seat giveaway programs for those who qualify – and many offer car seat safety checks for proper installation, too!

[Is Your Car Seat Safe?](#)



Positive Parenting Program

Learning to cope with challenges is an important lifelong skill. The more resilient your kids become, the better they'll be able to persist and "bounce back," even when things aren't easy.

That's what the [Triple P – Positive Parenting Program](#) is all about. It helps parents and caregivers of children ages 0–16 better understand their kids' emotional and developmental needs. You can access tools to communicate and support better, navigate emotional issues and equip your kids to handle life's challenges.

This world-class program is available in English and Spanish, you can do it all online, and best of all, it's FREE in Orange County!

[Sign Up For Resources](#)

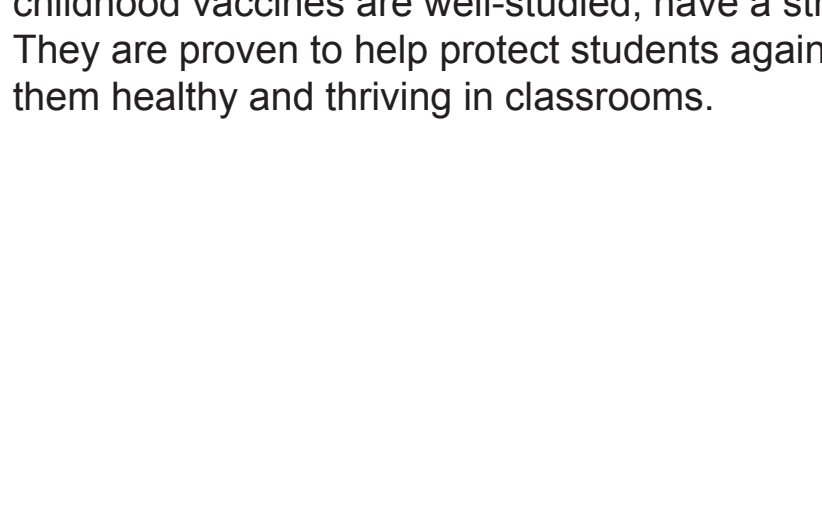
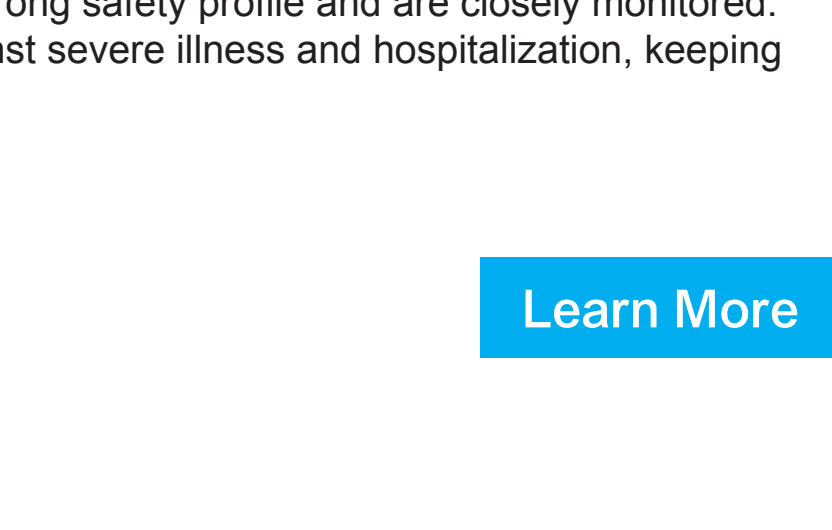
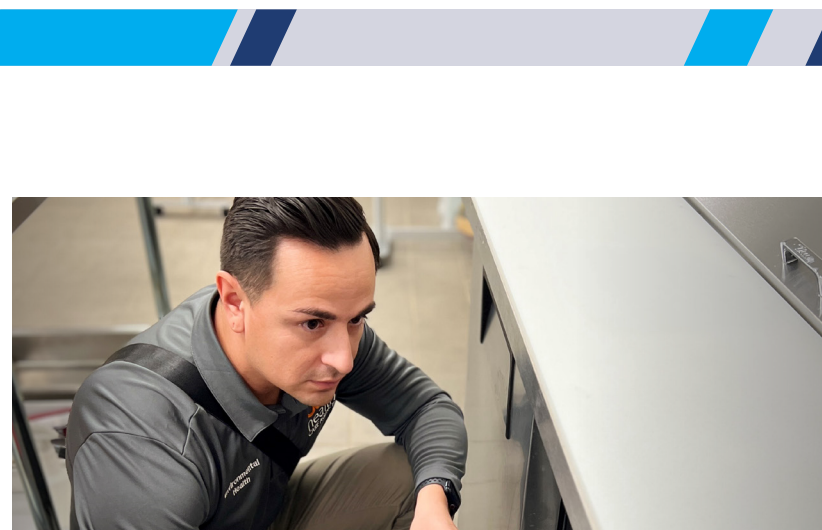
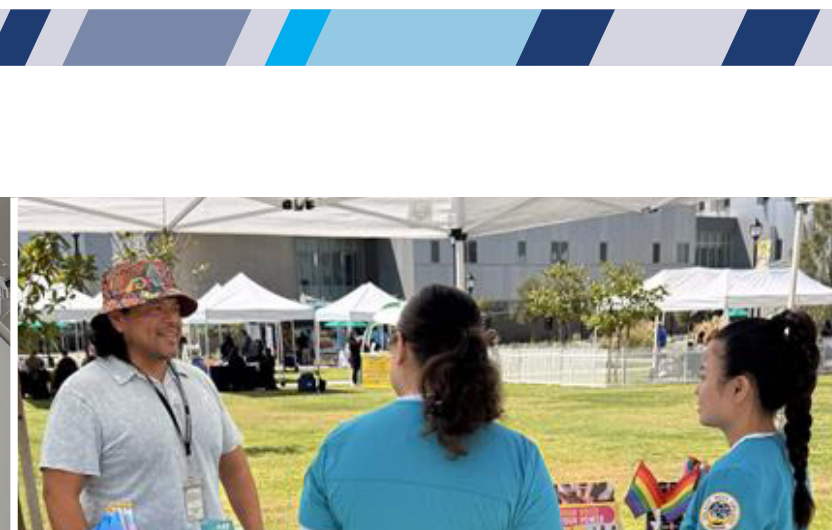


Immunization Awareness: Vaccines for Kids

The California Department of Public Health (CDPH) reminds families of the importance of routine vaccines as students return for the new school year. Vaccination helps keep kids in school and doing the activities they love by preventing the spread of serious illnesses.

California schools and childcare facilities require vaccines to prevent contagious diseases, including measles. Immunization requirements are the same as in previous years. Routine childhood vaccines are well-studied, have a strong safety profile and are closely monitored. They are proven to help protect students against severe illness and hospitalization, keeping them healthy and thriving in classrooms.

[Learn More](#)

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](#)