OC health CARE AGENCY

healthyOC

November 2026

Things we're thankful for!

Thankful for a Healthier Orange County

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

Today, OC Health Care Agency (HCA) leadership would like to thank our incredible staff, the families who support them, and the OC community we are honored to serve. Your dedication, resilience, and partnership make our mission possible. Together, we continue building healthier lives, stronger communities, and a brighter future for Orange County.

❤ Thank you for being part of the HCA family.

Don’t Wreck Your Holidays

As we head into a season full of celebrating, we’d like to remind you to please do so safely.

Whether you're heading to a gathering or returning home to loved ones, be sure to avoid driving under the influence of alcohol, cannabis, prescription medications, or other substances. Impaired driving puts lives at risk and can have lasting consequences.

Check out this special holiday message from Dr. Jonathan Watson, Medical Director with Correctional Health Services, reminding us all to protect one another whenever we gather.

Watch The Video

Safe Holiday Food Prep

The holiday season is a time for gathering with family and friends, but it’s also important to keep food safety in mind when preparing and serving meals.

Foodborne illnesses are often linked to:
- improper cooling or reheating of foods
- undercooked dishes
- contaminated utensils and equipment
- poor hand hygiene
- food obtained from unsafe sources

To keep everyone healthy, make sure you refrigerate leftovers promptly, wash hands and food-contact surfaces frequently, and purchase ingredients from reputable sources. Taking a few simple precautions can help ensure your holiday celebrations are remembered for good food and great company – not foodborne illness.

Read More

HEALTH CORNER

Protect Your Mental Wellness During the

Holidays

The holidays are often described as “the most wonderful time of the year,” but for many people they can also bring stress, loneliness, grief, and unrealistic expectations.

Taking care of your mental and emotional well-being is just as important as checking items off your holiday to-do list. So take some small steps to help make the season more enjoyable and meaningful, like managing expectations, setting healthy boundaries, and making time for self-care and support.

Check Out These Tips

Stay Safe and Informed This Winter

Are you prepared for winter weather and unexpected emergencies? One of the easiest ways to stay informed is by signing up for AlertOC, Orange County's emergency notification system. AlertOC delivers timely alerts about severe weather, evacuations, road closures, public safety incidents, and other emergencies directly to your phone, email, or text messages.

Residents should also be prepared for potential El Niño-related weather impacts, which may include heavy rain, flooding, and travel disruptions. Take a few minutes to:

- Sign up for AlertOC notifications
- Review your family emergency plan
- Check emergency supplies and first aid kits
- Clear gutters and storm drains around your home
- Stay informed about weather conditions before traveling

A little preparation today can help keep you and your loved ones safe tomorrow.

Get Local El Niño Updates

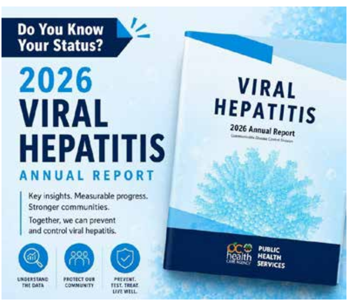
Are E-Bikes a Safe Gift to Give?

If you're considering an e-bike as a gift, safety should be a top consideration. Choose a bike that matches the rider's experience level and includes features such as reliable brakes, lights, and adjustable pedal-assist settings.

Before purchasing, be aware that e-bike laws can vary and include limits on speed, motor power, and where certain e-bikes may be ridden. Whenever possible, have the recipient take a test ride to ensure the e-bike feels comfortable, handles well, and is a good fit. Adding safety accessories such as a properly fitted helmet and lights can help make the gift both enjoyable and safe.

E-Bike Buying Guide

Understanding Hepatitis


Do You Know Your Status?
2026 VIRAL HEPATITIS ANNUAL REPORT
Key insights. Measurable progress. Stronger communities.
Together, we can prevent and control viral hepatitis.
UNDERSTAND THE DATA
PROTECT OUR COMMUNITY
PREVENT. TEST. TREAT. LIVE WELL.
VIRAL HEPATITIS
2026 Annual Report
oc health CARE AGENCY
PUBLIC HEALTH SERVICES

Have you been screened for hepatitis? Hepatitis B and hepatitis C viruses are present in Orange County, and many people don’t realize they’re at risk. Getting tested at least once in your lifetime can make all the difference.

Important things to remember about hepatitis:

- If you know you are infected with viral hepatitis, talk to your provider about treatment
- One test can uncover a hidden virus
- Learn more about hepatitis trends and risks in Orange County in our latest Hepatitis Report

Know Your Risk. Know Your Status. Protect Your Future.

See Trends, Risks and More

CDPH
Don’t let sick days steal WORK DAYS
It’s flu vaccine time
FLU VACCINE
oc health CARE AGENCY

It Isn’t Too Late to Vaccinate!

Between things like school, work, and social life, you don’t have time to be sick! So make sure your whole family – including everyone 6 months and older – is vaccinated against flu. The flu vaccine is available now!

Contact your doctor or pharmacy, or visit the MyTurn government website, to schedule your vaccine appointments today.

Schedule Your Vaccine

Navigator
Supporting Older Adults & Caregivers
Explore these free online resources to help support older adults and their caregivers.
Older Adults
Caregivers
VISIT US ONLINE AT:
OCNAVIGATOR.ORG
OC Master Plan for Aging Cares

Older Adult and Caregivers Resource Guides

They say that with age comes wisdom, but it can also come with many health challenges too!

That's why the County of Orange has released two essential community tools designed to make it easier for aging residents to find the local programs, services, and support they need:

- The Older Adults Resource Guide provides information on social services, health resources, safety programs, housing options, and more
- The Caregiver Resource Guide helps caregivers locate respite support, educational resources, financial assistance, and practical help for navigating care responsibilities

These guides offer centralized, easy-to-navigate information to help older adults access important resources, and to support caregivers in their vital role.

Explore Our Free Guides

The OC Health Care Agency Factbook

The OC Health Care Agency (HCA)
FACTBOOK
2025 – 2026
Quality Health for All. Our Community. Our Commitment.
OC health CARE AGENCY

The 2025–2026 OC Health Care Agency (HCA) Factbook is now available, offering a comprehensive overview of the programs, services, and initiatives that support the health and well-being of Orange County residents.

The Factbook highlights the HCA's commitment to delivering quality health services, advancing community health priorities, and serving as a trusted resource for prevention, care, and public health leadership. It also showcases key accomplishments, service areas, and organizational information that reflect the HCA's ongoing dedication to improving health outcomes throughout the community.

Get To Know Us Better

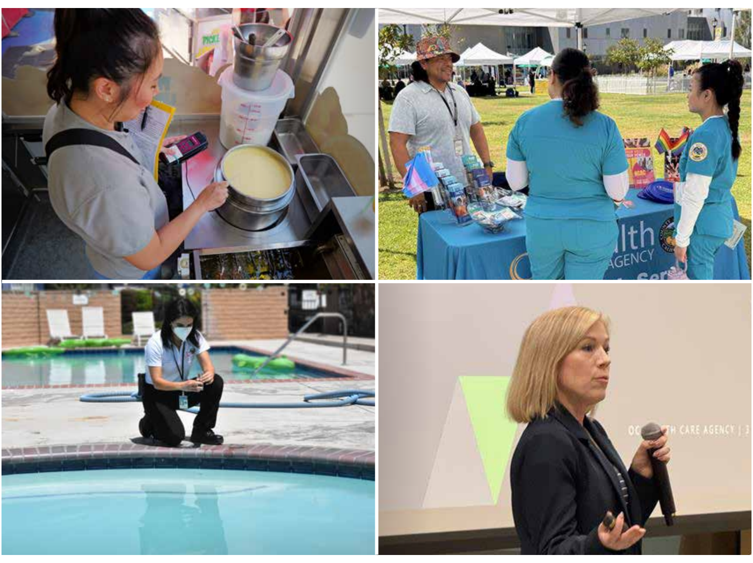
We Want Your Input about Public Health

How much do you know about what County Health Officers do for you? Would you like to be able to help them do their jobs better?

The California Health Care Foundation is conducting a survey to get a better sense of community understanding of the role of public health departments and local health officers. Survey results will be used to help guide our efforts in improving communication with the public and local medical providers, so that we can collectively do the best job possible supporting Orange County residents' health and well-being.

Please consider taking 5–7 minutes of your time between now and November 30, 2026 to complete the survey. Your input can make a real difference!

Take the Survey



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. Openings available now include 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 today!

Apply Now

OC health CARE AGENCY

405 W. 5th Street, Santa Ana, CA 92701

Never miss a newsletter! Subscribe

Follow us!