



When's best to test?

It is important to **reserve testing for those who have a medical or public health reason** for it.

Don't panic. It's up to all of us to behave in ways that enable us to move forward, instead of taking a step back.

WHAT YOU NEED TO KNOW
ABOUT COVID-19 TESTING
covid19.lacounty.gov/testing

Dear Friends,

Many L.A. County residents are asking when it's appropriate to be tested for COVID-19. According to the latest guidance from health experts, the highest priority for testing is for people with symptoms, exposures, or risk factors. If you believe you should be tested, check in with your provider just as you would

clinical advice and facilitates easy follow-up in the case of positive results. If you don't have a doctor, you can call 211 to get a referral. Learn more about best practices and precautions [here](#).

As we continue to increase testing capacity, keep in mind that the best way to slow the spread of COVID-19 is to follow public health guidelines. It's important to remember that a negative result should not be a reason to neglect precautions. Many of us are feeling quarantine fatigue and may have been less diligent recently in our effort to practice distancing, wear a mask, and stay home. By recommitting to these vital practices, we can all do our part to protect one another. Los Angeles County was united at the start of the pandemic, and we can be again. It's up to all of us to move forward safely and productively.

Best wishes,

A handwritten signature in black ink that reads "Kathryn". The signature is written in a cursive, flowing style.

Kathryn Barger

Supervisor, Fifth District

Chair, Board of Supervisors

1 Million Masks



Thank you to the Taiwanese American Chamber of Commerce of Greater Los Angeles for your thoughtful donation of 400,000 masks to skilled nursing facilities in Los Angeles County communities. Over the course of the pandemic, the chamber pledged to donate 1 million masks across our region to front line heroes!

Family Activities



2020 Summer FUN at LA County Parks

MAKE A SPLASH AT YOUR LOCAL PARK
with COVID-19 guidelines to keep you and your family safe.

- Splash Pads
- Family Fishing & Camping
- Lake Swim Beaches
- Trails & Natural Areas
- Our SPOT
- Summer Day Camps
- Drive-In at the Park
- PAD In Motion
- Virtual Recreation Center
- Free Summer Lunch

Find a park near you at parks.lacounty.gov/summer

#LACountyParks #MakeASplash

Parks Make Life Better!



The summertime schedule for Parks and Recreation is completely safe and 100% fun. There are opportunities for [fishing and camping at local lakes](#), [kicking back at drive-in movies under the stars](#), [strolling through your neighborhood during Parks After Dark](#), and cooling off on [splash pads and swim beaches](#).

[Enjoy summer.](#)

Standout Students

RESILIENCE SCHOLARSHIP

Empowering L.A. County
women to achieve their
educational goals
since 1999.

Apply today!



Since its inception, the Commission for Women's Resilience Scholarship has supported students so they can achieve their educational goals. I encourage all the resilient women in the Fifth District to apply! The deadline is July 31.

[Share the application with a student.](#)

Dining Al Fresco



While takeout and delivery have kept many restaurants open, important physical distancing measures prevent them from operating at full capacity. L.A. County has free permits available for dining on sidewalks, parking lots, and alleyways through our temporary outdoor dining program. Restaurant dining is safe if patrons and restaurant operators follow public health protocols. Plus, it provides a great opportunity to support a local business and spend time with your family.

Bring business outdoors.

Business Recovery

LA REGIONAL COVID FUND

APPLY FOR A COVID-19 RECOVERY GRANT

Micro-enterprises, small businesses, and nonprofits – the backbone of our region's economy – are facing unprecedented economic pressure.

The LA REGIONAL COVID FUND will provide grants of \$5K to micro-entrepreneurs and \$15K for small businesses and nonprofits.

Technical assistance is available in multiple languages.
Round 2 opens: July 20 - July 24

Learn more and apply online here:
WWW.LACOVIDFUND.ORG

Questions? Call here:
(833) 238-4450



Small businesses are the backbone of our local economy. The L.A. Regional COVID Fund has grants available for businesses facing pressure because of the pandemic.

[Apply for a grant.](#)

Lend Your Voice

**WE WANT TO HEAR YOUR
IDEAS!**



COUNTY OF LOS ANGELES
PROSPERLA



Tag us
@LACOUNTYBOS



Visit Us
PROSPERLA.LACOUNTY.GOV



L.A. County wants to hear your ideas! Our communities have their thumb on the pulse and know their needs best. Dream up innovative ideas and lend your voice to assist businesses, streamline contracting, and identify cost savings.

[Make a pitch.](#)

Get Counted



Have you completed the 2020 census?

[Yes!](#)

[Not yet.](#)

[No, and I don't plan to.](#)

Did you know the census results in 10 years of funding for hospitals, schools, meal programs, and more? During the last census, there was a drastic under count and L.A. County lost out on millions of dollars for our neighborhoods. Filling out the census will take less than 10 minutes to complete and it is safe, secure, and confidential. Get counted today!

[Help your community count.](#)

Kitten Season



The entire month of July, adoption fees have been waived, making it the purrrfect time to bring home a new pet. You can also opt to foster a furry friend for a few weeks. Spring and summer spurs a kitten boom across L.A. County. Each year, our Animal Care and Control centers are tasked with finding homes for thousands of kittens in our community, which far exceeds their capacity to care for them. Luckily, not all kittens need to be brought to a shelter. If stray kittens appear clean, healthy, and have full bellies, it means they have a mother with them and are best left to her nurturing care. If you are considering bringing a kitten into your local animal care center, please review the resources below from Animal Care and Control.

[Connect a cat with care.](#)



Downtown:

500 W. Temple St. #869
Los Angeles, CA 90012
(213) 974-5555

Antelope Valley:

42455 10th Street West, Suite 104
Lancaster, CA 93534
(661) 726-3600

East San Gabriel Valley:

615 E. Foothill Bl. Suite A
San Dimas, CA 91773
(909) 394-2264

Santa Clarita Valley:

27441 Tourney Rd. Suite 180
Santa Clarita, CA 91355
(661) 287-3657

San Gabriel Valley:

215 N. Marengo Ave. Suite 120
Pasadena, CA 91101
(626) 356-5407

San Fernando Valley:

21943 Plummer St.
Chatsworth, CA 91311
(818) 993-5170

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