

Stay Safe from Measles

While measles was eradicated in the U.S. in 2000, recent reports of cases around the country and the world remind us about the importance of vaccination. **The measles-mumps-rubella (MMR) vaccine provides the best protection against disease and serious illness.** Most measles cases are a result of international travel, which is why it's especially important to ensure you and your family are up to date on all vaccines prior to traveling to another country.

Vaccines have made these diseases much less common in the U.S., but outbreaks of each one can still occur. Most people who complete the entire vaccination series will be protected for life.

How Measles Spreads:

Measles is caused by a very contagious virus – one of the most contagious in the world. It spreads easily through the air when infected people breathe, talk, cough or sneeze. The virus can stay in the air for many hours, even after the infected person has left the area. Someone who is infected can spread the disease to other people before noticing any symptoms, especially in the four days before and after the rash develops.

Measles is a serious disease that could lead to hospitalization, long-term illness and death. Measles symptoms appear 7 to 14 days after contact with the virus and typically include high fever, cough, runny nose and watery eyes. Measles rash appears 3 to 5 days after the first symptoms.



Call your health care provider right away if you think you or your child have been exposed to measles or if you or your child develop symptoms suggestive of measles. Do not arrive at a health care facility without giving advance notice.

Vaccination Information:

MMR vaccines protect against measles, mumps and rubella—three potentially serious diseases. Vaccines have made these diseases much less common in the U.S., but outbreaks of each one can still occur. Most people who complete the entire vaccination series will be protected for life.

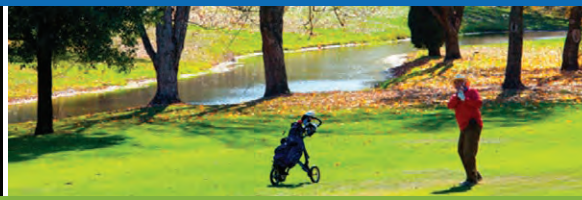
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Guaranteed Income Pilot Applications Reopened

Sacramento County's Department of Child, Family and Adult Services (DCFAS) is extending the application period for the Family First Economic Support Pilot. DCFAS partnered with United Way California Capital Region for a new Guaranteed Income Pilot called the Family First Economic Support Pilot.

The pilot gives qualifying families guaranteed payments of \$725 a month for a year. Applications are reopening on April 14, 2025, as the application process broadens and expands. Families who have already applied during the first round of applications do not need to reapply. Under broadened eligibility, more families will be able to apply. This opportunity is for families who did not apply during the first round of applications. Two hundred applicants will be randomly selected from those who apply.

United Way will contact those selected for the pilot to discuss the next steps and to verify eligibility. To qualify, families must live in one of the following zip codes: 95815, 95821, 95823, 95825, 95828 and 95838. Applicants must be either the parent or legal guardian of a child between the ages of 0 and 5. Applicants must have an annual household income of less than 200% of the federal poverty line. To qualify, the families cannot be part of any other Guaranteed Income Pilot/Program. Applications can be completed online at the link posted below.

The purpose of the Family First Economic Support Pilot is to offer additional income to help eligible families in the focus zip codes. The Family First Economic Support Pilot



is primarily funded through state grant money. Sacramento County DCFAS partnered with a research organization, MEF Associates, to evaluate how the guaranteed income impacts the selected families.

For more information, visit the Department of Child, Family and Adult Services website at <https://dcfas.saccounty.net/Admin/Pages/Family-First-Economic-Support-Pilot.aspx>.

You can find the application at the Family First Economic Support Pilot website at ffesp.org.

Working Year-Round to Keep Voter Files Accurate

The 2024 Presidential Election is long over, but that doesn't mean the Sacramento County Voter Registration and Elections (VRE) staff are kicking back and taking it easy! VRE employees work year-round to prepare for upcoming elections and ensure that our Voter Files are accurate and up to date, because a smooth voting experience doesn't happen by chance.

The Sacramento County Voter Registration and Elections (VRE) Department continually updates the Voter File, ensuring records reflect new registrations, address changes, party affiliations and other critical



updates. This meticulous process also includes updating language preferences, processing requests for accessible voting materials, and handling voter inactivation and cancellations when necessary.

By collaborating with state and federal agencies, VRE verifies voter data to catch discrepancies, track address changes

and process notifications of deceased voters. These efforts help maintain an up-to-date voter roll, reduce errors and protect election integrity.

Sacramento County residents can check and update their voter registration online, by mail or in person at the VRE office. Keeping information current ensures voters receive their ballots and important election updates without delay.

To learn more about Voter File maintenance or update your registration, visit the VRE website today at <https://elections.saccounty.gov/ElectionInformation/Pages/Voter-File-Maintenance.aspx>.



Call or Text 988 for Help in a Mental Health Crisis

In the heart of Sacramento County, a team of compassionate professionals is reshaping the way mental health crises are addressed.

The Community Wellness Response Team (CWRT), staffed by trained behavioral health professionals, provides trauma-informed crisis response, ensuring that those in need receive care without law enforcement intervention.

Every call the Community Wellness Response Team answers highlights the significant impact they have on individuals in distress.

Earlier this year, a middle-aged man called, overwhelmed by depression and frustrated from waiting weeks for medication, he had reached a breaking point. He called 988, desperate for help after learning his next medical appointment was still three weeks away. He was angry and ready to end his life.

At the time of the call, he was outside of city hall and had a plan to provoke an officer so they could help "end it all." He hung up the call.

From individuals struggling with anxiety, facing loneliness and suicidal ideation, to overcoming addiction, the team has been a beacon of support.

CWRT's mental health counselors sprang into action, meeting the caller at City Hall. Through patient conversation, CWRT specialists provided the support he needed to de-escalate, ultimately transporting him to a mental health urgent care clinic where he could receive



immediate care. By simply showing up and listening, the team changed the course of his life.

This is just one of the thousands of individuals CWRT has helped find hope in moments of despair. From individuals struggling with anxiety, facing loneliness and suicidal ideation, to overcoming addiction, the team has been a beacon of support.

Mental Health Crisis?

The Community Wellness Response Team is Available 24 hours a day, 7 days a week

**Call or Text
988**

"Every day, we remind people that they are not alone."

"The biggest success is saving lives," said Alexandria Lose, Mental Health Program Coordinator with CWRT. "Every day, we remind people that they are not alone."

The work is not without its challenges, but the rewards far outweigh them. "Every day is an honor to serve," added Lose. "We support each other as a team, and together, we've helped over 1,000 callers find a path forward."

For those facing mental health struggles, the message is clear: CWRT is here 24 hours a day, 7 days a week. Available by dialing 988, this dedicated team is ready to help, free of judgment and full of compassion. In Sacramento County, hope is just a call away.

County Highlights Achievements in 2024

Sacramento County released its 2024 Year in Review, showcasing significant achievements and statistics across its more than 35 departments.

This award-winning annual report details where property tax dollars are allocated and provides insights into the demographic and economic landscape of the county.

This report distills the County's tremendous positive impact on residents and their quality of life, highlighting key achievements such as:

- » A remarkable 58% reduction in the number of youths in foster care since 2015, reflecting ongoing efforts to improve family stability and support systems.
- » In 2024, Child Support Services collected \$129 million, playing a crucial role in preventing children and families from falling into poverty and ensuring financial stability.
- » Dedicated outreach teams served 1,469 individuals experiencing homelessness, successfully transitioning 396 individuals out of unsheltered conditions, illustrating proactive steps toward addressing homelessness in the community.
- » The Department of Transportation filled an impressive 90,798 potholes and removed 132,000 square feet of graffiti.

Residents can [read the full report](#) and [watch the video overview](#) at www.saccounty.gov.

Stay Safe from Measles, *Continued from cover*

The MMR vaccine is safe, highly effective and cost-efficient. Two doses provide 97% protection against measles. One dose offers 93% protection. Unvaccinated individuals face a 90% chance of infection if exposed.

All 50 states require that children receive MMR vaccines to attend childcare and public school.

Who Should Get Vaccinated?

- » **Young children** should get two doses of MMR vaccine, starting with the first dose at 12 to 15 months of age, and the second dose at 4 to 6 years of age. Children can receive the second dose earlier than 4 years of age if at least 28 days have passed since the first dose.
- » **Infants at least 6 months old who are traveling internationally** should receive one dose before their 1st birthday and at least two weeks before departing for international travel.
- » **All older children (K-12), college-age students and adults** who are not up to date on their MMR vaccine.

With measles cases on the rise in the U.S., it's important to check your vaccination status. Protect yourself and your community.

Visit the [My Turn website at myturn.ca.gov](https://myturn.ca.gov) or contact your health care provider to get up to date on your MMR vaccines.

WE'RE HIRING!

As the region's third largest employer, Sacramento County has more than 13,000 employees working across 40 departments in fields such as technology, health care, finance, waste management, social services, law enforcement, parks



and voter registration. If you're looking for a career with purpose, visit www.SacCountyJobs.net to view a list of all the positions currently accepting applications and subscribe to emails to be alerted when a specific job is available.