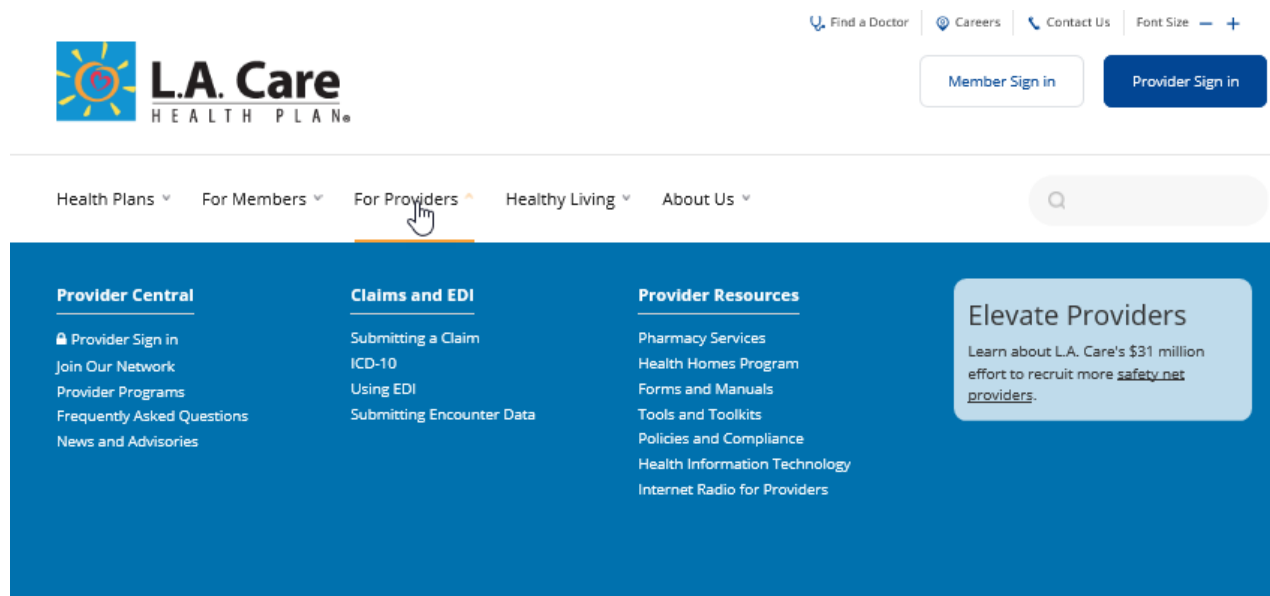


Health Education, Cultural & Linguistic Services Materials Portal

1. Go to www.lacare.org
2. Under “For Providers” tab, click on “Tools and Toolkits”.



3. You will be redirected to the Tools and Toolkits page. Scroll down and click on “Go to Health Ed Tools”

Health Education/ Cultural & Linguistic Services (HECLS) Tools

L.A. Care offers free resources to help you educate patients on health topics. These include materials (to order and to print) and classes at our Family Resource Centers that you can refer patients to attend.



[Go to HECLS Tools](#)



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4. You will be redirected to Health Education Tools page. Click on first bulleted hyperlink: “Order free health education and cultural and linguistic services materials.”


Health Education/ Cultural & Linguistic Services Tools

■ As a benefit of partnering with L.A. Care, we offer you and your patients several types of health education resources:

- [Order free health education and C & L resources materials.](#)
- Free health education classes and seminars at L.A. Care’s Family Resource Centers in [Boyle Heights](#), [East L.A.](#), [Inglewood](#), [Lynwood](#), [Pacoima](#) and [Palmdale](#). Topics include smoking cessation, diabetes management and more.
- [Health education information on topics such as asthma, oral health, pregnancy and more - all in a printer friendly format.](#)

 [Refer L.A. Care members to free Health Education, Cultural and Linguistic Services](#) (Writeable PDF)

5. Once directed to the Health Education Materials Portal, create an account to access the site of materials (An account is necessary to be able to place orders).

 LOGIN

Email or Username

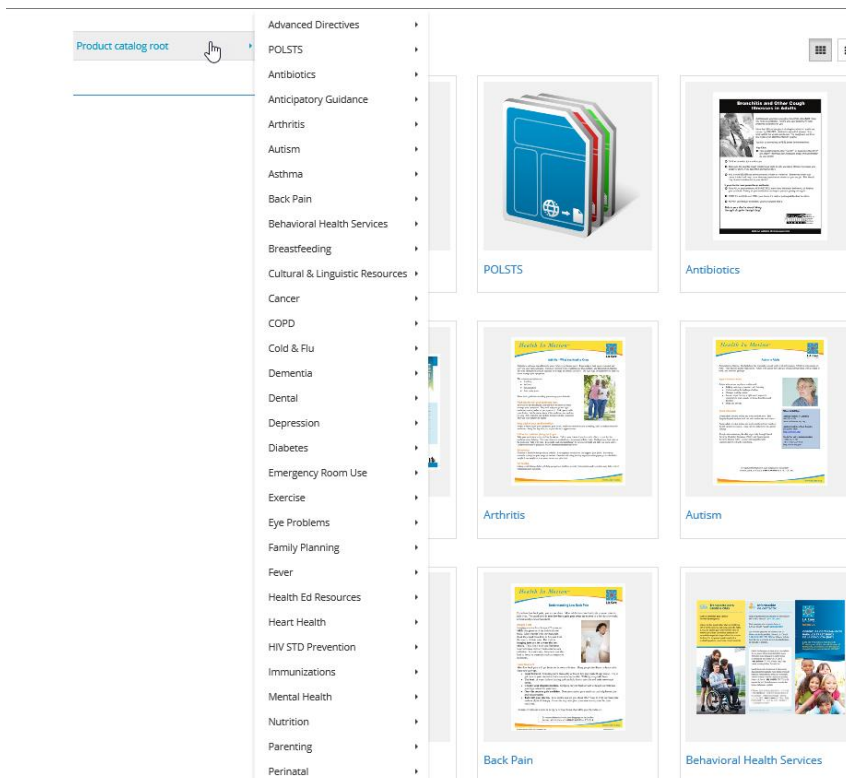
Password

LOGIN

[Reset password](#)[Create an account](#)



6. Browse for desired topics you would like to order.



7. Select quantity and language, and add to cart.

Home Cultural & Linguistic Resources Profile Contact Us Logout

All Products / Vaping / Vaping Parent Flyer English & Spanish

Vaping Parent Flyer English & Spanish



My Health In Motion

Is Your Teen Vaping?

Vaping is inhaling vapor from an e-cigarette, pen, or other device. They work by heating a liquid (or liquid that contains nicotine, marijuana, or other drugs) to liquid. Vapers use mouth, throat and upper chest to inhale vapor. Vaping is on the rise, and many people think it is harmless or less addictive than cigarettes. The truth is, vaping is more addictive than you think.

Signs that my teen might be vaping

- Sudden increase in body fat or weight
- Is always anxious or nervous
- Has a cough that won't go away
- Has bloodshot eyes, dizziness, headache and mood, change in friends or activities
- Has a dry mouth, increased thirst or more thirst or liquid, has a dry mouth
- Other: purchases using your credit card or purchases that come in the mail

Can you find the vaping device in this teen's pocket?

It is harder to quit vaping than traditional cigarettes. Unlike cigarettes, vaping devices are easy to hide and small in size. They can look like common objects such as pens or thumb drives. Take time to know what these devices look like just in case you find them in your home.

What parents can do

- Know the facts. Educate your teen on the risks of use.
- Talk to your kids. Ask open questions such as "What do you think about vaping?"
- Try to understand why a teen might vape. Knowing why is the first step to meet your child's needs in a healthier way.
- Set a good example. Let your child know how you feel about vaping. Be a good role model by being vape and smoke free.

To request information in your language or in another format, call L.A. Care at 888.849.9909 or TTY 711.

Original material from the Department of Health and Human Services



Qty
50

Language
EN

Price **\$0.00**

Additional Instructions

ADD TO CART

BACK TO CATALOG SHOPPING CART



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8. Double-check the materials in your cart are correct and proceed to checkout.

Shopping Cart

Thank you for your order.

Shipping will require 3-5 business days and will be sent via USPS.

Shipping Address

Rafael Marron
Health Educator
LA CARE
1055 W 7th. St.
Los Angeles, CA 90017
xxx-xxx-xxxx
rmarron@lacare.org

Shipping options

L.A. Care Shipping \$0.00

ORDER SUMMARY

1 product shipping to 1 location

Items :	\$0.00
Shipping :	\$0.00
Total Before Tax :	\$0.00
Estimated Tax :	\$0.00
Order Total :	\$0.00

CONTINUE SHOPPING

PROCEED TO CHECKOUT



Vaping Parent Flyer English & Spanish

50

\$0.00

DUPLICATE

SAVE FOR LATER

EDIT

REMOVE

Details

Qty = 50

Language = EN



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9. Verify your information in “Payment Method” box and place order. (Note: Payment method information is to input the address the materials will be delivered to. Material orders are free of charge.)

Checkout

Thank you for your order.
Shipping will require 3-5 business days and will be sent via USPS.

Please request a ship date

6/29/2020

Comments or other information about this order (optional)

ORDER SUMMARY

1 product shipping to 1 location
Items : \$0.00
Shipping : \$0.00
Total Before Tax : \$0.00
Estimated Tax : \$0.00
Order Total : \$0.00

[EDIT QUANTITIES OR SHIPPING OPTIONS.](#)

PLACE ORDER

Payment Method

☒ PLACE ORDER

Billing Address

Rafael Marron, LA CARE, 1055 W 7th. St., Los Angeles, CA

- Rafael Marron
- Health Educator
- LA CARE
- 1055 W 7th. St.
- Los Angeles, CA 90017
- XXX-XXX-XXXX
- rmarron@lacare.org

[EDIT ADDRESS](#)

Order Item Summary

(1) Item Shipping To LA CARE

Description	Quantity	Price
Vaping Parent Flyer English & Spanish	50	\$0.00

10. You will receive confirmation to the email associated with your account.



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