



# Lex-CHIP Monthly Newsletter

# June 2026



[www.LFCHD.org](http://www.LFCHD.org)    [Lex-CHIP@LFCHD.org](mailto:Lex-CHIP@LFCHD.org)

## Growing Stronger This Summer

As summer begins across Lexington-Fayette County, Lex-CHIP continues to grow stronger through collaboration, partnership, and community engagement. Together, partners are advancing initiatives that support healthier families, stronger connections, and lasting improvements in health and well-being throughout our community.





# This Month...

## Month-Long Observances

- Alzheimer's & Brain Awareness Month
- Great Outdoors Month
- Men's Health Month
- National Fresh Fruit & Vegetables Month
- National Gun Violence Awareness Month
- National PTSD Awareness Month
- National Safety Month
- Pride Month
- Scoliosis Awareness Month

## Awareness Days & Weeks

- June 1: National CPR & AED Awareness Week
- June 3: World Bicycle Day
- June 5: World Environment Day
- June 6: National Gun Violence Awareness Day
- June 8: World Brain Tumor Day
- June 10: Healthy and Safe Swimming Week
- June 14: World Blood Donor Day
- June 15: World Elder Abuse Awareness Day
- June 18: Autistic Pride Day
- June 20: World Refugee Day
- June 21: International Day of Yoga
- June 27: National HIV Testing Day
- June 27: PTSD Awareness Day



# **– Community Education June Events –**

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- **6/1 | 11 AM-12 PM**  
Managing Appetite, Energy, and Well-Being after GLP-1 Treatment  
Tates Creek Library  
[Learn More](#)
- **6/2 | 1:30-2:30 PM**  
Diabetes Support Group  
Lexington Senior Center  
[Learn More](#)
- **6/2 | 4:30-6:30 PM**  
Community Walking Club  
William Wells Brown Community Center  
[Learn More](#)
- **6/4 | 4:30-6:30 PM**  
Community Walking Club  
William Wells Brown Community Center  
[Learn More](#)
- **6/5 | 8 AM-12 PM**  
Shop for a Cause  
Beaumont Kroger  
[Learn More](#)
- **6/6 | 10 AM-1 PM**  
Cops and Bobbers  
Gainesway Park  
[Learn More](#)
- **6/9 | 4:30-6:30 PM**  
Community Walking Club  
William Wells Brown Community Center  
[Learn More](#)
- **6/10 | 5:30-7:30 PM**  
Castlewood Cooking Class  
Castlewood Community Center  
[Learn More](#)
- **6/11 | 4:30-6:30 PM**  
Community Walking Club  
William Wells Brown Community Center  
[Learn More](#)
- **6/13 | 10 AM- 1 PM**  
Truck-A-Palooza  
Tates Creek High School  
[Learn More](#)
- **6/15 | 11 AM-12 PM**  
Maximizing GLP-1 Benefits through Health Living  
Tates Creek Library  
[Learn More](#)
- **6/16 | 9-10 AM**  
Lex-CHIP Child Safety & Well-being Workgroup  
[Virtual Link](#) - [Learn More](#)
- **6/16 | 12:30-1:30 PM**  
LFCHD Cooking Class  
William Wells Brown Community Center
- **6/16 | 4:30-6:30 PM**  
Community Walking Club  
William Wells Brown Community Center  
[Learn More](#)
- **6/17 | 9-10 AM**  
Lex-CHIP Crime & Violence Workgroup  
[Virtual Link](#) - [Learn More](#)
- **6/17 | 4:30-6:30 PM**  
Community Walking Club  
William Wells Brown Community Center  
[Learn More](#)
- **6/18 | 9-10 AM**  
Lex-CHIP Opioid Overdose Prevention Workgroup  
[Virtual Link](#) - [Learn More](#)
- **6/18 | 4:30-6:30 PM**  
Community Walking Club  
William Wells Brown Community Center  
[Learn More](#)
- **6/20 | 10 AM-2 PM**  
The Air We Share Family Event  
The Living Arts & Science Center  
[Learn More](#)
- **6/23 | 5:30-7:30 PM**  
2026 Winburn Public Safety Day  
Community Action Council  
[Learn More](#)
- **6/26 | 4-7 PM**  
Ready,Set Go Race to Preschool & Kindergarten Readiness Fair  
Goodwill, W New Circle Road  
[Learn More](#)
- **6/27 | 8 AM-12 PM**  
Bootcamp for New Dads  
Lexington-Fayette County Health Department  
[Register Here by June 14th!](#)
- **6/27 | 11 AM-4 PM**  
2026 Antioch Health & Wellness Fair  
Antioch Missionary Baptist Church  
[Learn More](#)
- **6/27 | 12:30 PM-4:30 PM**  
Mobile Mission Baby Shower  
Cooperative Extension Office  
[Learn More](#)
- **6/30 | 12 PM-2 PM**  
HIV Testing  
St. James Place Apartments  
[Learn More](#)



## Bringing Health Education Into the Community

The LFCHD Community Education Team provides engaging, evidence-based programs designed to support students, families, schools, and community organizations. Sessions are interactive, adaptable, and focused on helping individuals build healthy habits and make informed decisions.

### Program Topics and Target Ages Include:

- **Hygiene Education (All Grades):** Handwashing, personal hygiene, and germ prevention
- **Nutrition & Physical Activity (PreK–8):** Healthy habits and decision-making skills
- **Cooking Classes (All Grades):** Healthy eating and food safety
- **Safety & Prevention (PreK–8):** Recognizing unsafe situations and environments
- **Mental Health & Wellness (PreK–8):** Emotions, coping skills, and seeking support
- **Substance Misuse Prevention:** Health and legal impacts of substance use
- **Nicotine & Vaping Prevention:** CATCH My Breath, INDEPTH, and N-O-T programs
- **Healthy Relationships & HIV/STD Education:** Youth and high school education programs
- **Parent & Adult Education:** PAVE (Parents Against Vaping E-Cigarettes)
- **Screenings & Wellness Services:** Blood pressure, A1C screenings, and Wellness Passport programming
- **Community Engagement:** Health fairs, tabling events, customized presentations, and physical activity sessions

Programs are available for a variety of age groups and settings, with many multi-session opportunities tailored to meet community or school needs.

### Partner With Us!

Schools, organizations, and community groups interested in hosting a session or collaborating with the Community Education Team are encouraged to reach out. Programs can be customized based on audience, scheduling needs, and available space.

For more information or if you would like to invite Health Department staff to participate in your health fair planning committee or attend your event, call (859) 288-2446 or complete a request form:

[Display Request Form](#)  
[Event Request Form](#)

Learn more about available health education resources: <https://www.lfchd.org/health-education/>



## **Celebrating the HANDS Class of 2026**

The LFCHD HANDS Program celebrated a major milestone on Saturday, May 2, with its biggest graduation event yet at the Marksbury Family Branch Library. More than 30 children proudly crossed the stage in caps and gowns to receive their diplomas while families, friends, and staff cheered them on during the special celebration.

The Derby-themed event brought together families for a morning filled with food, activities, door prizes, and unforgettable memories. The graduation recognized the hard work and dedication of parents who participated in the HANDS program from pregnancy through their child's first two years of life.

HANDS — Health Access Nurturing Development Services — provides free in-home visits with trained family support workers who help families build confidence, parenting skills, and healthy foundations for children. Programs like HANDS continue to play an important role in supporting child development, family wellness, and healthy beginnings throughout Lexington-Fayette County.

### **Interested in HANDS?**

New and expectant parents can enroll by calling 859-288-2338, emailing [HANDS@LFCHD.org](mailto:HANDS@LFCHD.org), or visiting <https://www.lfchd.org/hands-program/>.

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## **Community Comes Together for Diabetes Awareness**

Community members and organizations recently came together for the largest diabetes expo yet, highlighting the importance of education, prevention, and access to resources. Hosted by the Lexington-Fayette County Health Department, the free event welcomed 202 attendees who connected with 36 local organizations focused on helping individuals better manage diabetes and reduce complications.

Diabetes continues to impact millions across the country, with nearly one in three Kentuckians affected by diabetes or prediabetes. The expo provided opportunities for community members to learn more about the disease through educational sessions, cooking demonstrations, guest speakers, and free health screenings including A1C testing and vision screenings.

Community members were also encouraged to recognize common warning signs of diabetes, including:

- Frequent urination
- Increased thirst or hunger
- Extreme fatigue
- Unintentional weight loss

Events like the diabetes expo help connect individuals and families with the tools, education, and support needed to live healthier lives and better manage chronic disease.

Read more about the 2026 Diabetes Expo: [Facebook post!](#)

For more information about diabetes, visit [www.lfchd.org/diabetes](http://www.lfchd.org/diabetes).

Click here to connect with the [LFCHD Diabetes Team!](#)



June is shaping up to be a busy and exciting month for Lex-CHIP! From community festivals and family events to health education outreach and prevention initiatives, Lex-CHIP partners will be active throughout the community connecting residents with resources, support, and opportunities to improve health and well-being. .

**Shop for a Cause**  
SUPPORT LOCAL FAMILIES  
by donating essential baby items

**JUNE 5**  
8:00 AM – 12:00 PM  
BEAUMONT KROGER

**JUNE 20**  
8:00 AM – 12:00 PM  
LOCATION TBD

For more information:  
Lex-CHIP@LFCHD.org  
859-252-2371

LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT

## Shop for a Cause

June 5<sup>th</sup> & 20<sup>th</sup>

Shop for a Cause is an opportunity to support local families by donating essential baby items. The LFCHD Community Engagement and Community Education teams will be onsite collecting donations to help reduce diaper need in our community.

### Requested items:

- Diapers (newborn to size 7)
- Pull-ups
- Baby wipes
- Baby detergent
- Gift cards

Diaper need is both a financial and health issue. Without enough diapers, children are at greater risk for diaper rash, skin irritation, and urinary tract infections due to prolonged diaper use. Diapers are also a major household expense, and most assistance programs do not cover them.

Your donation helps reduce financial strain, prevent avoidable health concerns, and support child wellness in our community.

**WE'LL SEE YOU THERE!**  
FIND US AT  
**COPS & BOBBERS**  
SATURDAY, JUNE 6  
10 AM - 1 PM  
GAINESWAY PARK  
3495 Campus Way

Spin the wheel & win a prize!

**COME PLAY, LEARN & WIN!**

- FREE GUN LOCKS**  
Available upon request
- KIDS ACTIVITIES**  
Spin the wheel & win a prize!
- HEALTH RESOURCES**  
Information to help keep you family safe!

While Supplies Last

LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT  
650 Newtown Pike  
Lexington, KY 40508  
859-252-2371

LEXINGTON COMMUNITY HEALTH IMPROVEMENT PARTNERSHIP  
Lex-CHIP@LFCHD.org

LFCHD.org | @LFCHD | @lexpublichealth | @LFCHD

## Cops & Bobbers

June 6<sup>th</sup>

Join Lex-CHIP at Cops & Bobbers for a fun-filled community event focused on safety, wellness, and family engagement. Community members can enjoy kids activities, face painting, giveaways, free lunch, health resources, and free gun locks as part of the “Let’s Lock It, Lex!” campaign. Stop by the Lex-CHIP booth to spin the prize wheel, connect with community partners, and learn more about local programs and services that support safer and healthier families.

The event also coincides with Kentucky’s annual Free Fishing Weekend, hosted by the Kentucky Department of Fish and Wildlife Resources. During Free Fishing Weekend on June 6–7, fishing licenses and permits are not required, making it a great opportunity for families to get outside and enjoy community activities together.

Cops & Bobbers will take place on Saturday, June 6 from 10 AM – 1 PM at Gainesway Park. Fishing equipment will be provided.

**WE'LL SEE YOU AT TRUCK-APALOOZA!**

**STRONG START BABY POP UP!**

**CHECK OUT OUR MOBILE UNIT!**

**SATURDAY, JUNE 13**  
10 AM - 1 PM  
**TATES CREEK HIGH SCHOOL**  
1111 Centre Parkway

**FREE DIAPERS!**

While supplies last!

**NEWBORN** **SIZE 4**  
**SIZE 1** **SIZE 5**  
**SIZE 2** **SIZE 6**  
**SIZE 3** **SIZE 7**

LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT  
650 Newtown Pike  
Lexington, KY 40508  
859-252-2371

LEXINGTON COMMUNITY HEALTH IMPROVEMENT PARTNERSHIP  
Lex-CHIP@LFCHD.org

LFCHD.org | @LFCHD | @lexpublichealth | @LFCHD

## Truck-A-Palooza

June 13<sup>th</sup>

Lex-CHIP and community partners will be at Truck-A-Palooza with the Strong Start Baby Pop-Up, offering free diapers while supplies last and showcasing the LFCHD Mobile Unit. Families can connect with community resources and support services while enjoying hands-on fun with more than 20 city trucks and vehicles.

Hosted by the City of Lexington, the event takes place on Saturday, June 13 from 9 AM – 12:30 PM at Tates Creek High School. Sensory-friendly quiet time will be available from 9 AM – 10:30 AM.

**40 SPOTS AVAILABLE!**

**BOOTCAMP FOR NEW DADS!**

**REGISTER NOW!**

**Are you a soon to be DAD?**  
Join experienced dads to learn how they made it through the first months of parenthood & increased their confidence as fathers!

**SATURDAY, JUNE 27**  
8:30 AM - 12:00 PM  
650 Newtown Pike  
Lexington, KY 40508

Light breakfast and a lunch provided!

**REGISTER BY JUNE 14**  
REGISTRATION IS REQUIRED.

More info: @lex-chip@lex.org | 859-252-2371

**WHO'S IT FOR?**  
Soon to be dads.  
Just bring yourself!

**WHAT TO EXPECT...**  
Real conversations on:  
→ Newborn care  
→ Co-parenting  
→ Safe sleep  
→ Car seat safety  
→ Work-life balance  
→ Family connections

**RECEIVE A FREE RESOURCE BAG!**  
Diapers | Wipes | AND MORE!

**BROUGHT TO YOU BY:**  
Lexington | Golisano Children's | ONE LEXINGTON | FATHERHOOD INITIATIVE | Lex-CHIP | HEALTH

## Bootcamp for New Dads

June 27<sup>th</sup>

Soon-to-be dads are invited to participate in the Bootcamp for New Dads, a free event designed to build confidence and provide practical parenting support. Participants will hear from experienced fathers and learn about newborn care, co-parenting, safe sleep, car seat safety, work-life balance, and family connections. The event includes breakfast, lunch, and a free resource bag.

Registration is required.



# LEX-CHIP

## WORKGROUP MEETINGS

Join us virtually! Workgroups are made up of community members and partners working to improve health and safety in Lexington. Your voice matters!



## Child Safety & Well-being

June 16, 9–10 AM

On your device:  
<https://tinyurl.com/mtzfhp2k>



## Crime & Violence

June 17, 9–10 AM

On your device:  
<https://tinyurl.com/4khrbbrb>



## Opioid Overdose Prevention

June 18, 9–10 AM

On your device:  
<https://tinyurl.com/25v9arxp>



**VIRTUAL**  
Attend from anywhere



**COLLABORATE**  
Share ideas and work together



**MAKE AN IMPACT**  
Help shape a stronger community

**LEARN MORE ABOUT LEX-CHIP:**



859-252-2371



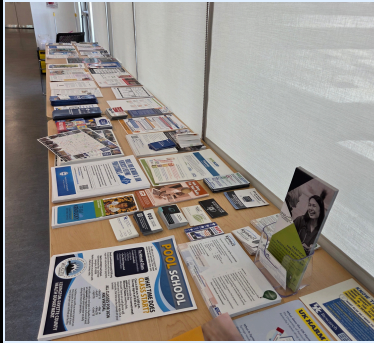
Lex-CHIP@LFCHD.org



LFCHD.org



Lex-CHIP partners came together at the May Quarterly Meeting to present workgroup action plans, share current initiatives, review community data, and gather partner feedback.



These discussions continue to drive forward movement across all three areas as partners work together to improve health and well-being throughout Lexington-Fayette County.

We encourage community members and partners to join upcoming workgroup meetings as we discuss and make decisions that help move our community toward a healthier, safer, and happier future.

## Child Safety & Well-being Workgroup

The Child Safety & Well-Being Workgroup continues to advance strategies focused on improving outcomes for children and families in Fayette County.

### **Current Priorities**

- Promote safe sleep practices
- Increase proper use of car and booster seats
- Expand awareness of partner programs and services for children

### **Community Feedback Highlights**

The workgroup shared results from recent campaign messaging feedback related to safe sleep and child passenger safety education. The top-rated campaign slogan received 31% of responses, with participants describing the messaging as:

- Clear and easy to understand
- Catchy and memorable
- Family-friendly and community-focused

### **Outreach Strategies Identified**

Community members identified the following as the best ways to share child safety information:

- Social media
- Posters and handouts at childcare centers, clinics, churches, and hospitals
- Email communications
- In-person workshops and classes

### **Next Meeting**

June 16, 2026 | 9:00 AM | Virtual

**Join:** <https://teams.microsoft.com/meet/238748067573909?p=yuz9MVPyucnxykkMz8>

**Meeting ID:** 238 748 067 573 909

**Passcode:** 6KK7pr3z

**Dial-In:** +1 312-667-7115,,434561723#

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## Crime & Violence Workgroup

The Crime & Violence Workgroup continues to focus on prevention, education, and community safety initiatives throughout Lexington-Fayette County.

### **Current Priorities**

- Promote safe firearm storage
- Expand the “Let’s Lock It, Lex!” campaign
- Support youth enrichment and prevention initiatives

### **Current Progress**

- Over 200 free gun locks have already been distributed through community outreach efforts
- The “Let’s Lock It, Lex!” resource webpage and toolkit webpage launched June 1.
- Community outreach will continue at upcoming events including Cops & Bobbers on June 6

## Data Shared

The workgroup reviewed community-level data related to:

- Gun violence prevention efforts
- Firearm safety outreach
- Overdose response trends and naloxone administration by ZIP code

### Next Meeting

June 17, 2026 | 9:00 AM | Virtual

Join: <https://teams.microsoft.com/meet/270590409619565?p=syY5XmDwX9d408UjNT>

Meeting ID: 270 590 409 619 565

Passcode: A26Kf3dh

Dial-In: +1 312-667-7115,,892527524#

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## Opioid Overdose Prevention

The Overdose Prevention & Response Workgroup continues to strengthen community efforts related to overdose prevention, harm reduction, and response coordination.

### Current Priorities

- Reduce stigma surrounding Substance Use Disorder (SUD)
- Increase awareness of naloxone training and distribution
- Strengthen overdose monitoring and response systems

### Data & Trends Reviewed

The workgroup presented Fayette County overdose response data from 2023–2025, including:

- Percent of suspected overdose incidents where naloxone was administered
- Percent of suspected fatal overdoses by ZIP code
- Community-level trends to help guide outreach and prevention efforts

### Ongoing Focus Areas

- Expanding access to naloxone education and resources
- Supporting coordination among community partners
- Exploring long-term overdose monitoring and response strategies

### Next Meeting

June 18, 2026 | 9:00 AM | Virtual

Join: <https://teams.microsoft.com/meet/271051309246929?p=pQI9ceHUR6CyKUN51q>

Meeting ID: 271 051 309 246 929

Passcode: 9Px3hY2M

Dial-In: +1 312-667-7115,,123672934#



## Supporting Community Partners & Families

Lex-CHIP is proud to support the Fifth Annual Community Baby Shower hosted by Mobile Mission Experience by providing raffle items for participating families. This event is designed to support single mothers with children ages 0–12 months by connecting them with community resources, encouragement, and essential baby items.

The community baby shower will take place on Saturday, June 27, 2026, from 2–4 PM at the Cooperative Extension Office, 1140 Harry Sykes Way, Lexington, KY 40504. Registration information will be announced soon.

Through partnerships like this, Lex-CHIP continues working alongside community organizations to support healthy families, strengthen connections, and improve access to resources for parents and children across Lexington-Fayette County.

*Mobile Mission Experience  
Fifth Annual  
Community Baby Shower*

**For single moms**

**0-12 months**

**Saturday, June 27, 2026**

**2:00 p.m. to 4:00 p.m.**

Cooperative Extension Office  
1140 Harry Sykes Way  
Lexington, Kentucky 40504

**SAVE THE DATE  
REGISTRATION COMING SOON**



## Supporting Families Through Mental Health Education

NAMI Lexington, a valued Lex-CHIP community partner, is now accepting enrollment for its upcoming Family & Friends Seminar, a free educational program designed to support relatives and friends of individuals affected by mental health conditions. NAMI's work directly aligns with Lex-CHIP priorities by helping strengthen mental well-being, reduce stigma, expand access to support resources, and improve community understanding of mental health. The three-session seminar helps participants better understand diagnoses, treatment and recovery, communication skills, coping strategies, crisis preparation, and available community resources.

The class is taught by trained family members with firsthand experience supporting loved ones living with mental illness. Participants have shared that the program helped reduce stigma, increased understanding, and provided valuable tools and support.

### Seminar Details

- **Dates:** June 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup>
- **Time:** 6:30–8:30 PM
- **Format:** In-person at Eastern State Hospital (1350 Bull Lea Rd, Lexington, KY 40511) and via Zoom
- **Cost:** Free (registration required)

To register, visit: <https://tinyurl.com/FFNAMILex>

Or contact NAMI Lexington at **859-536-8278** or [tracy@namilex.org](mailto:tracy@namilex.org)



## Nutrition Facts

4 Servings

Serving Size 1 tostada

Amount per serving

**CALORIES** 310

% Daily value

**Total Fat** 10g 13%

Saturated Fat 2.6g 13%

**Cholesterol** 65mg 22%

**Sodium** 1270mg 12%

**Total Carbohydrate** 26g 9%

Dietary Fiber 6g 21%

**Protein** 29g

**Potassium** 550mg 12%

## WHAT'S COOKIN'!

# Budget-Friendly Chicken Tostadas

10 min prep time - 4 servings

### Ingredients:

- 2 cups shredded cooked chicken
- 3 tbsp salsa
- 1 cup canned pinto beans (rinsed and drained)
- 4 tostada shells
- 1/2 avocado (mashed)
- 1 cup lettuce (shredded)

### Step-By-Step Instructions:

1. Preheat the oven to 400 degrees F. In a small bowl, mix together the chicken, salsa, and pinto beans.
2. Place the tostada shells on a baking sheet. Top each tostada shell with a heaping 1/2 cup of chicken-bean mixture and 1 Tbsp. cheese.
3. Bake for 5 minutes or until the cheese is melted.
4. Remove the tostadas from the oven and top each tostada with a spoonful of mashed avocado and 1/4 cup lettuce.

Source: <https://diabetesfoodhub.org/recipes/budget-friendly-chicken-tostadas>



## Wellness Passport

The Wellness Passport program encourages individuals and families to explore local wellness opportunities while building healthy habits. Participants can attend community events, classes, and activities to collect stamps and track their progress toward improved health and well-being.

A new activity period began April 1 and ends with a prize drawing on June 30. Participants who participated in the March Wellness Passport must re-enroll for the April–June activity period to remain eligible for prize drawings.

### Recent Wellness Passport Winners

#### **Lauren CraCraft**

John's Run/Walk Shop New Balance shoes

*"I feel less stressed, less tired and more energized, happier with myself, and stronger."*

#### **Younsoo Bae**

\$50 Dick's Sporting Goods gift card

*"I am more mindful of how my body feels, feel less stressed, less tired and more energized, happier with myself, and stronger."*

#### **Kara Stith**

\$50 Lexington Farmers Market tokens

*"I am more mindful of how my body feels, feel less stressed, happier with myself, and stronger."*

Participants shared that the program helped improve both their physical and mental well-being by encouraging healthier habits and increased mindfulness.

Registration is open and participation is free. To learn more about the program and upcoming opportunities, scan the QR code or visit:

<https://www.lfchd.org/wellnesspassport/>





# FAMILY CORNER




## Step Into Summer at Lexington's Parks!


Visiting one of Lexington's many parks and walking trails is a simple, free way to support physical and mental well-being for the whole family. Regular walking helps improve cardiovascular health, manage weight, strengthen muscles, and reduce stress while encouraging consistent, low-impact exercise for all ages.

Spending time outdoors also provides valuable screen-free opportunities for families to connect, communicate, and build stronger relationships. Research shows that time in nature can help lower stress levels, improve mood, boost immune function, and support attention and cognitive functioning—especially for children.

Lexington offers a variety of beautiful parks and trails to explore, including the unique wooded landscape of McConnell Springs near downtown. Whether it's a short evening walk or a weekend family outing, spending time outside is an easy way to support healthier habits and overall well-being.



To learn more about Lexington parks and find a park near you, visit:  
<https://www.lexingtonky.gov/playing/parks-natural-areas/city-park-locations>





# From the Desk of the LFCHD Disease Detectives:

## HIV Awareness & Prevention

Human Immunodeficiency Virus (HIV) is a virus that attacks the body's immune system. Without treatment, it can lead to Acquired Immunodeficiency Syndrome (AIDS). The only way to know if you have HIV is to get tested.

### Why it matters:

- Approximately 1.2 million people in the U.S. are living with HIV, and about 1 in 8 do not know their status.
- Early diagnosis allows people to begin treatment sooner, leading to longer, healthier lives.
- Effective treatment can reduce HIV to undetectable levels, meaning it cannot be sexually transmitted.

### The importance of testing:

Knowing your HIV status is a powerful step toward protecting your health and the health of others. Routine testing helps prevent new infections and connects individuals to care and support services.

Healthcare experts recommend that everyone between the ages of 13 and 64 get tested at least once, with more frequent testing for those at higher risk.

HIV testing, including self-testing, is the pathway to engaging people in care to keep them healthy, regardless of their test result.

People who receive a negative test result can take advantage of [HIV prevention](#) tools such as:

- Pre-Exposure Prophylaxis (PrEP),
- Condoms,
- Other sexual health services such as vaccines and testing for sexually transmitted infections.

People who receive a positive test result can rapidly start [HIV treatment](#) (antiretroviral therapy, or ART) to stay healthy.

**Where to get tested:**

- HIV Testing & Care Service Locator: [locator.hiv.gov](https://locator.hiv.gov)
- Free testing is available at the Lexington-Fayette County Health Department. To schedule an appointment, call 859-288-2483.

If yo



# LFCHD Environmental Health Essentials:

## Rodent-Proofing Your Home

To properly rodent-proof your house, you must **seal all exterior gaps larger than a dime**, eliminate outdoor food sources, and cut back nearby vegetation. Mice can squeeze through openings as small as 1/4 inch, while rats only need a 1/2 inch hole to gain entry. Successfully keeping them out requires a multi-step, physical fortification strategy.

### 1. Identify Entry Points

Walk around your entire perimeter with a flashlight. Pay close attention to these vulnerable areas:

- **Foundation and Sills:** Cracks in foundation walls or gaps between the sill plate and siding.
- **Utility Intrusions:** Openings where plumbing, electrical, HVAC, or gas lines enter the home.
- **Doors and Windows:** Worn thresholds, gaps under garage doors, and torn screens.
- **Roofline and Attic:** Gable vents, soffit openings, roof returns, and un-capped chimneys.

### 2. Seal Gaps Professionally

Rodents can easily chew through wood, plastic, rubber, and expanding foam. You must use heavy-duty, rodent-resistant materials:

- **For Small Holes (<1 inch):** Pack the opening tightly with copper mesh or stainless steel wool, then cover it with a high-quality exterior silicone sealant or concrete mortar. Unlike regular steel wool, stainless steel and copper won't rust and degrade.
- **For Vents and Large Gaps:** Cover crawlspace, soffit, and attic vents with 19-gauge or heavier 1/4-inch hardware cloth.
- **For Doors:** Install heavy-duty, metal-reinforced door sweeps on all exterior and garage doors to close gaps leading underneath.
- **For Siding and Weep Holes:** Insert specialized metal weep-hole covers or excluder mesh that blocks pests but still allows the walls to breathe.

### 3. Remove Outdoor Food and Shelter

Rodents are drawn to your home because of available food and safe nesting sites. Clean up the yard to make it less inviting:

- **Manage Trash:** Keep all garbage in thick plastic or metal bins secured with tight-fitting lids.
- **Rethink Bird Feeders:** Stop feeding wild birds or move feeders far away from the structure, as spilled seeds are a major rodent attractant.
- **Store Pet Food:** Never leave pet food bowls outside overnight, and store bulk bags inside airtight plastic or metal containers.

- **Clear Vegetation:** Trim tree branches and thick ivy at least 6 feet away from the roofline to remove "bridges" that pests use to climb onto your roof. Maintain an 18-inch clear gap of gravel or short grass around the base of the foundation.

Rodents constantly gnaw to keep their teeth sharp and will look for any new weakness. Conduct inspections at least once a year to find and fix any new shifting cracks or chewed areas.



# LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT HELPING YOU BE WELL

LFCHD.ORG

## PUBLIC HEALTH CLINIC

650 NEWTOWN PIKE

8 AM-5 PM: MON, TUES, & THURS

8 AM-6:30 PM: WED

\*CLOSED FRIDAY

859-288-2483



### IMMUNIZATIONS

*Low cost immunizations for children and adults who qualify for the state immunization program. Flu shots provided every flu season.*



### TUBERCULOSIS (TB) SCREENING

*Tuberculosis screenings and treatment.*



### SEXUALLY TRANSMITTED INFECTIONS (STI) SERVICES

*Confidential testing for HIV, Hepatitis C, Syphilis, Chlamydia, and Gonorrhea. Treatment available for Syphilis, Gonorrhea, and Chlamydia. Referrals for HIV and Hepatitis C treatment available. Free condoms available.*



### WOMEN, INFANTS, AND CHILDREN (WIC)

*Nutrition education, supplemental food packages, and breastfeeding support for pregnant women, mothers and children who qualify.*



### HARM REDUCTION

*Free, anonymous syringe exchange services and confidential HIV, Hepatitis C, and Syphilis testing, treatment referrals, and naloxone.*

*Hours of operation – Monday 11-5, Wednesday 3-6:30, Thursday 11-5*

*harmreduction@LFCHD.org or 859-899-4230*



## COMMUNITY



### DIABETES EDUCATION & PREVENTION

*Nutrition programs for all ages. Free diabetes management and prevention programs. Monthly diabetes support groups.*

859-288-2446



### SMOKING CESSATION

*Get involved in a class to help you quit smoking.*

859-288-2446



### ENVIRONMENTAL

*Mandated retail food service and public facility permitting and inspections. Food handler/Manager certifications. Certified pool operator course. Mosquito, rabies, and health related nuisance complaints.*

859-231-9791



### HANDS - HEALTH ACCESS NURTURING DEVELOPING SERVICES

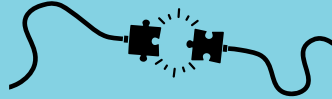
*Trained professionals visit the home of new or expectant parents to provide support in building healthy, safe and nurturing environments for families. Families must be enrolled during pregnancy or before baby is 90 days old.*

HANDS@lfchd.org or 859-288-2338





Thank you for being part of our community and for supporting healthier, safer families. We look forward to sharing more updates, resources, and opportunities with you next month.



## Stay Connected!

Stay connected with us for upcoming events, outreach opportunities, and community resources. We invite you to share this newsletter and join us in supporting health and well-being across our community.



<https://www.facebook.com/LFCHD/>



<https://www.instagram.com/lexpublichealth>

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<https://x.com/LFCHD>



Interested in learning more about Lex-CHIP, the Lexington-Fayette County Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP)? [CLICK HERE](#) to learn how community partners are working together to improve health and well-being across Lexington-Fayette County.

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