



Lex-CHIP Monthly Newsletter

August 2026



Newsletter

www.LFCHD.org

Lex-CHIP@LFCHD.org

Growing Together Through Partnership

Meaningful community change happens when organizations come together around a shared vision. Throughout August, Lex-CHIP partners will continue advancing initiatives that improve health, expand access to resources, and strengthen neighborhoods. Together, we are building healthier families, safer communities, and a brighter future for everyone in Lexington-Fayette County.





Month-Long Observances

Children's Eye Health and Safety Month
National Breastfeeding Month
National Immunization Awareness Month
National Wellness Month
Overdose Awareness Month

Awareness Days & Weeks

August 1: World Lung Cancer Day
August 2: National Play Outside Day
August 1–7: World Breastfeeding Week
August 3–9: National Health Center Week
August 10–16: Safe + Sound Week
August 17: National Nonprofit Day
August 26: Women's Equality Day
August 31: International Overdose Awareness Day



- **8/1 | 9:30 AM-12 PM**
Back to School Rally
Cardinal Valley Park
[Learn More](#)
 - **8/1 | 9:30 AM-12 PM**
Tates Creek Back to School Rally
Tates Creek Community Center
[Learn More](#)
 - **8/1 | 11 AM-2 PM**
Live Healthy and Move Health Fair
Douglass Park
[Learn More](#)
 - **8/1 | 4- 7 PM**
Shiloh Baptist Church Back to
School Rally
Shiloh Baptist Church
[Learn More](#)
 - **8/2 | 4:30- 6:30 PM**
Food as Health
Fayette County Extension Office
[Learn More](#)
 - **8/3 | 1-4 PM**
Adopt-a-Park
Charles Young Park
[Learn More](#)
 - **8/4 | 10-11 AM**
Diabetic Support Group
Lexington Senior Center
[Learn More](#)
 - **8/5 | 1-4 PM**
Adopt-a-Park
Charles Young Park
[Learn More](#)
 - **8/5 | 4-7 PM**
Lexington Farmer's Market
Greyline Station
[Learn More](#)
 - **8/6 | 1-4 PM**
Adopt-a-Park
Charles Young Park
[Learn More](#)
 - **8/6 | 6-8 PM**
1st District Resource Fair
Douglass Park
[Learn More](#)
 - **8/7 | 1-4 PM**
Adopt-a-Park
Charles Young Park
[Learn More](#)
 - **8/9 | 11 AM-1 PM**
Health & Resource Fair
St. Peter Claver Catholic
Church
[Learn More](#)
 - **8/9 | 1-3 PM**
CJ's 5th Annual Backpack &
Supplies Giveaway
Whitney Young Park
[Learn More](#)
 - **8/15 | 11 AM-3 PM**
Food Pathways Summer Pop-
Ups
Martin Luther King Park
[Learn More](#)
 - **8/15 | 11 AM-2 PM**
Harvest Worship Center
Outreach
Harvest Worship Center
[Learn More](#)
 - **8/17 | 1-2 PM**
Prediabetes Workshop
Marksbury Library
[Learn More](#)
 - **8/19 | 4-7 PM**
Lexington Farmer's Market
Greyline Station
[Learn More](#)
 - **8/22 | 10 AM-1 PM**
Safe Kids Day 2026
Cardinal Valley Park
[Learn More](#)
 - **8/22 | 2-3 PM**
Movement and Mobility Class
Eastside Library
[Learn More](#)
 - **8/29 | 11 AM-3 PM**
LFCHD Lexwell Festival
Bluegrass Community &
Technical College
[Learn More](#) | [Register Here](#)
-



**FREE
GUN
LOCKS**

TAKE ONE TODAY
NO QUESTIONS ASKED

AVAILABLE HERE
WHILE SUPPLIES LAST



**LET'S LOCK IT,
Lex!**

► PROTECT CHILDREN
► SECURE FIREARMS
► PREVENT ACCIDENTS

Need support or resources?
988 Suicide & Crisis Lifeline – Call or text 988
New Vista 24-Hour Crisis Line – 1-800-928-8000
Safe Storage Information – BeSMARTforKids.org

Let's Lock It, Lex! **Free Gun Lock Sites**

The *Let's Lock It, Lex!* campaign continues to expand access to safe firearm storage resources.

Campaign Highlights

- 850 free gun locks distributed.
- Available at 12+ community distribution sites.
- Distributed at 50+ community events and outreach activities.
- Thousands of community members touched through outreach events and activities, media coverage, and social media.



**Our pilot community distribution sites currently offer
free gun locks while supplies last:**

- Carolyn's Crown & Glory Hair Salon LLC
- Charles Young Center
- Community Action Council Food Pantry - Cambridge Drive
- Davis Park Workforce Center
- Exhilarating Inc.
- Final Cuts
- Passport by Molina Healthcare
- Share Center
- Suburban Pointe
- The Voyage Movement
- Urban Cutz
- Well Groomed Barbershop

Free gun locks are also available at the **Lexington-Fayette County Health Department — no questions asked.**

Visit www.lfchd.org/gun-safety to learn more about safe firearm storage, access educational resources, download the community toolkit, and find a distribution location near you.



OVERDOSE
AWARENESS MONTH



August is Overdose Awareness Month

Every August, communities across the country recognize Overdose Awareness Month to remember those lost to overdose, support individuals and families affected by substance use disorder, and raise awareness about

the resources available to prevent overdose and save lives.

By reducing stigma, increasing access to life-saving tools, and connecting people to support, we can build a healthier and more compassionate community.

Know the Signs of an Opioid Overdose

Recognizing an overdose quickly can save a life. **Call 911 immediately** if someone:

- Cannot be awakened or is unresponsive
- Has slow, shallow, or stopped breathing
- Has blue or gray lips and fingernails
- Has pinpoint (very small) pupils
- Makes choking, gurgling, or snoring sounds
- Has cold or clammy skin

If available, administer naloxone while waiting for emergency responders.

To learn more about recognizing the signs of opioid overdose, visit: [HarmReduction.org](https://harmreduction.org)

Harm Reduction Saves Lives

The Lexington-Fayette County Health Department Harm Reduction Program works to reduce the health risks associated with substance use while connecting individuals to care, treatment, and recovery resources.

Services include:

- Free naloxone
- Naloxone education and training
- Fentanyl test strips
- Syringe services
- Referrals to treatment and recovery resources
- Health education and support

These services are confidential, judgment-free, and designed to meet people where they are while promoting healthier outcomes for individuals, families, and our community.

Learn More

Lexington-Fayette County Health Department
Harm Reduction Program
(859) 252-2371

www.lfchd.org/harmreductionprogram/



**Find
Naloxone
NowKY**

Free Naloxone is Available Throughout Fayette County

Naloxone is a medication that can rapidly reverse an opioid overdose and restore breathing while emergency medical help is on the way. It is safe, easy to use, and available at no cost through numerous community partners.

Free naloxone is available through the Lexington-Fayette County Health Department and at participating organizations throughout Fayette County, including:

[Lexington-Fayette County Health Department](#)

650 Newtown Pike, Lexington, KY 40508
(859) 252-2371

Recovery Centers

[Voices of Hope](#)

644 N. Broadway
(859) 303-7671

[Voices of Hope](#)

450 Old Vine Street, Suite 101
(859) 317-3621

[Recovery Café](#)

1109 Versailles Road,
Suite 200
(859) 523-0590

[Shepherd's House](#)

635 Maxwellton Court
(859) 252-1939

*Call ahead to confirm hours and
naloxone availability.*

Kiosks & Vending

**[Black & Williams Neighborhood
Center](#)**

(Fentanyl test strips)
498 Georgetown Street

[Lexington Rescue Mission](#)

(Naloxone,
Fentanyl test strips)
535 W. 2nd Street

[Still Waters](#)

(Naloxone)
1035 Strader Drive

[Voices of Hope Kiosk](#)

(Naloxone)
644 N. Broadway

*Unstaffed location, availability
may vary.*

Community-Based

[Artfarm](#)

(Free naloxone,
Fentanyl test strips)
1123 Winchester Road

**[New Vista/Regional Prevention
Center](#)**

1351 Newtown Pike, Bldg 3
(859) 225-3296

*Call ahead to confirm hours
and naloxone availability.*

Visit findnaloxone.ky.gov to locate the distribution site nearest you and confirm availability.

How Can I Help?

Everyone has a role to play in preventing overdose deaths.

You can help by:

- Learning how to recognize the signs of an overdose.
- Carrying naloxone and knowing how to use it.
- Talking openly about substance use disorder to help reduce stigma.
- Sharing local resources with friends, family, and neighbors.
- Encouraging individuals seeking help to connect with treatment and recovery services.

Small actions can make a life-saving difference.



No Questions. Just Lifesaving Resources.

LFCHD has made accessing free naloxone even easier. While naloxone has long been available through our Harm Reduction Program, community members can now simply stop by our lobby and take a free kit - **no questions asked**.

Naloxone is a safe, easy-to-use medication that can temporarily reverse an opioid overdose, buying valuable time until emergency medical services arrive. You don't have to know someone who uses opioids to carry naloxone. Having a kit on hand means you could be prepared to help a coworker, neighbor, friend, family member, or even a stranger during a critical emergency.

By making naloxone readily available in our lobby, we're removing barriers and increasing access to a proven lifesaving resource. Every kit that leaves our building is another opportunity to prevent an overdose death and strengthen the safety of our community.

- Naloxone kits distributed: 60
- Available free during Health Department business hours
- No questions asked
- Located in the LFCHD lobby at 650 Newtown Pike

Want to Learn More?

Whether you're interested in learning how to recognize an overdose, administer naloxone, or better understand harm reduction, the Lexington-Fayette County Health Department is here to help. Free naloxone training takes just 10–15 minutes, and community classes are available for groups of up to 100 participants at your location or ours. To schedule a training, call 859-899-4230 or visit

www.lfchd.org/harmreductionprogram.

Harm Reduction Program Hours

- Monday: 11 AM – 5 PM
- Tuesday: Closed
- Wednesday: 3 – 6:30 PM

- Thursday: 11 AM – 5 PM
- Friday: Closed
- Saturday & Sunday: Closed

learn

If you or someone you know could benefit from harm reduction services, overdose prevention education, or additional resources, visit the **Lexington-Fayette County Health Department Harm Reduction Program** at **650 Newtown Pike** or



You're invited to the next Lex-CHIP Quarterly Meeting on August 19 at the Marksbury Family Branch Library! Join community partners as we celebrate National Wellness Month and recognize Overdose Awareness Month while learning about initiatives making a difference across Fayette County. Beginning at 11:30 a.m., attendees can receive free blood pressure screenings and explore health and wellness resources before the meeting. The afternoon will also feature workgroup updates, networking opportunities, and collaborative discussions focused on improving the health and well-being of our community.

[RSVP here by August 14th!](#)

LEX-CHIP
QUARTERLY MEETING

LEXCHIP

MARKSBURY FAMILY BRANCH LIBRARY
2197 Versailles Rd, Lexington, KY 40504

AUGUST 19, 2026
12:00p.m. – 2:00p.m.

**RSVP BY
AUGUST 14TH**

<https://www.surveymonkey.com/r/N8Q6H6N>



COMMUNITY EDUCATION & ENGAGEMENT



Throughout July, Lex-CHIP and LFCHD participated in more than 30 community outreach events across Fayette County, bringing health education, wellness resources, injury prevention initiatives, and public health services directly to neighborhoods where people live, learn, work, and play.

From Summer Playground Days, Food Pathways Pop-Ups, and neighborhood Community Pop-Ups to the HerCare Health Fair, St. Martin's Village Day, Shop for a Cause, and the Lexington Housing Authority Resource Fair, staff connected residents with programs and services that support healthier lives. Outreach also included diabetes education classes, tobacco cessation education, HIV/STI testing, nutrition programming, youth engagement activities, wellness fairs, career events, and family-focused community celebrations.

July Outreach Highlights

- Community pop-up events and neighborhood outreach
- Summer Playground Days with Lexington Parks & Recreation
- Food Pathways Summer Pop-Ups
- HerCare Health Fair
- St. Martin's Village Day
- Back to Work Barbecue
- Shop for a Cause
- Lexington Housing Authority Resource Fair
- Goodwill Resource Fair
- West End Community & Empowerment Project
- Diabetes education and nutrition classes
- Tobacco cessation and vaping prevention education
- HIV/STI testing and prevention outreach
- Youth wellness and family engagement activities

Whether providing health screenings, nutrition education, injury prevention resources, chronic disease education, or connections to community services, each event created opportunities to build relationships, reduce barriers to care, and strengthen partnerships throughout Fayette County. Together, these outreach efforts continue to make public health more visible, accessible, and responsive to the needs of our community.





Nutrition Facts

CALORIES 86

Total Fat	0 mg
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	22g
Dietary Fiber	4g
Total Sugars	7g
Protein	1g



• Healthy recipes, fresh ideas, and kitchen inspiration. •

Raspberry-Lemonade Slushie

5 min prep time - 5 min total time - 4 servings

Ingredients:

- 12oz raspberries
- 1 cup sugar substitute
- ½ cup lemon juice
- 5 cups ice cubes

Step-By-Step Instructions:

1. In a food processor or blender, process the raspberries, sugar substitute, and lemon juice until the raspberries are puréed.
2. Add the ice cubes. Process until the mixture is mostly smooth and has a slushie-like consistency. (It's okay if there are a few ice chunks. Don't overmix.)
3. Divide the slushie into cups. Serve immediately.

See the original source for this recipe [HERE](#).



WELLNESS PASSPORT

Your Path. Your Health. Your Community.



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

The April–June Wellness Passport quarter recently concluded, and a new activity period is now underway. Participants can continue earning stamps by attending approved wellness activities and events. The current quarter runs through September 30, 2026, providing another opportunity to stay active, engage with the community, and build healthy habits.

Quarter 2 Wellness Passport Winners!

Cherilyn White - \$50 worth of tokens to Lex Farmer's Market
Lindsey Trent - 2 Tickets to a Cincinnati Red's baseball game
Tanya Torp - \$50 gift card to Dick's Sporting Goods
Toshiko Tachihara - 4 tickets to Kentucky Kingdom

Participants continue to report improvements in both their physical and mental well-being, sharing that the program helps them stay active, build healthier habits, and become more mindful of their overall health.

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/>





Make a Splash This Summer at Lexington's Aquatic Centers

Looking for an affordable way to stay active and beat the summer heat? Lexington's public aquatic centers offer fun for all ages, from exciting waterslides and splash zones to lap swimming and relaxing family outings. Admission is just \$7 for adults and \$5 for youth (15 and under).

[Explore Lexington's Aquatic Centers](#)

Castlewood Aquatic Center & Sprayground
Douglass Aquatic Center & Sprayground
Southland Aquatic Center
Shillito Aquatic Center
Tates Creek Aquatic Center
Woodland Aquatic Center

Whether you're introducing little ones to the water, looking for thrilling slides, or simply enjoying a day outdoors, there's an aquatic center that's perfect for your family!

Pool Day Essentials

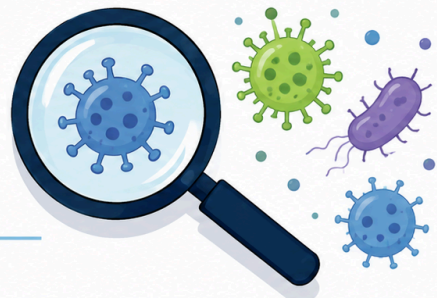
-  Change of clothes
-  Flip-flops or water shoes
-  Hat or sunglasses
-  Sunscreen (SPF 30+)
-  Towel & swimsuit
-  Water bottle

Swimming is a fun way to stay active, cool off, and spend quality time together. Click on the aquatic center names above to learn more about each location, including amenities, hours, and directions.

For locations, hours, and additional information, visit [Lexington Parks & Recreation Aquatics](#) or call 859-288-2973.



From the Desk of the
LFCHD
— DISEASE DETECTIVES —



--- Breaking News! ---

Over the course of the last three months, there has been an increase of *Cyclosporiasis* cases in the United States. This parasite infects the small intestines and causes explosive, watery diarrhea than can last from a week to over a month or more. If not treated, people can continue to relapse with multiple weeks of diarrhea, abdominal cramping/bloating, nausea and prolonged fatigue.

This parasite is endemic in tropic and subtropic areas of the world, but is relatively new in the reportable disease list. Being identified in 1986 and officially named in 1994, the first outbreak of *Cyclospora* was reported in Florida from raspberries grown in Guatemala. More recently, lettuce and leafy herbs (cilantro and basil) grown in Mexico, have been the source for large outbreaks here in the US.

Although no one really understands how the parasite gets into water and food, the bad news is that chemical disinfection and common sanitization efforts are unlikely to kill *Cyclospora*. Prevention steps include making sure to thoroughly clean raw fruits and vegetables before consumption. Washing hands with soap and water, before and after preparing fresh produce, and storing food items in refrigerator within two hours. And, if traveling, avoid drinking untreated water or fountain drinks.

Diagnosis of *Cyclosporiasis* can be difficult, as not all gastrointestinal panels target for the parasite. If you have recently traveled AND are having unexplainable, watery diarrhea lasting more than three days, specifically request your healthcare provider tests for *Cyclospora*.

For more information, please email epidemiology@lfchd.org.



Preventing Tick-Bites While Spending Time Outdoors:

If an infected tick attaches to your skin, it transmits pathogens through its saliva. The most widespread conditions in North America include: Lyme Disease, Rocky Mountain Spotted Fever, and Alpha-gal Syndrome.

Before Heading Outdoors

- **Use EPA-Registered Repellents:** Apply sprays containing DEET, picaridin, IR3535, or Oil of Lemon Eucalyptus (OLE) to exposed skin. Do not use OLE on children under three years old.
- **Treat Gear with Permethrin:** Spray clothing, boots, and tents with 0.5% permethrin. This kills ticks on contact and lasts through multiple washes, but keep it away from cats while wet as it is highly toxic to them.
- **Dress Defensively:** Wear long sleeves and long pants tucked directly into your socks. Choose light-colored fabrics so crawling ticks are highly visible.

While Outside

- **Stay Centered on Trails:** Ticks do not jump or fly; they wait on the tips of low vegetation to latch onto passing hosts. Avoid tall grass, brush, and heavy leaf litter by walking directly in the center of cleared paths.

When You Return Home

- **Shower Immediately:** Showering within two hours of coming indoors washes off unattached ticks and drastically reduces your risk of infection.
- **Run a High-Heat Dryer Cycle:** Tumble dry your outdoor clothes on high heat for 10 minutes to kill any hidden ticks.
- **Conduct a Full Body Check:** Use a mirror to inspect high-risk areas including the scalp, behind ears, underarms, belly button, waist, and the back of the knees. Check your pets and gear as well.

For more information or questions, contact
LFCHD Environmental Health at (859) 231-9791.



Fire Up the Fun—Not the Flames

Summer is the perfect time to enjoy backyard barbecues, cookouts, and evenings around the campfire. While outdoor cooking and fires are great ways to bring family and friends together, they also come with important safety responsibilities. Taking a few simple precautions can help prevent burns, injuries, and accidental fires.

Whether you're grilling burgers, roasting marshmallows, or enjoying a backyard bonfire, keep these fire safety tips in mind:

- Backyard cookouts and campfires are summer staples — just make sure you're handling heat safely!
- Keep a safe distance from open flames and never leave a grill or campfire unattended.
- Have a fire extinguisher or water source nearby when using open flames outdoors.
- Use extreme caution with flammable liquids — they can ignite faster than you expect.

A little preparation goes a long way toward keeping your family, friends, and neighbors safe. By practicing safe grilling and campfire habits, you can enjoy all the fun of summer while reducing the risk of preventable fires and injuries.

For more information or questions on summer safety, contact
LFCHD Environmental Health at (859) 231-9791.



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





Missed a Newsletter?

Looking for past editions of the Lex-CHIP Newsletter? Visit our online newsletter archive to explore previous issues, catch up on community initiatives, and stay informed about the latest public health news, events, and resources.

View the Newsletter Archive:

<https://drive.google.com/drive/folders/1xfL8DOp5qhMIh5uT0uQH3K-3SvbJrOg?usp=sharing>

Thank You!

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 *with us...*

for upcoming events, outreach opportunities, and community resources.

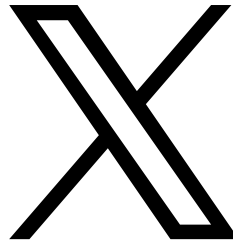
We invite you to share this newsletter and join us in supporting health and well-being across our community.

FOLLOW US ON
≡ Social Media! ≡



@LFCHD

[Like us on Facebook!](#)



@lfchd

[Follow us on X!](#)



@lexpublichealth

[Follow us on Instagram!](#)



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.

You can contact us directly at 859-252-2371 or Lex-CHIP@LFCHD.org.

[VISIT US](#) | [JOIN US](#)

