



Lynn Public Health Newsletter

September 2026



NATIONAL
WELLNESS
MONTH
AUGUST

August Health Theme

August was National Wellness Month! As school goes back in session and cooler weather fast approaching, this theme serves as a reminder to practice self-care and create healthy routines.

[Learn More about National Wellness Month](#)

"No act of kindness, no matter how small, is ever wasted."
— **Aesop**

August Health Theme

- National Recovery Month
- National Preparedness Month

Upcoming Fall Vaccination Clinic

The Lynn Public Health Division, in collaboration with Stop & Shop Pharmacy will be hosting two (2) fall vaccination clinics this October. Flu and COVID vaccine will be available.

Dates: October 8, 2026

October 15, 2026

Time: 3pm - 7pm

Location: 3 City Hall Square
Community Health Resource Room (rm:108)
Lynn, MA 01901

[**Click Here to Learn More and Schedule**](#)

Or Scan the QR Code Below:



Where Will Public Health Be?

Come visit us at Lynnside Out!

Date: Saturday, September 12, 2026

Time: 11am - 3pm

Where: Frederick Douglass Memorial Park

Check out the flyer below for more information!
(and a photo from last year)

 **Jared
Nicholson**
Mayor of Lynn

Lynnside Out

**Live Music & Performances • Activities
Food • Arts & Crafts**

**Mayor Jared Nicholson is turning City
Hall Lynnside Out!**

**Join us for our 5th annual Lynnside Out
Festival to connect with City
departments on upcoming initiatives and
projects that matter most to you.**

**Frederick Douglass
Memorial Park**

**Sat, September 12th
11am-3pm**

Learn more at LynnMA.gov

**Please be advised that this event is restricted to City
departments. Outside organizations may only
participate by invitation.**



National Recovery Month Event

Our Annual Recovery Month Event will be held on Tuesday, September 22nd, from 4:00–6:00 PM outside Lynn City Hall!

Please join us for an afternoon of community, connection, strength, and resilience as we come together to recognize and celebrate Recovery Month.

Date: Tuesday, September 22, 2026

Time: 4pm - 6pm

Where: Outside Lynn City Hall

Public Health Internships

Interested in interning with us? We accept internship applications on a rolling basis.

Learn more about our internship below:
[Lynn Public Health: Internship Opportunities](#)

Epi's Corner

From June to October, the MA Department of Public Health (DPH) conducts testing for West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE) from mosquito samples across the state.

- Currently, the risk for WNV in Lynn is **MODERATE**, while the risk for EEE is **LOW**.



What you can do to prevent WNV infection (Per MA DPH):

1. Be prepared: Know your risk -check this page regularly, repair screens, clean up to get rid of mosquito breeding sites, be aware of stagnant water on private property (e.g. unused swimming pools) and consult the local board of health.
2. Wear long sleeves and long pants from dusk to dawn when weather permits.
3. Use mosquito netting on baby carriages and playpens
4. Wear mosquito repellent when outdoors, especially between dusk and dawn.
5. Dump standing water twice weekly.

For more info, including updated risk maps from DPH, please visit:
<https://www.mass.gov/info-details/massachusetts-arbovirus-update>

Learn More About Epidemiology

Transportation Services

Do you want to sign up for half-off Reduced Fares on the MBTA, or register for MBTA's The RIDE?

Lynn Public Health's Community Transportation Coordinator can help you with this process. Reach out to Nick Alonzo via email nalonzo@lynnma.gov or phone [781-584-2853](tel:781-584-2853) to start the process today!



CALM Team Updates

The Calm Team supported the Lynn community through a care-oriented response to calls related to nonviolent conflicts, public health,

mental and behavioral health, and other community concerns. Throughout August, the Calm Team also participated in several community events, including the Ward 4 Community Festival at High Rock, the Eliot Back-to-School Event, Family Fun Day for families of children with special needs, and other community gatherings.

The RIZE Mosaic Grant continues to play an important role in supporting Calm Team operations and meeting the needs of Lynn residents impacted by substance use by providing essential supplies including: first aid kits, personal hygiene items, and other basic-needs items that can make a significant difference for residents experiencing housing instability. The grant also supports community-building activities to improve the quality of life for residents dealing with substance use.

In August, RIZE Mosaic funds supported a listening session at the Lynn Shelter Association, creating a safe and welcoming space for individuals experiencing housing insecurity to share their concerns, needs, and experiences. The grant also continues to fund a per diem nurse who provides medical support and care to residents at the Lynn Shelter Association.

[Lynn Calm Team Website](#)



Grant Updates

This summer, the Public Health Division was awarded the Healthy Summer Youth Jobs grant through the Attorney General's Office that help funded salaries for our summer youth workers. The grant has since concluded, and we had four amazing students participate for approximately 5-6 weeks.

The students had the opportunity to learn about Public Health and gain hands-on experience by tabling at local organizations, assisting with assembling first aid, hygiene, Narcan, and period product kits for the Community Wellness Vending Machine, and interacting with Lynn residents both in-person and over the phone.

One of their projects this year was *"Lynn's Cool Guide"*, an informative and fun guide highlighting areas in Lynn where residents can go to cool off including splash pad, cooling centers, and beaches. This guide also includes information on the signs and symptoms of heat stroke and heat exhaustion, which ties into their learning about heat resiliency. Students also completed trainings, including Narcan Training and Teen Mental Health First Aid Training.



Fall and Winter Resources

Fall is right around the corner! Visit the link below to learn about respiratory viruses, keeping warm, and our upcoming flu vaccination clinics.

[Information on Fall and Winter Resources](#)



Reminders!

Massachusetts Department of Public Health: Health Survey

Mass DPH is conducting a health survey to better understand the health needs and experiences of Massachusetts communities. Survey is open until early fall and available to anyone 12 years and older. View the flyer to take the survey and to learn more.

Let's Create the Future We Want



This survey will help The Massachusetts Department of Public Health (MDPH) better understand the health needs and experiences of Massachusetts communities, identify health inequities, and inform future programs, funding decisions, and public health policies.

The survey is open now through early Fall 2026 and is available to anyone 12 years of age or older. It takes approximately 15–30 minutes to complete and is currently offered in 11 languages.



Public Health
Prevent. Promote. Protect.

Take the Survey at
www.mass.gov/HealthSurvey



Or Scan this QR Code

Creemos el Futuro que Queremos



Esta encuesta ayudará al Departamento de Salud Pública de Massachusetts (MDPH) a comprender mejor las necesidades y experiencias de salud de las comunidades de Massachusetts, identificar desigualdades en materia de salud y orientar futuros programas, decisiones de financiación y políticas de salud pública.

La encuesta estará abierta desde ahora hasta principios del otoño de 2026 y está disponible para cualquier persona de 12 años o más. Completarla toma entre 15 y 30 minutos aproximadamente y actualmente se ofrece en 11 idiomas.



Public Health
Prevent. Promote. Protect.

Realice la encuesta en
www.mass.gov/HealthSurvey



O escanee este código

MassHealth Members

Open enrollment for MassHealth starts on October 23rd and ends January 23rd. There have been some federal changes to the program that may affect some MassHealth members. Find out more by visiting the link.

Federal changes affecting MassHealth (Medicaid) members

MassHealth

ATTENTION:
Members ages 19-64
New Federal Law
May Impact Your
Coverage

MassHealth

ATENCIÓN:
Miembros de MassHealth
Entre 19 y 64 Años
Una Nueva Ley Federal
Podría Afectar sus
Coberturas de MassHealth





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