



Health Newsletter

Our Mission Statement

“To promote healthy lifestyles in Bullitt County through prevention and protection.”

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Where to Find the COVID-19 Vaccine

Need to know how to find a COVID-19 vaccination near you? Visit www.vaccinefinder.org/search to search by your zip code for vaccination locations near you. Vaccine Finder is a free online service that works with partners such as clinics, pharmacies, and health departments to provide accurate and up-to-date information about vaccine services.

Please be advised, the health department does not have specifics on the vaccination process at other locations. These locations are not guaranteed to have vaccines available at all times and may run out quickly when vaccines are received. We encourage you to visit each location's Facebook/website for updates and phases.

Possible Side Effects After Getting a COVID-19 Vaccine

Vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects.

On the arm where you got the shot:



- Pain
- Redness
- Swelling

Throughout the rest of your body:



- Tiredness
- Headache
- Muscle Pain
- Chills
- Fever
- Nausea

To reduce pain and discomfort where you got the shot:



- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:



- Drink plenty of fluids.
- Dress lightly.



Bullitt County Health Department

181 Lees Valley Rd
Shepherdsville, KY 40165
www.bullittcountyhealthdept.org

B&B Pharmacy

1578 Hwy 44 Ln #1
Shepherdsville, KY 40165

126 Shallowmead Ln #2
Mt. Washington, KY 40047
502-538-5000

UofL Health Medical Center South

1903 W Hebron Ln
Shepherdsville, KY 40165
www.uoflhealth.org/louisville-covid-19-vaccinations

Walgreens

152 N Buckman St
Shepherdsville, KY 40165

11099 Hwy 44 E
Mt. Washington, KY 40047
www.walgreens.com/covidvaccine

Walmart

545 Conestoga Pkwy
Shepherdsville, KY 40165
www.walmart.com/covidvaccine



Public Health
Prevent. Promote. Protect.



CDC Offers New Guidance for Those Fully Vaccinated

The new guidance — which is based on the latest science as of March 8, 2021 — includes recommendations for how and when a fully vaccinated individual can visit with other people who are fully vaccinated and with other people who are not vaccinated. This guidance represents a first step toward returning to everyday activities in our communities. The Centers for Disease Control and Prevention (CDC) will update these recommendations as more people are vaccinated, rates of COVID-19 in the community change, and additional scientific evidence becomes available.

CDC Director Rochelle P. Walensky, MD, MPH says, “There are some activities that fully vaccinated people can begin to resume now in their own homes. Everyone, even those vaccinated, should continue with all mitigation strategies when in public settings. As the science evolves and more people get vaccinated, we will continue to provide more guidance to help fully vaccinated people safely resume more activities.”

- Refrain from quarantine and testing if they do not have symptoms of COVID-19 after contact with someone who has COVID-19.

A person is considered fully vaccinated two weeks after receiving the last required dose of vaccine. Although vaccinations are accelerating, CDC estimates that just 9.2% of the U.S. population has been fully vaccinated with a COVID-19 vaccine that the FDA has authorized for emergency use.

Guidance for COVID-19 Quarantine for Vaccinated Persons (3/8/2021)

Vaccinated persons who are exposed to a COVID-19 positive person are not required to quarantine if they meet the following criteria:

- Are fully vaccinated:
 - ≥ 2 weeks following receipt of the second dose in a 2-dose series,
 - ≥ 2 weeks following receipt of one dose of single-dose vaccine
- Have NO symptoms since current COVID-19 exposure
- Are not persons living in group settings (such as correctional or detention facility or group home)
- Please refer to: www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html

People who do not meet all of the above criteria should follow current quarantine guidance after exposure to a COVID-19 positive person.

1. *(Recommended)* Quarantine for 14 days; especially if you are going to be around people who are high-risk for the virus: the elderly, people with co-morbidities, those who are immunocompromised
2. Quarantine for 10 days if you **have NO symptoms**
3. Quarantine for 7 days if you have a negative COVID-19 test on or after Day 5 and **have NO symptoms**

Vaccinated persons who do not quarantine should continue to do the following:

- Monitor for symptoms for 14 days following exposure
- Stay at least 6 feet away from others
- Wear a mask
- Avoid crowds and poorly ventilated spaces
- Cover coughs and sneezes
- Wash hands often
- If you need support or help, call your healthcare provider, local health department, or 1-844-KYTRACE

Reference: www.cdc.gov/media/releases/2021/p0308-vaccinated-guidelines.html



181 Lees Valley Road, Shepherdsville, KY 40165

Bullitt County Health Department

Phone: 502-955-7837 and 502-543-2415 Fax: 502-543-2998

Clinic/Office Hours

Monday- 7:30am– 4:30pm

Tuesday- 7:30am– 6:30pm

Wednesday- 7:30am– 4:30pm

Thursday- 7:30am– 4:30pm

Friday- 7:30am– 11:00am

Environmental Office Hours

Monday–Friday 7:30am– 9:30am

Tuesday- 5:00pm– 6:30pm



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www.bullittcountyhealthdept.org

Three Ways Your Smoking Is Affecting Your Loved Ones

One reason why millions of people quit smoking tobacco is to stop, prevent or limit the effects it has on loved ones. Secondhand smoke is the inhalation of burning tobacco products – such as cigarettes, cigars or pipes.

Secondhand smoke poses health risks, especially to those who already have a vulnerable immune system or those who live in the same household.



- **Increased risk of illness** – Those who are exposed to secondhand smoke are at an increased risk for lung cancer, heart disease and even stroke. Indirect exposure to tobacco smoke can also cause certain types of cancer in cats and dogs, and other pets, including lung and nose cancer.
- **Chronic illness trigger** – Secondhand smoke can cause and trigger severe asthma, respiratory infections and ear infections, especially with infants and children.
- **Lingering smoke odors** – Tobacco residue settles on hair, clothing, furniture, and other surfaces, creating odor and residue that is hard to remove. This is called thirdhand smoke. Tobacco residue is considered harmful to those exposed in homes, cars, and workplaces.

If you'd like help to prevent secondhand and thirdhand smoke around your loved ones, consider Quit Now Kentucky. It's a free, convenient resource available in all areas of Kentucky. For more information about Quit Now Kentucky, call 1-800-QUIT-NOW, text QUITKY to 797979 or visit QuitNowKentucky.org.

Reference: www.quitnowkentucky.org/en-US/Just-Looking/Three-Ways-Your-Smoking-Is-Affecting-Your-Loved-On



Ready to be a Quitter?

Quitting smoking isn't easy—but it's easier with the right help. The American Lung Association's Freedom From Smoking program gives you options, resources, and support to quit for good!

Freedom From Smoking is the premier smoking cessation program from the American Lung Association. This program is FREE and will help you develop a plan of action that leads to your quit day. You'll also get the support you need to remain smoke-free for life!

Freedom From Smoking is now virtual on Zoom! Attend classes through your computer or smart device. The next program begins **April 13, 2021**. To register or for questions call 502-955-5355.

What You'll Learn in the FREE Program

- How to overcome your tobacco addiction
- Ways to develop a new self image after quitting tobacco
- Lifestyle changes to help make quitting tobacco easier
- Coping strategies for recognizing and managing stress
- How to stay tobacco-free for good



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Have You Been Fully Vaccinated?

COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

We're still learning how vaccines will affect the spread of COVID-19. After you've been fully vaccinated against COVID-19, you should keep taking precautions in public places like wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces until we know more.

People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, like the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, like Johnson & Johnson's Janssen vaccine

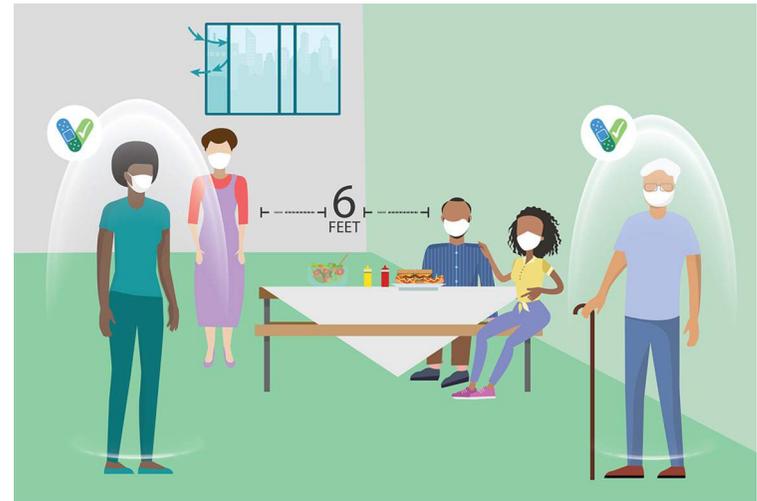
If it has been less than 2 weeks since your shot, or if you still need to get your second dose, you are NOT fully protected. Keep taking all prevention steps until you are fully vaccinated.

What's Changed?

If you've been fully vaccinated:

- You can gather indoors with fully vaccinated people without wearing a mask.
- You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.

However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.



What Hasn't Changed

For now, if you've been fully vaccinated:

- You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:
 - In public
 - Gathering with unvaccinated people from more than one other household
 - Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk
- You should still avoid medium or large-sized gatherings.
- You should still delay domestic and international travel. If you do travel, you'll still need to follow CDC requirements and recommendations.
- You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow guidance at your workplace.

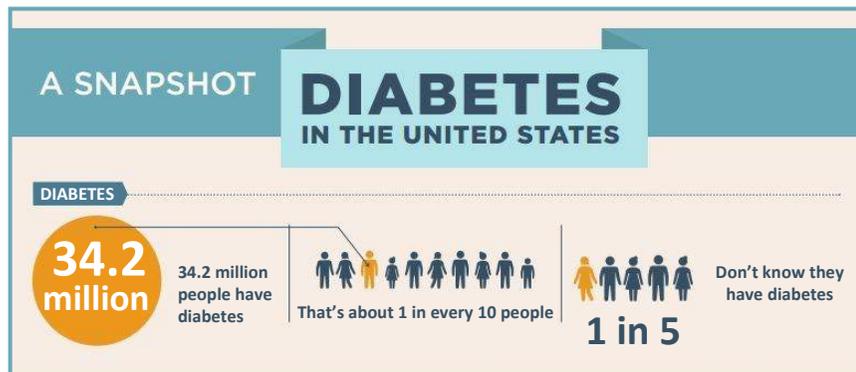
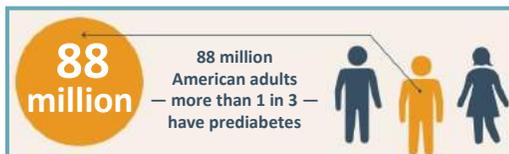
Reference: www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html

Diabetes is Serious and Common

Diabetes is currently the seventh leading cause of death in the United States—and studies show that deaths related to diabetes may be under-reported! Today, 1 in 10 U.S. adults has diabetes, and if trends continue, 1 in 5 will have it by 2025.

An additional 88 million U.S. adults – 1 in 3 – have prediabetes, which means their blood sugar is higher than normal, but not high enough to be considered type 2 diabetes. Without intervention, many people with prediabetes could develop type 2 diabetes within 5 years, which puts them at risk of serious health problems, including:

- Heart attack
- Stroke
- Blindness
- Kidney failure
- Loss of toes, feet, or legs



For more information about Diabetes services offered through the Bullitt County Health Department including: Diabetes 101 Educational Program, Medical Nutrition Therapy, and monthly Diabetes support group meetings. Please call 502-955-5355 or visit www.bullittcountyhealthdept.org.

Reference: www.cdc.gov/diabetes/basics/diabetes.html

Understanding Prediabetes

When it comes to prediabetes, there are no clear symptoms. You may have it and not know it. Here's why that's important: before people develop type 2 diabetes, they almost always have prediabetes—blood sugar levels that are higher than normal but not yet high enough to be diagnosed as diabetes. You may have some of the symptoms of diabetes or even some of the complications.

Regardless, check with your doctor and get tested. If you discover that you do have prediabetes, remember that it doesn't mean you'll develop type 2, particularly if you follow a treatment plan and a diet and exercise routine. Even small changes can have a huge impact on managing this disease or preventing it all together.

Reference: www.diabetes.org/diabetes



The Bullitt County Diabetes Support group meets virtually via ZOOM from 10 a.m.-11 a.m. the second Thursday of each month. Participants will learn about ways to take control of their diabetes, including diabetic medication use, treatment, motivation, healthy eating, and much more! Participants do not have to be diagnosed with diabetes to attend.

For more information and to sign up, call 502-955-5355.



Join from your computer, tablet, or phone. The Diabetes Support Group meetings are interactive, fun, and FREE.



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Learning How to Cope with Stress



The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. With the month of April recognized as “Stress Awareness Month”, learning to cope with stress in a healthy way will make you more resilient.

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.

Healthy Ways to Cope with Stress:

- Take breaks from watching, reading, or listening to news stories, including those on social media. It’s good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
- Get vaccinated with a COVID-19 vaccine when available.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations. While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

Helping Others Cope:

Taking care of yourself can better equip you to take care of others. During times of social distancing, it is especially important to stay connected with your friends and family. Helping others cope with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.

If you are struggling to cope, there are many ways to get help. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Reference: www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html

Every Parent Can Use a Second Pair of Hands



The Kentucky Health Access Nurturing Development Services (HANDS) program is a voluntary home visitation program for any new or expectant parents. HANDS supports families as they build healthy, safe environments for the optimal growth and development of children. Families begin by meeting with a HANDS parent visitor who will discuss any questions or concerns about pregnancy or a baby's first years. Based on the discussion, all families will receive information and learn about resources available in the community for new parents. Some families will receive further support through home visitation. That's right, information is brought right to the home.

All families will receive information and learn about community resources for parents. Studies show that babies and their families who participate in HANDS have less complications during pregnancy, less prematurity, less low birth weight babies, less abuse and neglect, less illness, and less unemployment. Becoming a parent is a life-changing experience. From the very moment you find out you are pregnant, your life begins to revolve around your new baby. There is no way to know just how exhilarating, challenging and rewarding parenthood will be. To find out more information about HANDS, or to make an appointment contact 502-955-5668.



What Can Parents Expect with HANDS?

- ▶ Support through your pregnancy and the early years of your baby's life
- ▶ Ways to make your home safer for your baby
- ▶ Information on how to care for your baby
- ▶ Facts that will let you know your baby is growing and developing in healthy ways
- ▶ Activities that you and your baby can enjoy together that can stimulate your child's brain development
- ▶ Methods on how to handle worries, asking questions, and dealing with stress

Throughout the COVID-19 outbreak the Bullitt County Health Department has continued to offer health services for the public. Some clinical services are available by appointment. You can also participate in several programs virtually including WIC, tobacco cessation, diabetes support group, and coalition meetings. Please refer to www.bullittcountyhealthdept.org or call 502-955-7837 for the most up-to-date information on services.

BCHD Closing Dates

April 2, 2021 - Closed for Good Friday

May 31, 2021 - Closed for Memorial Day



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COVID-19 (Coronavirus): Steps For Protection



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.**

- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



- **Avoid close contact** with people who are sick.
- Put **distance between yourself and other people** if COVID-19 is spreading in your community, especially those who are at higher risk of getting sick.

Masks Help Slow the Spread of COVID-19

Masks are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, talks, or raises their voice. COVID-19 spreads mainly among people who are in close contact with one another (within about 6 feet), so the use of masks is particularly important in settings where people are close to each other or where social distancing is difficult to maintain.

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

Special Situations: Children



If you are able, find a mask that is made for children



If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin



Do NOT put on children younger than 2 years old

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html

Guidance for the NEW CDC Quarantine Options

If you are exposed to a COVID-19 positive person:

- If you are exposed to a COVID-19 positive person you should go into quarantine
- Your time in quarantine will keep you from spreading the virus to others, if you are infected and have no symptoms
- When in quarantine, you should wear your mask indoors and outdoors
- Do not mix with other people outside of your household—the people you live with, unless absolutely necessary

Three ways to quarantine as long as you have NO symptoms:

- Quarantine for 14 days; especially if you are going to be around people that are **high-risk** for the virus: elderly, people with co-morbidities, immunocompromised (*Recommended*)
- Quarantine for 10 days if you **have NO symptoms**
- Quarantine for 7 days if you have a negative COVID-19 test on or after Day 5 and **have NO symptoms**

Take steps to protect yourself and others:

- Stay away from people you live with—use a separate room and bathroom, if possible
- Do not go to work, school, or other places outside your home
- Do not allow others into your home
- Ask friends or family to bring groceries, medicines, or supplies
- If you need support or help call your healthcare provider, local health department, or **1-844-KYTRACE**



Guidance released: 12/3/2020

