



Bullitt County Health Department

Our Mission Statement

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

Inside This Issue:

**Hepatitis A/
First 72 On You** 2

**Weight Loss/
Flu Shots** 3

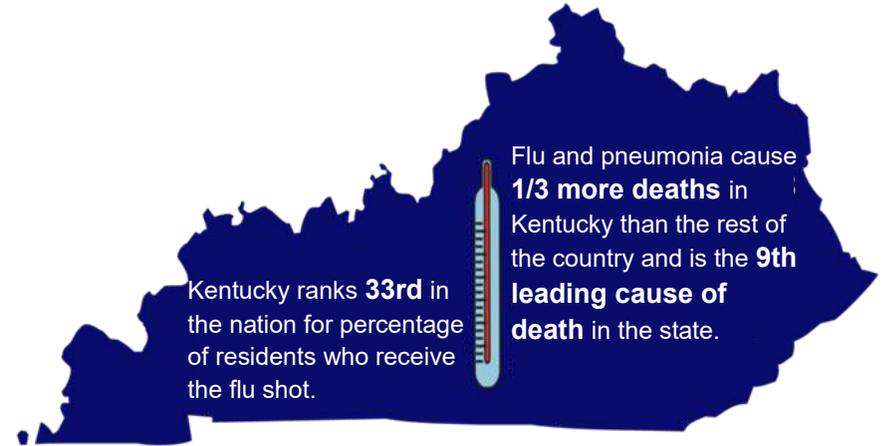
**Breast Cancer
Awareness** 4

**Diabetes Classes/
Stop Smoking** 5

**Keep Food Safe
for the Holidays** 6

**Closing Dates/
New Employees** 7

Think Pink Event 8



GET YOUR SHOT



The flu vaccine is the first and best line of defense when it comes to fighting the flu. Everyone six months and older is recommended to receive the shot. It takes approximately two weeks for antibodies to develop, so the best time to get the shot is before the flu starts to spread in your community.

CONSULT YOUR DOC



If you think you have contracted the flu, consult your physician! Studies show that flu antiviral drugs work best when they are started within 2 days of getting sick. It is especially important to consult your physician if you are at high risk for complications from the flu, like young children, those with chronic health conditions, or those 65 and older.

STOP THE SPREAD



If you do get sick, limit your contact with others as much as possible and take antiviral drugs if your physician prescribes them. Cover your mouth and nose when coughing or sneezing, and wash your hands frequently with soap and water.

Kentucky Medical Association (KMA) and the Kentucky Foundation for Medical Care (KFMC) have partnered with the Foundation for a Healthy Kentucky for the Focus on Flu campaign. The mission of the Foundation for a Healthy Kentucky is to address the unmet health needs of Kentuckians by developing and influencing policy, improving access to care, reducing health risks and disparities, and promoting health equality. Since opening its doors in 2001, the Foundation has invested \$27 million in health policy advocacy, research, and demonstration projects across the Commonwealth.



Public Health
Prevent. Promote. Protect.

www.bullittcountyhealthdept.org

Risks of Hepatitis A

Symptoms of hepatitis A include dark urine (the color of tea or cola), fever, abdominal pain, nausea/vomiting, and tiredness. You may not want to eat. Stools may be white or gray-colored. You may appear jaundiced (yellowing of eyes or skin). Infections may take 15 to 60 days for symptoms to start (usually takes 28 days).

Hepatitis A is spread by eating or drinking food or beverages contaminated with stool. It is also spread by touching hands, objects, or surfaces, contaminated with stool. It has a contagious period of 2 weeks before to 1 week after symptoms start.

People at risk for contracting hepatitis A include: the homeless, recreational drug users (whether injected or not), household members or caregivers of a person infected with hepatitis A, men who have sexual contact with men, and travelers to countries where hepatitis A is common. Household members or caregivers of recent adoptees from countries where hepatitis A is common are also at risk, as well as people with clotting factor disorders such as hemophilia.

If you or someone in your home has been exposed to hepatitis A or has symptoms of the disease, please call your health care provider.

Hepatitis A is a vaccine preventable disease. If you have health insurance, please contact your primary care physician, or check with your health insurance provider by calling the phone number on the back of your health insurance card to determine your in-network providers. For those with insurance, the hepatitis A vaccine should not require any out-of-pocket costs as long as policies are compliant with the federal Affordable Care Act (ACA). The vaccine is readily available at many pharmacies in Bullitt County. If you do not have health insurance, please contact your local health department for more information.

	<u>Preventing Hepatitis A</u>
	<ul style="list-style-type: none"><input type="checkbox"/> Wash hands after using the toilet and changing diapers<input type="checkbox"/> Wash hands before preparing food or eating<input type="checkbox"/> Clean and disinfect any objects that come in contact with stool<input type="checkbox"/> Hepatitis A vaccine is available for children over 12 months old and should be considered for groups at increased risk

Hepatitis A is a viral infection of the liver

New Immunization Regulation

Kentucky mandates every student have a current Commonwealth of Kentucky Immunization Certificate to attend school. The School Immunization Program, including Kentucky's Immunization Registry, is administered by the Kentucky Cabinet for Health and Family Services (CHFS) Immunization Program.

Immunization laws and regulations protect everyone. Kentucky has regulations requiring immunizations for children in child care and school. The Cabinet for Health and Family Services (CHFS) administers the Immunization Program in Kentucky schools. These same requirements also provide exemptions from these immunizations for both medical reasons and religious beliefs.

For more information on the new immunization regulation you can visit: <https://chfs.ky.gov/agencies/dph/dehp/idb/Pages/immunization.aspx> or call 502-955-7837.

Be Prepared: The Kentucky Department for Public Health (DPH) launched its ***First 72 On You*** information campaign in September, National Preparedness Month (NPM), to increase emergency preparedness efforts for Kentuckians.

When flooding, record snowfalls, tornadoes and wildfires strike, communities are often left without safety, security, food and shelter. The first 72 hours are critical during a crisis for people and their families to be self-sufficient because electricity, gas, water and telephones may not be working and public safety services may not be able to reach you immediately. It is important that individuals be prepared to be self-sufficient by being able to live without running water, electricity and/or gas for at least three days following a disaster.

For more information on the First 72 On You campaign, check out this video on YouTube: <https://youtu.be/jd79cVFreOM> and for more information about preparing for, and responding to, emergencies visit <http://ready.gov>.

C.R.E.W. 2018



Healthy Holiday Challenge

Maintain your weight and win



Cash!

Sign-Up: Saturday, Nov. 17th open 9am-12pm

Location: Bullitt County Health Department

Cost: \$10 to participate

Take the 8-week C.R.E.W. Healthy Holiday Challenge and if you can maintain or lose weight during the holidays you will be entered for cash drawings! Multiple cash drawings will take place. Anyone who loses 5% or more of their initial weight will be entered for the cash drawings twice. Registration takes less than 10 minutes. For more information call 502-955-5355.



Each Participant Receives

- ▶ Meal plan and healthy recipes
- ▶ Exercise to do at home
- ▶ Routines for different levels
- ▶ Passes to local fitness centers
- ▶ How to reduce stress
- ▶ How to stay motivated
- ▶ Pedometer to track steps

Get Your Flu Shot

HUG ME!



All persons 6 months of age and older are recommended to get a flu vaccine every year, with rare exception. Flu vaccination is especially important for those who are at high risk of serious flu-related complications, including adults 65 years and older, pregnant women and people with certain chronic conditions like asthma, diabetes, or heart disease. Vaccination of caregivers of high risk persons is especially important to protect those who are at high risk. Examples of caregivers include parents of children less than 6 months of age (they are too young to be vaccinated), health care workers, or anyone who works in a long-term care facility.

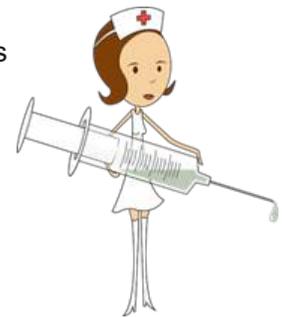
Getting vaccinated against the flu while pregnant during any trimester decreases the risk of flu and flu-related illnesses for the mother and developing baby throughout the pregnancy, and can provide protection for the baby for several months after birth. This protection is crucial since children younger than 6 months of age are too young to receive their own flu vaccine, and are at high risk of severe illness from flu. Annual flu vaccination is considered a preventive service and typically covered by most insurance carriers. Please contact the Bullitt County Health Department at 502-955-7837 for further information and/or questions regarding flu vaccine.

Adults Need Vaccines, Too!

Every year, tens of thousands of adults in the United States suffer serious health problems, are hospitalized, or even die from diseases that could have been prevented by vaccination.

Specific vaccines adults may need are determined by factors such as age, lifestyle, risk conditions, locations of travel, and previous vaccines. Individuals should talk to their health care professional to determine appropriate vaccines recommended for them. There is a misconception among many adults that vaccines are just for children. You never outgrow the need for immunizations. Not sure what vaccines you may need? The CDC offers a short quiz at www.cdc.gov/vaccines/adultquiz to help you find out which vaccines you might need. You can take the results of your quiz to your provider to discuss which vaccines are right for you.

Flu vaccine may be available at private doctor offices, pharmacies, workplaces, community health clinics, and local health departments. Cost may be an issue for some adults. However, most private health insurance covers routinely recommended vaccines. Those eligible for Medicare and Medicaid also have coverage for certain vaccines. Please call the Bullitt County Health Department at 502-955-7837 for further information and/or questions regarding flu and other vaccines.



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3

October is Breast Cancer Awareness Month

The month of October is recognized as National Breast Cancer Awareness Month. Breast cancer is a family of diseases where cells in the breast tissue grow and divide without normal control. This growth of cells forms a mass or lump called a tumor. Tumors are either benign (not cancerous) or malignant (cancerous).

Are you at risk of breast cancer? Simply being a woman and getting older puts you at risk. Other risk factors can include early menstrual period, late or no pregnancy, not being physically active, and a family history of breast cancer. Risk factors do not cause breast cancer, but they increase the chances that breast cancer may develop. Having many risk factors for breast cancer does not mean that you will get breast cancer. It just means that your chances of getting the disease are higher than those who have fewer risk factors. Also, many women with breast cancer do not have any known risk factors aside from being female. If you would like further information on breast cancer risk factors, please visit www.cdc.gov/cancer/breast/.



3 steps Women can take to understand their Hereditary Breast Cancer Risk

1

Learn your family history of breast cancer.

2

Talk to your doctor if you are at a higher risk.

3

Know how your breasts normally look and feel.



 Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Mobile Mammography dates for 2018:

October 17 December 19

Each date is on a Wednesday.

Appointment times run from 8:00am to 3:00pm.

The Kentucky Women's Cancer Screening Program provides free or low-cost mammograms. These services are available every year for women 21-64 who do not have health insurance. If you are age 20 or under, call the health department to find out what services are available for you. For women over 65 years old Medicare/Medicaid allows for annual mammograms.



For more information contact: 502-955-7837

Diabetes 101 Program

This FREE 8-hour (2-hours a week for 4 weeks) series of classes include: Healthy Coping, Being Active, Healthy Eating (Carb counting, label reading, etc.), Blood Sugar Monitoring, Problem-solving (Sick days, hypo/hyperglycemic episodes, etc.), Reducing the Risk, and Taking Medicines.

Topics will include:

- What is Diabetes?
- Managing Diabetes
- Problem Solving
- Travel
- Eating Healthy
- Medications



Please call the Health Education Department at 502-955-5355 to sign up.

Upcoming 2019 Class Schedule:

Series begins: Wednesday, Jan 9th from 2:00pm-4:00pm

Series begins: Tuesday, April 9th from 5:30pm-7:30pm

You can **manage** diabetes



WORK WITH A
HEALTH
PROFESSIONAL



EAT
HEALTHY



STAY
ACTIVE

Diabetes Support Group

Join us as we learn the ins and outs of diabetes through guest speakers, activities, and discussions. Everyone is welcome to attend.

Our meetings are on the second Thursday of each month from 10:00am-11:00am at the Bullitt County Health Department in Shepherdsville. For questions call 502-955-5355.

Upcoming Dates:

Oct 11th, Nov 8th, Dec 13th

Ready to be a Quitter?



Jan 8th, 2019

5:00pm-6:30pm

**Bullitt County Health
Department**

Register Now!

Call 502-955-5355

Stop Smoking with the Freedom From Smoking Program!

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!

(The next program to be held Apr 9th, 2019 5:00pm-6:30pm)

Take Control: Diabetes Education Day

**Nov 10th at Paroquet Springs
Conference Centre**

Screenings begin at 8:00am

Join the Coalition for Recreation, Education, and Wellness (CREW) to take control of your health and learn about diabetes. There will be health screenings, education, food demos, and information about diabetes programs in the county. Lunch will be provided.

**For more information
and to RSVP**

Call 502-955-5355

Space is limited.



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5

Keeping Food Safe for the Holidays

As the end of the year approaches, it's likely there are multiple meals and parties in your future. Carrying food from one location to another and sharing dishes with a crowd means more opportunity for bacteria to grow and cause food poisoning. Whether you're an experienced cook, a first-time party host, or simply adding a dish to the potluck lineup, the holidays can make even the most confident chefs nervous. Follow these steps to keep your holiday season food poisoning-free.

Steps to follow during holiday grocery shopping:

- ❑ Keep raw meat, poultry, and seafood away from other foods in your grocery cart.
- ❑ Buy cold foods last.
- ❑ Ask the cashier to place your raw meat, poultry and seafood in a separate bag.

Steps to follow during food preparation:

- ❑ Use separate cutting boards for raw meat and ready-to-eat items like vegetables or bread.
- ❑ Prepare uncooked recipes before recipes requiring raw meat to reduce cross-contamination. Store them out of the way while preparing meat dishes to ensure they don't become contaminated after preparation.
- ❑ Use a meat thermometer to check the internal temperature of dishes to ensure they are fully cooked and safe to eat. Fresh beef, pork, veal, and lamb should be cooked to 145 °F with a three-minute rest time; fish should be cooked to 145 °F; ground beef, ground veal, and ground lamb should be cooked to 160 °F; egg dishes should be cooked to 160 °F; and all poultry should be cooked to 165 °F.



Fool proof tips when cooking for groups:

- ❑ Keep hot food hot and cold food cold, using chafing dishes or crock pots and ice trays. Hot items should remain above 140 °F and cold items should remain below 40 °F.
- ❑ Use several small plates when serving food.
- ❑ Discard perishable foods left out for 2 hours or more.

Steps to follow when cooking a holiday roast:

- ❑ Use separate cutting boards, plates and utensils for raw roasts and cooked roasts to avoid cross-contamination.
- ❑ Wash items such as cutting boards that have touched raw meat with warm water and soap, or place them in a dishwasher.
- ❑ To ensure the juiciest possible roast this holiday, use a meat thermometer. Once it has reached the USDA recommended internal temperature of 145 F, the roast is safe to eat.
- ❑ Remember all cuts of pork, beef, veal, and lamb need a three minute rest time before cutting or consuming.

Learn more at www.foodsafety.gov

Say Hello to Our New Employees



Micha Compton, Local Health Nurse

I am from Louisville. I earned my BSN from Galen College of Nursing. I wanted to go into nursing because I enjoy taking care of people. I enjoy kayaking, fishing, being outdoors and cooking.



Stacie Zeis, Health Educator

I am originally from Cincinnati, but love the small town feel of Bullitt-everyone is so great! I am currently working on my MPH at The University of Alabama and am recently engaged! When I have free time I love camping, boating, and running 5k's.



Tiffany Ables, Health Environmentalist

I grew up in Bullitt County and received both my undergraduate and MPH degrees from University of Louisville. In my free time, I like exploring parks, playing video games, and napping.

Health Department

Up-Coming Closing Dates

October 18, 2018 - Closed at 2:30pm for Staff Meeting

November 12, 2018 - Closed for Veteran's Day

November 15, 2018 - Closed at 2:30pm for Staff Meeting

November 21, 2018 - Closed at 12:00pm for Thanksgiving

November 22, 2018 - Closed for Thanksgiving

November 23, 2018 - Closed for Thanksgiving

December 24, 2018 - Closed for Christmas

December 25, 2018 - Closed for Christmas

December 31, 2018 - Closed for New Year's

January 1, 2019 - Closed for New Year's



Cynthia: "Enjoy your new grandbaby and your retirement! We will miss you!" - Shirley

Cynthia: "You helped me so much and your thoughts were always well thought out and to the point. I truly appreciate everything you did for me over the years. You will be missed. Enjoy that grandbaby!" - Liz

Cynthia: "So happy for you. It was a great opportunity to learn from you. Thank you for all the help. Enjoy this next chapter." - Daniel

Cynthia: "Happy retirement Cynthia! Now you have more time to enjoy that grandbaby!" - Cathy

Cynthia: "Congratulations on your retirement. You have been such a wonderful friend and inspire us all to be a better person. Keep that beautiful smile and enjoy your well earned leisure time." - Frances

Jeff: "Enjoy your retirement! We will miss you." - Shirley

Jeff: "We'll miss you. But, the time is right for you. I sincerely hope that retirement is wonderful and I wish you lots of joyous time with your family." - Liz

Jeff: "It was a pleasure working with you Jeff. Good luck on your next adventure!" - Cathy

Jeff: "Hated to see you go, but wishing you the best in your retirement. I really enjoyed working with you and will miss your sense of humor. Take care and enjoy your time off." - Frances

Jeff: "It was a pleasure to work with you for nearly four years. Enjoy your retirement, you earned the time off!" - Chad

Jeff and Cynthia: "Wishing you well in your endeavors ahead. ENJOY retirement!" -Teresa

Jeff and Cynthia: "Wishing you a wonderful retirement; Jeff spoil yourself rotten and Cynthia, spoil that grandbaby rotten. Enjoy and Best Wishes." - Debbie

Jeff and Cynthia: "May retirement be filled with rest and relaxation. Enjoy!" - Andrea



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7



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



181 Lees Valley Road, Shepherdsville, KY 40165



thinkink

An Evening to Educate & Celebrate

Paroquet Springs Conference Centre

395 Paroquet Springs Drive, Shepherdsville, KY

Tuesday, October 23, 2018

5:00pm – 7:30pm

FREE OF CHARGE

ONLY 200 SEATS AVAILABLE

To RSVP, please call 502-955-5355

Deadline to RSVP is October 15th



Think Pink is a special event sponsored by Bullitt County Health Department and Kentucky Cancer Program to raise cancer awareness and to recognize breast cancer survivors during October. If interested in joining the event, please call 502-955-5355 to RSVP or for more information.



Bullitt County Health Department



Kentucky Cancer Program

