



Bullitt County Health Department

Our Mission Statement

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

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Who Should Get the Flu Shot?

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, 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.

Thank You for Your Service

On December 7, 2018, Judge Executive Melanie Roberts attended BCHD's Christmas celebration where she was presented with a gift for her service. Judge Roberts has served our community for 12 years as a board member. Thank you Judge Roberts for your service and commitment to Bullitt County.

Pictured: Public Health Director Andrea Renfrow presenting Judge Melanie Roberts with a glass vase award for her 12 years of service.

The Truth About Flu

- ◆ The flu shot can't give you the flu.
- ◆ Even if you get the vaccine and get sick, the shot has been shown to lessen symptoms and severity of the illness.
- ◆ Vaccination is needed every year because the strains of the flu change from year to year.
- ◆ Though common, not everyone with the flu will have a fever.



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.

	<h3><u>Preventing Hepatitis A</u></h3> <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
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Hepatitis A is a viral infection of the liver

"Mammograms are the best way to find breast cancer early, when it is easier to treat, and before it is big enough to feel or cause symptoms." — Centers for Disease Control

Mobile Mammography dates for 2019:

February 27 April 24 June 26

Each date is on a Wednesday.

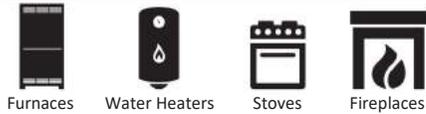
Appointment times run from 8:00am to 3:00pm.

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

CARBON MONOXIDE THE INVISIBLE KILLER



Prevent Carbon Monoxide Poisoning

- Don't use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device in your home, basement, garage, or near a window.
- Don't run a car or truck inside a garage attached to your house.
- Don't heat your house with a gas oven.

Prevent Hypothermia

- Hypothermia can result when the body's temperature drops below what is necessary to maintain normal bodily functions.
- To prevent hypothermia, wear appropriate clothing and limit the time you spend outdoors. Layer clothes made of synthetic and wool fabrics, which are best for keeping warm. Remember to wear hats, coats, scarves, and gloves.
- Symptoms of hypothermia include shivering, altered speech pattern, abnormally slow rate of breathing, cold pale skin, and lethargy.
- Seek medical attention if you experience signs of hypothermia.

Preparing for Winter Storms

- ❑ Listen to your radio or television for winter storm forecasts and other information.
- ❑ Prepare your home for cold weather.
- ❑ Install storm windows. Insulate outside walls, attics and crawl spaces. Wrap pipes, especially those near cold outer walls or in attics or crawl spaces. Repair leaks in the roof, around the doors and in the windows.
- ❑ If you have a kerosene heater, refuel your heater outside and remember to keep it at least three feet from flammable objects.
- ❑ Have appropriate cold weather clothing available.
- ❑ Make sure your fireplace functions properly.
- ❑ Have rock salt and sand on hand for traction on ice.
- ❑ Fill your gas tank before the snow starts falling.
- ❑ Perform generator maintenance to ensure proper operation.



During a Winter Storm

- ❑ Wear several layers of loose fitting, light weight, warm clothing rather than one layer of heavy clothing. Wear mittens rather than gloves. Wear a warm, woolen cap.
- ❑ Do not drive unnecessarily.
- ❑ Reduce the temperature in your home to conserve fuel.
- ❑ Heat only the areas of your home you are using. Close doors and curtains or cover windows and doors with blankets.
- ❑ Use alternative heat methods safely. Never use a gas or charcoal grill, hibachi or portable propane heater to cook indoors or heat your home.
- ❑ Be careful when shoveling snow. Do not overexert yourself.
- ❑ Be sure to eat regularly. Food provides calories that maintain body heat.
- ❑ Watch for signs of frostbite and hypothermia — slurred speech, disorientation, uncontrollable shivering, stumbling, drowsiness and body temperature of 95 degrees Fahrenheit or less.
- ❑ If you become trapped outside, get out of the wind and stay dry. Build a lean-to or snow cave if nothing else is available. Do not eat snow; it will make you too cold.

Winter storms can range from moderate snow over a few hours to blizzard conditions with blinding, wind-driven snow or freezing rain that lasts several days. The time to prepare is before the snow falls or ice forms.

How to Build an Emergency Kit

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find, and any one of them could save your life. To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag. You can store these at home, at work or in your car.

A basic emergency supply kit could include the following recommended items:

- Water - one gallon of water per person per day for at least three days, for drinking and sanitation
- Food - at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery



Make a plan. Have a kit. Don't forget your pets. The First 72 are On You!

For more information on the First 72 On You campaign, check out this video on YouTube:

<https://youtu.be/jd79cVFreOM>

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)

Emergency Kits for Your Car Should Include:

- Jumper cables
- Flares or reflective triangle
- Ice scraper
- Car cell phone charger
- Blanket
- Map
- Cat litter or sand for better tire traction



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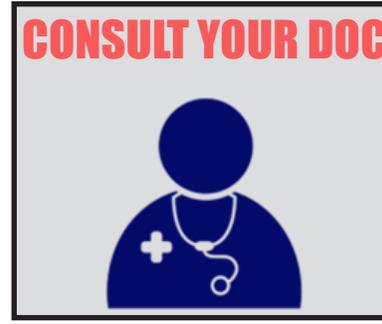
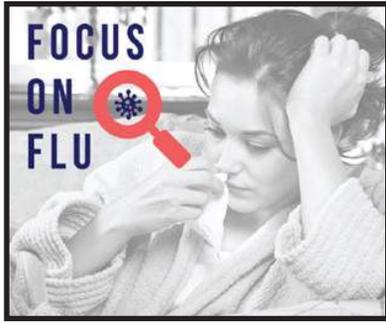


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Flu viruses spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching his or her own mouth, nose, or possibly eyes. Many other viruses spread in these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

What are everyday preventive actions?

- ▶ Try to avoid close contact with sick people.
- ▶ If you or your child gets sick with flu-like illness, the Centers for Disease Control and Prevention (CDC) recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- ▶ While sick, limit contact with others as much as possible to keep from infecting them.
- ▶ Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- ▶ Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- ▶ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ▶ Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu.
- ▶ If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.

What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?

- ▶ Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- ▶ Routinely clean frequently touched objects and surfaces like doorknobs, keyboards, and phones, to help remove germs.
- ▶ Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- ▶ If you begin to feel sick while at work, go home as soon as possible.

What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?

- ▶ Find out about plans your child's school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- ▶ Make sure your child's school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- ▶ Ask how sick student and staff are separated from others and who will care for them until they can go home.

Source: Centers for Disease Control and Prevention.

New Regulation for Bullitt County Food Establishments

On January 1, 2019, a new regulation goes into effect for all food service establishments within Bullitt County. Regulation No. 2018-01 states that each food service establishment shall post the inspection results placard in a location conspicuous to the public which is clearly visible upon entry into the establishment, which is determined by the inspector of the Bullitt County Health Department (BCHD). The regulation also states that the inspection placard shall not be removed, moved, altered, defaced, or concealed from view of the public, as they are considered property of the BCHD. If any food service establishments have been found to violate this regulation, the establishment may be fined no less than ten dollars (\$10) nor more than one hundred dollars (\$100) for each day the violation continues.

With this new regulation, the BCHD has also designed additional small placards to be placed if the food service establishment has multiple point of entry, along with the drive-thru, to properly inform the public. These additional small placards will display the score only, and not include the full inspection results. A full inspection report will still be posted at what is considered to be the main entry for customers. All inspection information and scores for the local food establishments can be found on the health department website. If you have any questions about this regulation or other environmental activities please feel free to contact the Environmental Office at 502-955-7867.

Health Department Up-Coming Closing Dates

January 1, 2019 - Closed for New Year's Day

January 21, 2019 - Closed for Martin Luther King Day

January 28, 2019 - Closed at 2:30pm for Staff Meeting

February 25, 2019 - Closed at 2:30pm for Staff Meeting

March 25, 2019 - Closed at 2:30pm for Staff Meeting



The HANDS program held its annual HANDS Family Christmas Party on November 27, 2018. The HANDS Program, in coordination with Bullitt County School's Family Resource Centers, holds 2 family nights per year for HANDS families. This is time where families can meet other families in the community, share a meal, and participate in fun learning activities.

Kentucky's Health Access Nurturing Development Services (HANDS) supports families as they build healthy, safe environments for the optimal growth and development of children.

HANDS is a free home visiting program for pregnant moms-to-be and new parents that supports all areas of your baby's development. HANDS will support you throughout your pregnancy and the first two years of your baby's life. From pregnancy to the "terrific"-twos, HANDS is here to answer all of your questions during the different stages of your baby's growth. Enrollment must be during pregnancy or when your baby is less than three months old. Contact Bullitt County Health Department at 502-955-5668 for more information about HANDS.



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www.bullittcountyhealthdept.org



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



Healthy Hearts



Luncheon

Paroquet Springs Conference Centre

February 14, 2019

Booths: 10:00am-11:30am — Lunch: 11:30am-12:00pm

Program: 12:00pm -1:30pm

Ticket Cost: \$10 per person

- ♥ Emcee: **CINDI SULLIVAN, Executive Director/President of Trees Louisville**
- ♥ Barb Allender, Dental Hygienist at Shepherdsville Dental
- ♥ Aruni Bhatnagar, Ph.D., F.A.H.A., Environmental Cardiology
- ♥ Survivor Fashions Courtesy of T.J. Maxx
- ♥ Norton Healthcare Prevention & Wellness—FREE glucose & cholesterol checks
- ♥ Information about oral health/heart disease connection
- ♥ Information Booths and Items to Purchase

Join us to raise awareness about heart disease and help fund Mended Hearts Chapter 11, a 501(c)3 organization, as it strives to build healthier lives free of cardiovascular disease. Your generous donation at this event helps provide education on heart disease, fund nursing scholarships, and a portion will go to the 2019 Mended Hearts Chapter 11 Team efforts in support of the American Heart Walk in September. All donors receive a special gift at the event. Please make your donations payable to Mended Hearts.

For more information on Mended Hearts go to: www.mendedhearts.org

Registration Deadline: February 4, 2019 (Must have a ticket to enter). Tickets sold at: Bullitt County Health Department and Bullitt County YMCA. For more information, please call 502-955-5355.

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