



Bullitt County Health Department

Our Mission Statement

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

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Protect yourself and your loved ones against influenza (flu) by getting a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

What are some key reasons to get a flu vaccine?

- Flu vaccine has been shown to reduce flu illnesses, hospitalization, and even death in children.
- Flu vaccination also is an important preventive tool for people with chronic health conditions.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.

When should I get vaccinated?

You should get a flu vaccine before flu viruses begin to spread in your community, since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against flu. Make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October. Vaccination should continue to be offered throughout the flu season, even into January or later. Children who need two doses of vaccine to be protected should start the vaccination process sooner, because the two doses must be given at least four weeks apart. 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.



Public Health
Prevent. Promote. Protect.



COVID-19 (Coronavirus): Steps For Protection

Take steps to protect yourself



- **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.

Take steps to protect others



- **Stay home** if you are sick, except to get medical care.



- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.

- **Throw used tissues** in the trash.



- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

- **Wear a mask:** Be sure it covers your nose and mouth to help protect others. COVID-19 can be spread by people who do not have symptoms and do not know that they are infected. That's why it's important for everyone to wear cloth face coverings in public settings.

- **Practice Social Distancing:** Stay at least 6 feet away from other people. Public areas may have this clearly marked. If you are unsure of how far 6 feet is, it is about 2 arm's lengths away.



- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.



Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. For additional steps of protection please consult with your health care provider.

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

www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html



Taking Steps to Achieve a Healthier You



Making the decision to lose weight, change your lifestyle, and become healthier is a big step to take. Start simply by making a commitment to yourself. Many people find it helpful to sign a written contract committing to the process. This contract may include things like the amount of weight you want to lose, the date you'd like to lose the weight by, the dietary changes you'll make to establish healthy eating habits, and a plan for getting regular physical activity.

Writing down the reasons why you want to lose weight can also help. It might be because you have a family history of heart disease, or because you want to see your kids get married, or simply because you want to feel better in your clothes. Post these reasons where they serve as a daily reminder of why you want to make this change.

Keep a "food diary" for a few days, in which you write down everything you eat. By doing this, you become more aware of what you are eating and when you are eating. This awareness can help you avoid mindless eating.

Next, examine your current lifestyle. Identify things that might pose challenges to your weight loss efforts. For example, does your work or travel schedule make it difficult to get enough physical activity? Do you find yourself eating sugary foods because that's what you buy for your kids? Do your coworkers frequently bring high-calorie items, such as doughnuts, to the workplace to share with everyone? Think through things you can do to help overcome these challenges.

Finally, think about aspects of your lifestyle that can help you lose weight. For example, is there an area near your workplace where you and some coworkers can take a walk at lunchtime? Is there a place in your community with exercise facilities for you and child care for your kids?

For more tips on weight loss visit www.cdc.gov/healthyweight/losing_weight/getting_started.html

Be Active and Healthy at Home

Physical activity at home is beneficial for heart health, muscle strength, and flexibility. It is good for your mental health too!

- Try Exercise Classes Online
- Dance to Music
- Play Active Video Games
- Try Jumping Rope
- Do Some Muscle and Balance Training



Contact Tracers Are Here to Protect You!



Say hello to the Contact Tracers at the Bullitt County Health Department: Stephen, Amy, Dustin, Eliza, Piper, CJ, and Stephen. Contact Tracing combines public participation and the power of technology to help contain the spread of the COVID-19 virus. When someone tests positive for COVID-19 the health department is notified. We call the person who tested positive to see who else might have been exposed. Once we know who else might be exposed, we contact those people. We will help them self-isolate and monitor their symptoms for at least 2 weeks to help stop the spread of COVID-19.

What is Contact Tracing? The process of tracing people who may have been exposed to an infected person so they can self-isolate and begin monitoring for symptoms.

How does this help? Contact Tracing aims to reduce risk to others and protect communities from further exposure. Resources are provided to help both positive cases and potential contacts of a COVID-positive patient.

How safe is my information? The information you give is kept completely private and confidential. Your information will not be released nor made public. You will never be asked for your Social Security Number, passwords, or banking information.

If you have COVID-19



Your Local Health Department will call to let you know you've been exposed to COVID-19.



They will ask about the people you have recently been in contact with.



They will ask you to stay home to self-isolate and offer resources, if needed.

If you have been around someone with COVID-19



Your Local Health Department will call to inform you that you've been exposed to COVID-19.



You will be asked to watch your symptoms and let your Local Health Department know if you have new symptoms.



They will ask you to stay at home and self-quarantine and offer resources, if needed.

COVID-19 Contact Tracing

MYTHS AND FACTS

MYTHS

FACTS

Contact Tracing is the government tracking my movements



Contact Tracing is a common public health tool used to track and slow the spread of diseases

Contact Tracers will come to my home and isolate me from my family



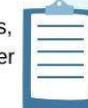
Contact Tracers will call you and help monitor your symptoms and ask that you quarantine or isolate

Health Departments are collecting information to report to immigration and law enforcement and Child Protective Services



Health Departments are only collecting important information, including potential contacts exposed to COVID-19

I will be asked about benefits, income, passwords, and other private information



You will only be asked questions as it relates to your health and well-being

For more information on Contact Tracing please visit kycovid19.ky.gov or call the COVID-19 hotline at 1-800-722-5725.

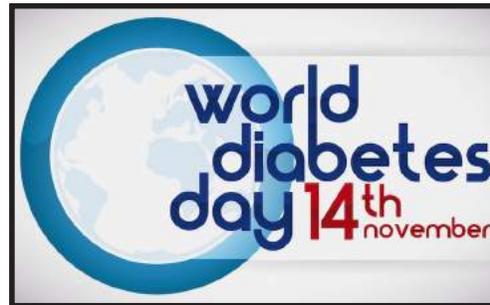
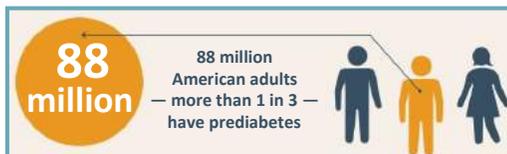


Diabetes is Serious and Common

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:

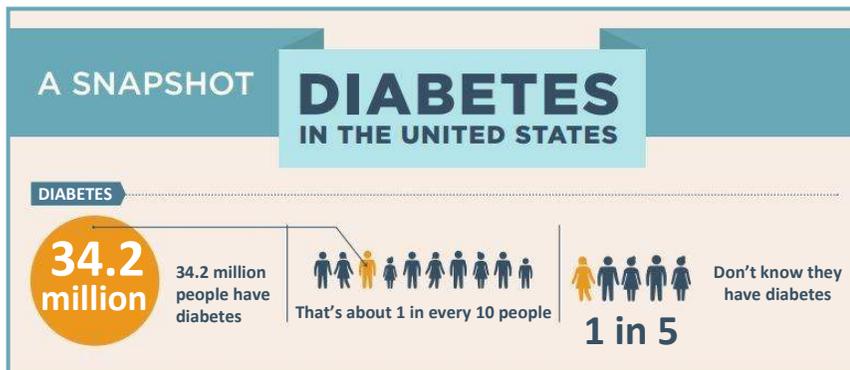
- Heart attack
- Stroke
- Blindness
- Kidney failure
- Loss of toes, feet, or legs



World Diabetes Day (WDD) is the world's largest diabetes awareness campaign reaching a global audience of over 1 billion people in more than 160 countries. The campaign draws attention to issues of

paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight.

The campaign is represented by a blue circle logo that was adopted in 2007 after the passage of the UN Resolution on diabetes. The blue circle is the global symbol for diabetes awareness. It signifies the unity of the global diabetes community in response to the diabetes epidemic.



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

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.



First 72 on You: Family Preparedness

Some disasters come with warning and others with little or no warning. In the aftermath, communities are left without safety, security, food and shelter. Everyone should plan for being self-sufficient for at least 72 hours because this is the timeframe after a disaster that is critical to surviving a serious crisis. Families need to take action and prepare today – know your hazards, assemble supplies and practice what to do in case a disaster strikes.

Preparing for emergencies and disasters can start with four important steps:

1. **Be ready with an emergency supply kit** – Build an emergency supply kit that contains essential items to keep you and your family self-reliant for at least 72 hours without utilities, electricity and water or without access to a supermarket or local services. A detailed list of items to be included in the kit can be found at <https://www.ready.gov/kit>. Be sure to rotate supplies so they do not exceed their expiration dates.
2. **Develop a family emergency plan** - Families may not be together when an emergency happens so the plan will allow families to develop a meeting place, establish an out-of-town contact and gather essential information that would help them to stay connected in the event of an emergency. Practice your plan with regular drills and know your local evacuation routes. For information on writing a plan visit <https://www.ready.gov/make-a-plan>.
3. **Be informed** - Learn about emergencies that could happen in your area and identify sources of information in your community that will be helpful before, during and after an emergency.
4. **Get involved** - Preparedness is a shared responsibility and it takes a whole community to prepare and respond to emergencies. Donate time to a local Medical Reserve Corps unit to contribute skills and expertise throughout the year as well as during times of community need.



Tips and reminders to make sure your family emergency kit is always ready to go:

An emergency kit has all of the things that you and your family may need during an emergency. Each family's kit will vary depending on the individual needs of their child. It is best to have all of these things collected before an emergency, stored in a container, and kept in a place that is safe and easy to get to in the event of an emergency. Making a family emergency kit can be a fun activity for the family to do together.



- ❑ Keep canned or packaged food in a cool, dry place (check the expiration dates at least twice per year).
- ❑ Store boxed food in tightly closed plastic or metal containers.
- ❑ Replace water supply every six months.
- ❑ Review your needs every year and update your kit as your family's needs change (update medical and personal records at least once per year).
- ❑ Prepare separate kits for your home, work, and your vehicle since you never know where you'll be when an emergency happens.
- ❑ If you can't contact your doctor or pharmacy in a disaster, ask for help from emergency responders or staff at emergency shelters or service centers.

10 Ways to Parent Through Stressful Times

Parenting can bring many challenges. When you are stressed these challenges can seem even more difficult to face. Here are some tips on how you can manage your stress levels and teach your children that while it may be unpleasant, stress is a part of everyday life. It is also important to show them how to manage stressful situations and to help them develop their own emotional strength in order to cope with life's challenges.

- 1) It is vital that parents learn to manage their stress and to develop strategies for dealing with difficult life and relationship issues.
- 2) When parents cannot manage their stress, it can rub off on children causing them to become stressed or depressed.
- 3) Learning the importance of support, and the inherent strength in being able to ask for help, is a skill that will take parents a long way.
- 4) Children can also become stressed, so parents can model good stress management for their children.
- 5) In order to feel good about ourselves we need others to care about and care for.
- 6) Knowing what help is out there in times of stress can bring a real sense of relief.
- 7) Each of us needs a support system and this can come in many forms. Family members and even just one close friend can make all the difference to our emotional well-being.
- 8) Parents with children of similar ages can provide excellent support for each other through the mutual sharing of experiences.
- 9) In order to parent well you need to be a good parent to yourself. Minding yourself is the key to keeping your stress levels down.
- 10) Keeping a focus on your child's well-being can also have a diminishing effect on your own stress levels.

For more information on how to receive parenting support and education, call HANDS at 502-955-5668.



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.



Health Department Up-Coming Closing Dates

- November 3, 2020 - Closed for Election Day
- November 11, 2020 - Closed for Veteran's Day
- November 25, 2020 - Closed at 12:00pm
- November 26, 2020 - Closed for Thanksgiving
- November 27, 2020 - Closed for Thanksgiving
- December 23, 2020 - Closed at 12:00pm
- December 24, 2020 - Closed for Christmas
- December 25, 2020 - Closed for Christmas
- December 30, 2020 - Closed at 12:00pm
- December 31, 2020 - Closed for New Year's
- January 1, 2021 - Closed for New Year's



facebook.com/bullittkyhealth



[@BullittKYHealth](https://twitter.com/BullittKYHealth)



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



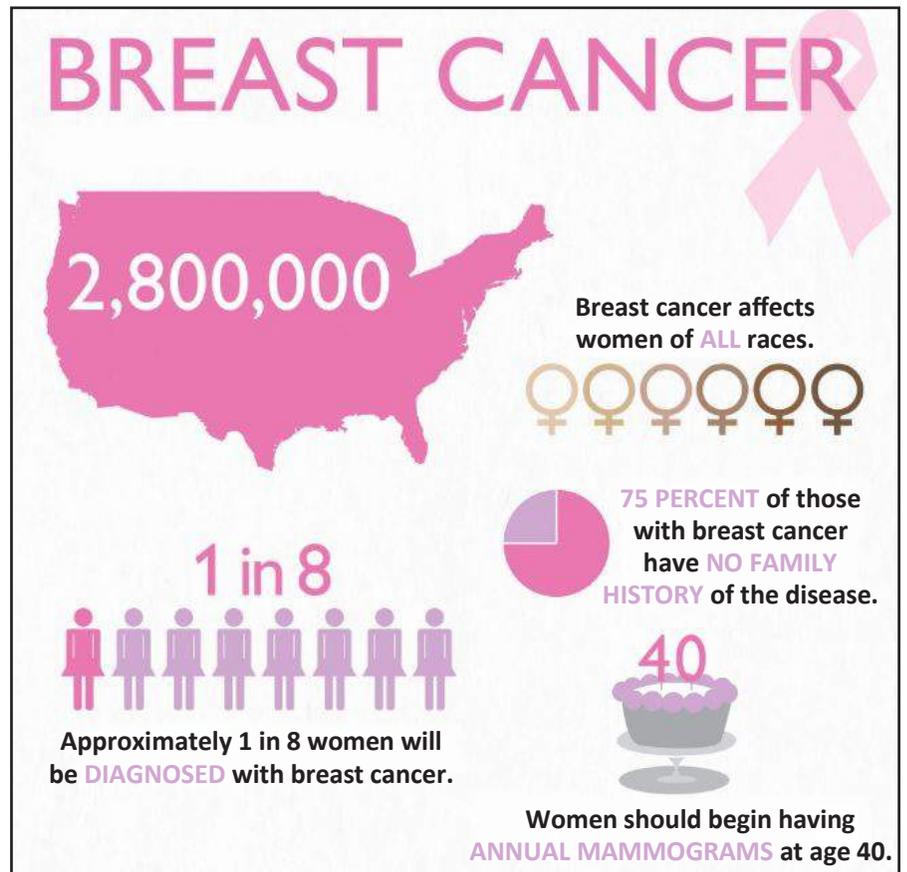
181 Lees Valley Road, Shepherdsville, KY 40165

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/.

Family planning services are available at the Bullitt County Health Department by appointment only. For more information or to schedule an appointment contact 502-955-7837.



Reference: www.hopkinsmedicine.org/health/conditions-and-diseases/breast-cancer/breast-cancer-awareness-infographic

