



Health Newsletter

Our Mission Statement

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

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With all of the news around the novel coronavirus (COVID-19), it's easy to forget that the seasonal flu still affects millions of Americans each year. According to the Centers for Disease Control and Prevention (CDC), laboratory-confirmed flu activity is low as of August 2020, but elevated flu-like-illness is likely related to coronavirus.

We are sharing information to help you remain vigilant about flu symptoms and understand how the flu, common cold, RSV, and coronavirus differ — and learn prevention strategies to help protect you and your loved ones.

Coronavirus vs. Flu vs. Cold vs. RSV

FEELING SICK?

COMPARING SYMPTOMS OF THE COMMON COLD, FLU, COVID-19 & RSV

	ONSET OF SYMPTOMS	SYMPTOMS		
		COMMON	SOMETIMES	RARE
 Common Cold	Gradual	<ul style="list-style-type: none"> Sneezing Coughing Stuffy nose Sore throat 	<ul style="list-style-type: none"> Body aches Fatigue 	<ul style="list-style-type: none"> Fever Headache
 Flu	Quick	<ul style="list-style-type: none"> Fever Dry cough Headache Fatigue Aches and pains 	<ul style="list-style-type: none"> Runny nose Sore throat Sneezing Chest discomfort 	<ul style="list-style-type: none"> Nausea/vomiting/diarrhea (More common in children)
 COVID-19	Gradual	<ul style="list-style-type: none"> Fever Chills Coughing New loss of taste or smell Fatigue Headache Body aches 	<ul style="list-style-type: none"> Runny nose Sore throat Shortness of breath Congestion Nausea/vomiting 	
 RSV	Gradual	<ul style="list-style-type: none"> Runny nose Sore throat Sneezing Nasal congestion Coughing 	<ul style="list-style-type: none"> Chills Fever Shortness of breath 	

Staying up to date on routine vaccinations is the best protection from serious illnesses. Find a Flu or COVID-19 Vaccination near you visit: www.vaccines.gov

Reference: www.cdc.gov



WE'RE HERE
TO
HELP

Do You Have Diabetes Burn-Out?

Want to gain control over your health?

Join us for our Diabetes, Nutrition, & More Support Group where we implement practical ways to manage and cope with diabetes, create healthy habits through good nutrition and lifestyle changes, and learn to control our weight and health issues.

The support group is led by our Health Educator at the BCHD,
183 Lees Valley Road
Shepherdsville, KY 40165
on the second Tuesday of each month from 5:00-6:00pm.
This support group is open to all Bullitt County Residents.
For more information call BCHD Health Education at 502-955-5355.



The graphic features a teal background at the top with silhouettes of five people sitting at a long table. A sign on the table reads "SUPPORT GROUP". Below this, the text "Diabetes NUTRITION & MORE" is written in a mix of script and bold sans-serif fonts over an orange brushstroke. To the right are three circular images: a hand using a glucose meter showing a reading of 287, a plate of healthy food including salmon, avocado, and eggs, and a wooden tag with the word "Health" hanging from a string. At the bottom, the BCHD logo is on the left, and contact information and meeting details are on the right, all set against an orange brushstroke background.

Diabetes

- Living with Diabetes
- Overcoming Challenges
- Healthy Coping

Nutrition

- Eat Better to Feel Better
- Healthy Foods & Recipes
- Weight Management

& More

- A New Health Topic Each Month

BCHD
Health Department

183 Lees Valley Road
Shepherdsville, KY 40165
Contact Health Education
at 502-955-5355

**2nd Tuesday
of Every Month
5:00 - 6:00pm**



Let's SHOO the FLU!!

Join the Bullitt County Health Department in the fight to control the flu outbreak this fall. The Center for Disease Control recommends that anyone over the age of 6 months receive the flu vaccine to prevent the spread of the flu virus. The virus can cause multiple complications for example; sinus and ear infections, bacterial pneumonia and even death. Flu season generally runs from October until February, however, it can run into the month of May. The vaccine generally takes two weeks for the antibodies to build up in the body to fight against exposure to the flu.

Call the Health Department today at 502-955-7837 to help shoo the flu from our community!

PROTECT YOUR FAMILY



GET YOUR FLU VACCINE



CALL US

502-955-7837

www.bullittcountyhealthdept.org

WELCOME BACK WIC FAMILIES, BCHD is excited to see you BACK!

In March of 2020, we had to change the way the WIC (Women, Infants, & Children) program was being done due to the COVID-19 pandemic. At that time, we were given the ability to provide WIC services by phone. While this allowed our patients to continue receiving their WIC foods, it took away that close bond we form when able to see and discuss things in person. That's why we are excited to say we are back to in person visits for many of our WIC services. In person visits allow

**WELCOME
BACK**

us to check your child's growth and ask about their general health and eating habits. This allows us to help you with information that can develop healthy eating habits to promote optimal growth during these formative years and before and after pregnancies. Please look for your mailed appointment slip for details of when and how your future appointments will be conducted. For any questions or to schedule an appointment, please call us at 502-955-7837. See you soon!



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October is Breast Cancer Awareness Month

Understanding Breast Cancer: The Importance of Awareness

Breast cancer is a pervasive and potentially life-threatening disease that affects millions of women and their families worldwide. While significant progress has been made in research and treatment, raising awareness remains a critical aspect of the fight against breast cancer. In this article, we'll delve into the importance of breast cancer awareness, its impact on early detection, and the steps individuals and communities can take to make a difference.

The Prevalence of Breast Cancer

Breast cancer is the most common cancer among women globally, with approximately 1 in 8 women being diagnosed during their lifetime. However, men are not immune to this disease; although rare, they can also develop breast cancer. These statistics underscore the importance of understanding and addressing breast cancer.

Early Detection Saves Lives

One of the most compelling reasons for breast cancer awareness is the potential for early detection. When breast cancer is detected in its early stages, the chances of successful treatment and survival significantly increase. Routine breast self-exams, clinical breast exams, and mammograms are essential tools for early detection. Awareness campaigns encourage individuals to perform self-exams and seek medical advice promptly if they notice any changes or abnormalities in their breast tissue.

Breast Cancer Risk Factors

Awareness also extends to understanding the risk factors associated with breast cancer. While some risk factors, such as genetics, are beyond an individual's control, others are modifiable. Lifestyle choices, including maintaining a healthy weight, regular exercise, limiting alcohol consumption, and avoiding smoking, can help reduce the risk of developing breast cancer. Educating the community about these risk factors empowers individuals to take proactive steps in their health.

Supporting Breast Cancer Survivors

Breast cancer awareness is not only about prevention and early detection but also about supporting those who are already affected. Survivors of breast cancer face physical, emotional, and psychological challenges. Awareness campaigns provide a platform for sharing survivor stories, promoting support groups, and encouraging empathy within communities, so get involved! This solidarity can be a source of strength for survivors and their families.

Community Engagement

Local communities play a vital role in breast cancer awareness and your local health department is a great resource. By involving everyone, we create a collective force that can drive meaningful change.

Stay Engaged

Breast cancer awareness is not just a campaign but a continuous effort to educate, empower, and save lives. Whether it's encouraging regular screenings, understanding risk factors, or supporting survivors, every action taken in the name of breast cancer awareness makes a difference. In our collective commitment to this cause, we move one step closer to a world where breast cancer is preventable, treatable, and ultimately, no longer a threat to our loved ones.

By spreading the message of breast cancer awareness far and wide, we contribute to a brighter and healthier future for all. Together, we can make a significant impact in the fight against breast cancer, one informed and empowered individual at a time.

Article By: Dr. Praveen V. Arla, DO, Bullitt County Health Department Board Member



thinkink

Paroquet Springs Conference Centre
395 Paroquet Springs Drive, Shepherdsville, KY
Monday, October 23, 2023
5:30 P.M.

Call 502-955-5355 for more information
& to save your seat.



Meet the *NEW* Faces at BC_{HD}

WWW.BULLITTCOUNTYHEALTHDEPT.ORG



Hannah Hartley
Epidemiologist



Hayley Barr
Community Outreach



Amanda Hethcox
Health Educator III



Ben Smith
Environmental



Chase Herrmann
Accreditation/QI



Karen Hazelwood
Environmental



Phillip Higdon
IT Manager



Jerry Gilley
Environmental



We are excited to have you!

BCHD

Closing Dates

October 9, 2023
Columbus Day

November 9, 2023
Close at 11:30AM

November 10, 2023
Veterans Day

November 22, 2023
Closed at 12:00 PM

November 23 & 24, 2023
Thanksgiving

December 25 & 26, 2023
Christmas

FAMILY FEST 2023



Thank you to all of our wonderful vendors and participants for supporting Family Fest! This year Family Fest was held at the All-Inclusive Playground in Hillview. BCHD & CREW coalition had a wonderful steady flow of families learning about the importance of moving your body and staying active as a family.



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www.bullittcountyhealthdept.org

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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



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www.bullittcountyhealthdept.org



Maintain Don't Gain

HOLIDAY CHALLENGE

SIGN UP AT THE
BULLITT COUNTY HEALTH DEPARTMENT

TAKE THE 6-WEEK C.R.E.W. MAINTAIN DON'T GAIN CHALLENGE AND IF YOU CAN MAINTAIN OR LOSE WEIGHT DURING THE HOLIDAYS, YOU WILL BE ENTERED FOR CASH DRAWINGS!

MULTIPLE CASH DRAWING WILL TAKE PLACE.

ANYONE WHO LOSES 5% OR MORE OF THEIR INITIAL WEIGHT WILL BE ENTERED FOR CASH DRAWING TWICE.

REGISTRATION TAKE LESS THAN 10 MINUTES. \$10 TO JOIN

SIGN UP WEEK NOVEMBER 13-NOVEMBER 18TH

CALL 502-955-5355 TO SIGN UP FOR A TIME SLOT.

PROGRAM KICKS OFF 11/20/2023

Coalition for Recreation, Education, & Wellness (C.R.E.W.) is here to help you maintain a healthy lifestyle through the stress of the holiday season. You will receive weekly newsletters with tips to help you through the holiday season with a healthier recipe on a holiday classic, coping with stress, and movement tips from a certified personal trainer.

Community Health Improvement Plan 2027

The Community Health Improvement Plan (CHIP) was developed from a year-long community assessment. There were three strategic issues that emerged: strengthen resources, increasing healthy choices, reducing substance abuse, and mental health. Four workgroups have been formed to work on these issues. Visit www.bullittcountyhealthdept.org to see the full report, and to join the Healthy Bullitt County 2027 effort, please contact Elizabeth McGuire at 502-955-5355.

Bullitt County Inter-Agency Group-

This group is used to collaborate with all community partners to determine what resources are available and appropriate to help with the health and safety of Bullitt County residents.

CREW (Coalition for Recreation, Education & Wellness)-

This workgroup meets to increase awareness of evidence-based programs for work sites, schools and community that improve healthy lifestyle behaviors such as reducing screen time, choosing healthy foods, and increasing physical activity.

Bullitt County PIP (Partners In Prevention)-

This workgroup meets to discuss substance abuse in the county. They work to increase protective factors such as parental monitoring, self-control, academic competence, anti-drug use policies, and strong neighborhood attachment in the community.

Mental Health Matters-

This workgroup meets to gather information about local resources for all types of health care including mental and emotional health. This is a team of individuals who are committed to developing, implementing, and sustaining the mental health-related services and supports within Bullitt County.

contact us



If you would like to join any of these workgroups, please contact us!



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www.bullittcountyhealthdept.org

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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



Discover the Benefits of The Bullitt County Health Department's HANDS Program!

Embrace Your Vital Role: As a parent, you are the cornerstone of your baby's life! Participating in HANDS allows you to nurture your child's growth and development like no one else can.

Unlock Endless Learning: You hold the key to your child's education! As the first and most influential teacher in their life, HANDS equips you with valuable knowledge to foster your child's learning journey.

Embrace Support: Parenting can be demanding, and we understand the challenges you face. At HANDS, we're here to lend a helping hand and provide guidance, easing your worries and answering your questions.

Let HANDS be your trusted partner in this incredible journey of parenthood. Together, we'll create a nurturing environment for your child's growth, fostering a lifetime of love and cherished memories.

Join HANDS now and embark on an empowering adventure for you and your little one!

For more information or to enroll in The Bullitt County Health Department's HANDS Program, please reach out via phone call to: 502-955-5668 or online at <https://bullittcountyhealthdept.org/hands/>.

