Protect Yourself from Ticks this Summer

Tick-borne diseases are on the rise and prevention should be on everyone’s mind, particularly during the spring, summer, and early fall when ticks are most active. It’s especially important to take steps to protect yourself and your loved ones (including pets) from ticks when you’re outside. The two tick species people are most likely to encounter in Kentucky are the lone star tick and the American dog tick, but there are others found in the state. The lone star tick is an aggressive tick species and should not be taken lightly by those who enjoy spending time outdoors.

Whether you’re working, enjoying your yard, camping, hiking, hunting or otherwise outdoors, the Centers for Disease Control and Prevention (CDC) recommends that people take steps to avoid tick bites as seen in the chart. If you think you may have a tickborne illness, please speak with your health care provider as soon as possible. Incidences of tickborne diseases in Kentucky remains low, but outdoor enthusiasts can never be too prepared for a potential encounter with ticks.

BEAT THE HEAT: Extreme Heat

Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average. Humid and muggy conditions can make it seem hotter than it is.

Heat-related illnesses like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. In these cases, a person’s body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs. Heat related deaths and illnesses are preventable. Despite this, around 618 people in the United States are killed by extreme heat every year. If you are in a hot area, stop all activity and get to a cool environment if you feel faint or weak.

Reference: www.cdc.gov/phpr/infographics/beattheheat.htm
New Immunization Regulation

The following is a summary of the recent changes to 902 KAR 2:060. Immunization schedules for attending child day care centers, certified family child care homes, other licensed facilities which care for children, preschool programs, and public and private primary and secondary schools. This amended Kentucky Administrative Regulation requires all children to have a current immunization certificate on file and contains the required immunizations schedule for attending.

One new age-specific immunization requirement and one booster dose requirement effective for the school year beginning on or after July 1, 2018:

- 2-Dose Series of HepA (Age: 12 months through 18 years) given at least 6 months apart
- Quadrivalent meningococcal vaccine (MenACWY) booster dose (Age: 16 years)

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.

Preventing Hepatitis A

- Wash hands after using the toilet and changing diapers
- Wash hands before preparing food or eating
- Clean and disinfect any objects that come in contact with stool
- 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
Protect Your Children

With Summer here, it is important to protect your children from heat. Here are some tips from the CDC to keep your child safe:

**Keep kids cool and hydrated.**
- Never leave infants or children in a parked car, even if the windows are open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Make sure they’re drinking plenty of fluids. Stay away from really cold drinks or drinks with too much sugar.
- Follow additional tips on how to prevent heat-related illness.

**Never leave kids in a parked car.**
- Even when it feels cool outside, cars can heat up to dangerous temperatures very quickly.
- Leaving a window open is not enough—temperatures inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open.
- Children who are left unattended in parked cars are at greatest risk for heat stroke, and possibly death.

---

**Mobile Mammography dates for 2018:**
- August 8
- 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.

---

**Bullitt County Community Baby Shower**

Tuesday, September 11, 2018
5:30PM – 8:00PM**

**Bullitt Central High School**

**Who Can Attend:** Expecting parents & parents with babies up to 12 months old. Residents of Bullitt County.

**What to expect:** Exhibitors from area businesses, Refreshments, Open panel to ask questions, Give-A-Ways, Special activities for fathers or fathers-to-be, Fun and Great Information.

Call 502-955-5355 for more information
Keep Hot Foods Hot and Cold Foods Cold

Keeping food at proper temperatures — indoor and out — is critical in preventing the growth of foodborne bacteria. The key is to never let your picnic food remain in the “Danger Zone” — between 40°F and 140°F — for more than 2 hours, or 1 hour if outdoor temperatures are above 90°F. This is when bacteria in food can multiply rapidly, and lead to foodborne illness.

Instead, follow these simple rules for keeping cold foods cold and hot foods hot.

Cold perishable food should be kept in the cooler at 40°F or below until serving time.

- Once you’ve served the food, it should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90°F. If it does, discard it.
- Foods like chicken salad and desserts in individual serving dishes can be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

Hot food should be kept hot, at or above 140°F.

- Wrap it well and place it in an insulated container until serving.
- Just as with cold food — hot foods should not sit out for more than 2 hours, or 1 hour in temperatures above 90°F. If food is left out longer, throw it away to be safe.

For more information visit the Food and Drug Administration website at: www.fda.gov/educationresourcelibrary

The Centers for Disease Control and Prevention (CDC) estimates that each year 48 million people get sick from a foodborne illness, 128,000 are hospitalized, and 3,000 die.
Diabetes 101 Program
The next class begins Thursday, July 5, 2018.
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

Class begins at 9:00am and ends at 11:00am.
Please call the Health Education Department at 502-955-5355 to sign up.

**Last class of 2018 scheduled for October 3rd from 2:00pm to 4:00pm.**

Diabetes Support Group
We will have a 30-minute lesson on some self-care aspects of living with diabetes, followed with discussion and problem-solving time to help you with your management plan.

Please join us 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:
Aug 9th, Sept 13th

Ready to be a Quitter?
Aug 14, 2018
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!

Arthritis Foundation Exercise Program
The Arthritis Foundation Exercise Program is a FREE group exercise program designed specifically for people with arthritis and related diseases. The program’s multiple components help reduce pain and stiffness, and help maintain or improve mobility, balance, muscular strength and functional ability. Each class includes a variety of exercises that can be done while sitting, standing, or lying on the floor. The exercise classes will meet each Monday and Wednesday, beginning July 9th, for eight weeks from 10:00am–11:00am in the Bullitt County Health Department Annex building. You are encouraged to bring your own exercise mat if you intend on doing the floor exercises in class. Space is limited. Please call 502-955-5355 to register.
Stay Healthy In the Water: Share the Fun, Not The Germs

Pool chemicals, like chlorine or bromine, are added to the water to kill germs, but they do not work right away. If used properly, they can kill most germs in a few minutes. However, some germs, like Cryptosporidium can live in properly treated pools for several days. When things like pee, poop, sweat, and dirt rinse off our bodies and into the pool water, the chemicals break down these other things instead of killing germs. This uses up the chemicals’ power, which means there is less power to kill germs. That is why it is important to follow the easy steps listed below.

Smell that “chlorine”? It’s not what you think.
What you smell are actually chemicals that form when chlorine mixes with pee, poop, sweat and dirt from swimmers’ bodies. These chemicals – not chlorine – can cause your eyes to get red and sting, make your nose run, and make you cough.

Healthy pools, waterparks, hot tubs, splash pads, and spray parks don’t have a strong chemical smell.

Showering before you get in removes most of the dirt or anything else on your body that uses up pool chemicals.

Keep the “poo” out of the pool!
Swim diapers and swim pants can hold in solid poop for a few minutes, but they are not leak proof. They do NOT stop germs or diarrhea from getting into the water.

Know the pool is safer.
- See the bottom of the pool even at the deep end.
- Smell little or no chemical odor.
- Ask to see inspection results.
- Use test strips to check pool chemical levels.

Stay out of the water if you have diarrhea!

If you’re at the pool for the day, build in breaks for kids and adults at least every hour.
- Take kids on bathroom breaks.
- Check diapers, and change them away from the pool.
- Reapply sunscreen.
- Drink plenty of fluids.

Learn more at www.cdc.gov/healthyswimming
Wishing You a Happy Retirement Carol

“I am overjoyed for Carol! Carol interviewed me and was my first supervisor here at BCHD and I have been blessed to have been able to work with her for over ten years. It is with confidence that I say Carol has been counting down the days until her retirement for five years, three months and twenty-nine days.😊 Carol, I am praying your retirement will be as joyous as your dreams!” --Julie C.

“Carol, It’s been great working with you all these years. We will miss you. I hope you have a wonderful retirement.” --Greg D.

“Carol, Having someone like you as a coworker and a friend has been no less than a gift! I will miss you! Best wishes for a great retirement!” --Shirley

“Recently I wished you congratulations on your retirement. But, I also want you to know what a blessing it's been to work with you over these past 13 years, and how much I will miss you and the yummy food! Love to you!” --Liz

“It’s been a pleasure working with you Carol! We will miss you!”
--Cathy B.

"I will miss Carol's knowledge and experience, but mostly her pleasant nature." --Don R.

“Carol, I hope to have at least half of the knowledge that you had for the business office. Best wishes on your retirement!” --Melissa

“Carol, I will truly miss your dedication, vast knowledge, and that you were always willing to offer support and assistance when it was needed. But, I feel I will miss your wonderful sense of humor the most! I wish you much joy and happiness in your retirement phase of life.” --Marci

“Carol, I wish you all the best in your retirement. I could not have asked for a better friend and co-worker for the last 23 years. Thank you for all your hard work on behalf of BCHD. Now, go and ENJOY!” --Frances

“Carolyn, I wish for you the JOY that passes all understanding and the health to enjoy it for many years to come.” --Cynthia

“Always makes me smile, always entertaining. I want to wish you the best and let you know you’ll be greatly missed. I’m thankful to have worked with you. You’re the best Carol!” --Daniel

“Carol, wishing you much joy and relaxation in your well-deserved retirement. Thank you for 23 years of dedicated service.” --Andrea

Thank You for Donating

Thank you to all who donated and continue to donate items for the Shepherds Pantry. Your generous contributions are greatly appreciated.

Donations of non-perishable items can be made by anyone in the community, and the items are available for free to anyone in need.

Health Department
Up-Coming Closing Dates

July 4, 2018 - Closed for Independence Day
July 19, 2018 - Closed at 2:30pm for Staff Meeting
Aug 16, 2018 - Closed at 2:30pm for Staff Meeting
Sept 3, 2018 - Closed for Labor Day
Sept 20, 2018 - Closed at 2:30pm for Staff Meeting
Staying Healthy Together

Children depend on parents and family to protect them, provide for their needs, and teach them about personal health. The physical activities we do together, the food we share, and even the leisure time we spend together play a role in our overall health as a family. If you would like your family to be healthier, then here are some suggestions to consider:

Move more. Today’s children, and adults, are sitting more than any generation before. Pull yourselves away from the computer, television, tablets, and cell phone screens. Find fun activities to increase movement. Children who play outdoors are found to be more creative, happier, healthier, and stronger. They also get an added dose of Vitamin D while outside that helps reduce the chance of illnesses. Ideas might include family walk nights, fitness challenges, freeze tag, bicycling, and hikes.

Eat better. What we bring home from the grocery store is what’s for dinner. Those choices shape the health of our family. Leave the processed, artificial packaged food on the store shelf. Get the kids involved in the food selection and preparation. Have them pick a new fruit or vegetable each week to try. These are teaching moments that can also be fun. Plan ahead for busy nights and prepare meals and snacks ahead of time. Drink more water, and avoid sugary drinks like soda and certain juices.

Reference: www.berkshirehealthsystems.org/family-wellness-play-together-stay-healthy-together