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.

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.

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.
**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.

**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](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](https://youtu.be/jd79cVFreOM) and for more information about preparing for, and responding to, emergencies visit [http://ready.gov](http://ready.gov).

**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
Healthy Holiday Challenge

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.

Get Your 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 (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.
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.

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 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

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

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.
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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Bullitt County Health Department

181 Lees Valley Road, Shepherdsville, KY 40165

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

An Evening to Educate & Celebrate
Paroquet Springs Conference Centré
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.