Contact Tracing: A Confidential Public Health Resource

Contact Tracing is a process used by the Kentucky Department for Public Health to help stop the spread of diseases like COVID-19. Contact Tracing combines public participation and the power of technology to help contain the spread of the virus. Answer the call to keep Kentucky healthy at home and healthy at work.

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 Does Contact Tracing Work?

Public Health workers reach out to individuals who have contracted COVID-19 to assess their situation and track any recent in-person contacts.

Contacts are notified to provide instructions and connect them to local resources.

By following instructions provided, contacts help stop the spread of COVID-19 and save the lives of Kentuckians.

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

- **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 cloth face covering**: 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.

CLINICAL SERVICES

701 Individuals received immunizations. For questions on what immunizations are available please call the clinic at 502-955-7837.

1,878 Individuals received WIC services. WIC (Women, Infant, and Children) is a supplemental food program for those meeting both income and eligibility guidelines.

94 Patients received cancer screenings that included cervical cancer, clinical breast examination, mammography, and smoking cessation classes.

COUNTY HEALTH RANKINGS

Rankings consist of a Health Outcomes and Health Factors. Health Outcomes are a snapshot of today’s health. Health Factors look at tomorrow’s health and the dynamics that will affect how healthy we are in the future. In 2019, Bullitt County was ranked 9th out of 120 counties in Kentucky in health outcomes and 22nd on health factors.

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<thead>
<tr>
<th>Health Outcomes Ranking</th>
<th>Health Factors Ranking</th>
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<tr>
<td>2019 - 9th</td>
<td>2019 - 22nd</td>
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<td>2018 - 5th</td>
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ENVIROMENTAL SERVICES

The Food Handler and Food Manager training went into effect in August 2015 with the purpose of ensuring an educated food service workforce in the county.

200 Food Managers were trained this fiscal year.

ENVIRONMENTAL SERVICES

HEALTH EDUCATION

611 Individuals received Go365 biometric screenings. Go365 is a personalized wellness and rewards program where points earned can be cashed in for prizes.

331 Individuals attended the Healthy Hearts Wear Red Luncheon, learning valuable information on heart health.

254 Parents and children attended Family Fest. This event promotes the importance of families being healthy together and shows how physical activity can be fun.
Our epidemiology department is responsible for routine communicable disease surveillance. Results of routine surveillance allow us to better understand the burden of illness in our community and helps us design and implement effective programs to reduce this burden. Our epidemiologists also consult with local healthcare providers about communicable diseases.

*Confirmed and probable case counts. Counts are preliminary and are subject to change.

$Reported via calendar year.
BCHD Receives NACCHO Promising Practice Award

The Bullitt County Health Department was honored with the Promising Practice Award at the 2019 Annual Conference of the National Association of County and City Health Officials (NACCHO). Promising Practices are local health departments who have developed exciting approaches and strategies to public health issues and are on the path to the next level of achievement called Model Practices. Hepatitis A Vaccination in Correctional Facilities was one of 76 local health department programs to receive NACCHO’s prestigious Promising Practice Award.

“We are proud to receive NACCHO’s Promising Practice Award. The award is evidence of our commitment to developing responsive and innovative public health programs that improve the health of local residents,” said Marci Flechler, MSN, RN, Bullitt County Health Department’s Nurse Administrator.

NACCHO’s Promising Practice Awards have honored programs, resources, and tools that demonstrate how local health departments and their community partners can effectively collaborate to address local public health challenges. Each innovative project receiving the Promising Practice Award was peer-reviewed and selected from a competitive group of over 150 applicants.

“We are pleased to recognize local health departments striving to develop innovative public health projects to better ensure their communities’ health and safety,” said NACCHO’s Chief Executive Officer Lori Tremmel Freeman.
Due to the COVID-19 outbreak the dates for upcoming Health Education programs and events are pending. Please refer to www.bullittcountyhealthdept.org or call (502) 955-5355 for the most up-to-date information on registration. Thank you for your understanding.

Bullitt County 2020 County Health Rankings

The 2020 County Health Rankings are out and Bullitt County ranks as the 6th healthiest county in Kentucky, according to the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. County Health Rankings began in 2010 to serve as a call to action for communities to:

- Understand the health problems in their community.
- Get more people involved in improving the health of their communities.
- Recognize that factors outside medical care influence and provide a snapshot of how health is influenced by where we live, learn, work and play.

County Health Rankings provide a snapshot of a community’s health and a starting point for investigating and focusing on ways to build a healthier community. The overall ranking is made up of both health outcomes and health factors measures. The health outcomes category is a snapshot of today’s health. It describes how long we are living and how well we feel while living (quality of life). Health factors take a look at tomorrow’s health and the dynamics that will affect how healthy we are in the future. Health factors include rankings in four additional areas: health behaviors, clinical care, social and economic factors, and our physical environment.

In 2020, Bullitt County was ranked 6th out of 120 counties in Kentucky on health outcomes and 21st on health factors, compared to 2019 when the county ranked 9th in health outcomes and 22nd in health factors.

Bullitt County saw improvement in two subcategories that make up the rankings: quality of life (up to 5th in the state from 10th in 2019) and clinical care (up to 27th from 37th in 2019). The quality of life measure consists of premature death rate, self-reported health status (physical and mental health), and low birthweight. For clinical care, Bullitt County saw improvement in the ratio of primary care providers to patients, meaning more physicians were practicing in our community. We also had a decrease in the number of preventable hospital stays per year (down to 6,584 to 6,788 stays). The rate of mammography screening in our community also increased from 41% to 43%. Our adult flu vaccination rate also increased from 48% to 50%. All of these factors likely contributed to our improved ranking in the area of clinical care.

The Robert Wood Johnson Foundation also identifies areas of strength and areas of concern for each county, and our 2020 areas are very similar to those identified in 2019. County Health Rankings identified the following areas for improvement in Bullitt County: adult smoking rate (20%), adult obesity (35%), ratio of population to primary care physicians (5,350:1), preventable hospital stays; and daily fine particulate matter (air pollution). They also identified the following areas as Bullitt County areas of strength: teen birth rate (25 per 1,000); uninsured rate (5%); flu vaccination rate (50%); children in poverty (13%), and income inequality (3.7).

County Health Rankings are just the beginning of the discussion when it comes to community health. Data from the rankings can be used to inform policy and decision-making in support of action to improve health. Many of the areas identified above are included in our Community Health Assessment/Community Health Improvement Plan (CHA/CHIP), which is available on our website at www.bullittcountyhealthdept.org.
University of Louisville
Recognizes BCHD Employee for
Work During COVID-19

Bullitt County Health Department Epidemiologist Brittany Bell has been spotlighted by the University of Louisville in their series Alumni Stories from the Front Line of Covid-19. Brittany’s role in the agency’s COVID-19 response has changed over the course of the event. At the start, she was coordinating testing requests and case managing all cases and their contacts. However, as the scope of the outbreak expanded, her responsibilities shifted. Now, she serves as the agency's subject matter expert and directs case managers as needed. She acts as the go-between for patients, case managers, medical providers, employers, and many others. She also works closely with the leadership team to ensure the community and stakeholders are aware of the current situation by providing timely, accurate data on the outbreak. For the full article visit http://louisville.edu/sphis/alumni-and-donors/alumni-news/alumni-stories-from-the-front-line-of-covid-19.

Required School Immunizations
Kentucky mandates every student have a current Commonwealth of Kentucky Immunization Certificate to attend school. 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. A current immunization certificate should be on file at the school within two weeks of the child’s enrollment. (702 KAR 1:160, formerly 704 KAR 4:020)

A child whose certificate has exceeded the date for the certificate to be valid shall be recommended to visit the child’s medical provider or local health department to receive immunizations required by this administrative regulation.

For questions about school immunizations refer to the Cabinet for Health and Family Services website at: https://chfs.ky.gov or call the Bullitt County Health Department at 502-955-7837.

Up-Coming Closing Dates

July 2, 2020 - Closed at 11:30am
July 3, 2020 - Closed for Independence Day
September 7, 2020 - Closed for Labor Day