It is with great pleasure that I announce the Bullitt County Health Department (BCHD) has received national accreditation status for the next 5 years from the Public Health Accreditation Board. BCHD is the 9th Health Department in Kentucky to receive this accreditation status.

This milestone accomplishment is official recognition that the Bullitt County Health Department meets or exceeds the rigorous standards established by the non-profit, non-governmental Public Health Accreditation Board (PHAB). The national accreditation program works to improve and protect the health of the public by advancing and ultimately transforming the quality and performance of the nation’s state, local, tribal, and territorial public health departments. Accreditation means the Bullitt County Health Department is committed to continuous quality improvement so that we can meet our community’s needs as effectively as possible. PHAB accreditation demonstrates our accountability and credibility to everyone with whom we work.

The Bullitt County Health Department is proud to be recognized by PHAB for demonstrating the capacity to protect and promote the health of our community. National accreditation will help guide our work to better protect, promote, and preserve the health of the people in our community. This achievement is a testament to the commitment of our staff, as well as, the support of our Board of Health and our many partners all to whom I am most grateful.

Have a Safe and Healthy Spring,

Andrea
Epidemiology Update

After you touch ducklings or chicks, wash your hands so you don’t get sick!

- Contact with live poultry (chicks, chickens, ducklings, ducks, geese, and turkeys) can be a source of human *Salmonella* infections.
- *Salmonella* germs can cause a diarrheal illness in people that can be mild, serve, or even life threatening.
- Chicks, ducklings, and other live poultry can carry *Salmonella* germs and still appear healthy and clean.
- *Salmonella* germs are shed in their droppings and can easily contaminate their bodies and anything in areas where birds live and roam.

Protect yourself and Your Family from Germs

**DO:**
- Wash your hands thoroughly with soap and water right after touching live poultry or anything in the area where they live and roam.
- Adults should supervise hand washing for children.
- If soap and water are not readily available, use hand sanitizer until you are able to wash your hands thoroughly with soap and water.
- Clean any equipment or materials associated with raising or caring for live poultry outside the house, such as cages or feed or water containers.

**DON’T:**
- Don’t let children younger than 5 years of age, elderly persons, or people with weak immune systems handle or touch chicks, ducklings, or live poultry.
- Don’t let live poultry inside the house, in bathrooms, or especially in areas where food or drink is prepared, served, or stored, such as kitchens, or outdoor patios.
- Don’t snuggle or kiss the birds, touch your mouth, or eat or drink around live poultry.
Diabetes 101: Essentials for Living with Diabetes

This 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, & Taking Medicines

Begins: April 5, 2016 from 4:00pm– 6:00pm or
July 7, 2016 from 9:00am– 11:00am

Where: Bullitt County Health Department

Call to Register: (502) 543-2415 EXT 2124

Diabetes Support Group

We will have a 30-minute lesson on some self-care aspect 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 9:00am – 10:00am at the Ridgeway Library Study Room in Shepherdsville. For questions call (502) 955-5355.

Walk With Ease Program

Cost: FREE for 6 week class

Beginning April 18, 2016 at 10:00am

⇒ Motivate yourself to get in shape
⇒ Walk safely and comfortably
⇒ Improve your flexibility, strength, and stamina
⇒ Reduce pain and feel great

Space is limited. Register by calling (502) 955-5355

For Information Contact: Daniel Crum (502) 955-5355

...get out ...get moving …get healthy!

The Longest Day of Play

Saturday June 25th  10:00am-1:00pm

At Little Flock Baptist Church

5510 N. Preston Hwy, Shepherdsville

FREE Activities for all ages!

Win Prizes!

Games

Bazooka Ball

The Bullitt County Coalition for Recreation, Education, and Wellness (C.R.E.W.) would like to invite you to come out and play! The Longest Day of Play promotes the importance of getting regular physical activity, and how it can be fun. Being physically active is one of the best ways to improve your health. Summer offers the longest hours of daylight and we encourage everyone to get out and have fun!

Activities for all ages!
Expectant and New Mothers Community Resource Fair

Community Partners invite you to join us on:

Tuesday, April 19, 2016
5:30PM– 8:00PM**

Must register by 6:00pm to be eligible for doors prizes drawn at 8:00pm. Must be present to win.

Paroquet Springs Conference Centre
395 N Joe B Hall Shepherdsville, KY 40165

Who Can Attend: Expecting Parents & Parents with Babies up to 12 months old.
Resident of Bullitt County. Fathers are welcome too!

ADULTS Only- Due to lack of available space, we will be unable to accommodate any children.

Zika Virus: Read this before you travel!

What we know about Zika
Zika can be passed from a pregnant woman to her fetus. Infection with Zika during pregnancy is linked to birth defects in babies. Zika is spread mostly by bite of an infected Aedes species mosquitoes. These mosquitoes are aggressive daytime bitters, but they can also bite at night.

There is no vaccine to prevent or medicine to treat Zika.

Zika can be spread by a man to his sex partners.

Many states around the country are reporting positive tests for Zika in residents who have traveled to countries experiencing Zika outbreaks. For this reason Kentuckians traveling to Zika-affected areas of the world should take steps to protect themselves and their families.

What we don’t know about Zika
If there’s a safe time during your pregnancy to travel to an area with Zika.

If you travel and are infected, how likely it is that the virus will infect your fetus and your baby will have birth defects from the infection.

Symptoms of Zika
- Fever
- Rash
- Joint pain
- Conjunctivitis (red eyes)

Pregnant
Delay travel to areas with Zika. Pregnant women and their male partners should strictly follow steps to prevent mosquito bites. If you have a male sex partner who lives in or travels to an area with Zika, you should use condoms the right way every time you have sex, or do not have sex during pregnancy.

Trying to become Pregnant
Women and their male partners should follow steps to prevent mosquito bites. Talk to your healthcare provider.

*Information provided by Centers for Disease Control*
Help Control Mosquitoes that Spread Zika Viruses

Zika, an infectious viral illness, is primarily spread through the bite of a mosquito that carries the virus. Zika is not known to be circulating in the mosquito population in Kentucky—or any other part of the United States.

- Female mosquitoes lay several hundred eggs on the walls of water-filled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. When water covers the eggs, they hatch and become adults in about a week.
- Adult mosquitoes live inside and outside.
- They prefer to bite during the day.
- A few infected mosquitoes can produce large outbreaks in a community and put your family at risk of becoming sick.

Protect yourself, Your Family, and Community from Mosquitoes

Eliminate standing water in and around your home:

1. Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.
2. Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
3. For containers without lids, use wire mesh with holes smaller than an adult mosquito.

If you have a septic tank, follow these steps:

- Repair cracks or gaps.
- Cover open vent or plumbing pipes. Use mesh with holes smaller than an adult mosquito.

Keep mosquitoes out of your home:

- Use screens on windows and doors and repair any holes in the screens.
- Use air conditioning when available.

Prevent mosquito bites:

- Use an Environmental protection Agency (EPA)-registered insect repellent with one of the following active ingredients: DEET, Picaridin (also known as KBR 3023), Bayrepel, and Icaridin, IR3535, Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)
- Wear long-sleeved shirts and long pants. Treat clothing and gear (such as boots, pants, socks, and tents) with permethrin or purchase permethrin-treated clothing or gear. Do not use permethrin products intended for clothing on skin.
Mobile Mammogram
Information and Schedule

Screening mammograms are one of our best weapons to prevent breast cancer. To support women in Bullitt County in having a convenient opportunity to get a mammogram, the Bullitt County Health Department (BCHD) contracts with KentuckyOne Health to provide mammogram services. In order to receive a mammogram you must have either a referral from your physician or the referral can be provided upon completion of your Family Planning/Cancer Screening visit at the BCHD. The KY Women’s Cancer Screening Program (KWCSP) provides free or low-cost mammograms to women that have Medicaid, Medicare or no insurance coverage. Please see the Mobile Mammogram schedule for 2016 below:

<table>
<thead>
<tr>
<th>DATE</th>
<th>LOCATION</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 27, 2016</td>
<td>BCHD</td>
<td>8:00 am – 3:00 pm</td>
</tr>
<tr>
<td>June 29, 2016</td>
<td>BCHD</td>
<td>8:00 am – 3:00 pm</td>
</tr>
<tr>
<td>August 10, 2016</td>
<td>BCHD</td>
<td>8:00 am – 3:00 pm</td>
</tr>
<tr>
<td>October 26, 2016</td>
<td>BCHD</td>
<td>8:00 am – 3:00 pm</td>
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</tbody>
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Free Gift Cards are available for those eligible women completing their scheduled mammogram! (while supplies last!)

Please call 955-7837 for more information and to schedule an appointment!

Family Planning/Screening

The Bullitt County Health Department offers several methods of birth control, lab screening exams, and pregnancy testing. Your medical visit will include obtaining a thorough medical history, an exam by our clinician and specific lab screening tests. During this exam cancer screening services are also provided which includes a cervical cancer screening (pap smear), clinical breast exam, and instruction for performing a self-breast exam. These services are available to those women that have Medicaid, Medicare, or no insurance coverage.

Free Gift Cards are available for those eligible women completing their Family Planning/Cancer Screening visit! (while supplies last!)

Please call 955-7837 for more information and to schedule an appointment!

“Funds for this project were provided by the National Breast and Cervical Cancer Early Detection Program”.

HANDS

Health
Access
Nurturing
Development
Services

Who can Participate?

- All expectant moms and/or dads (At no cost to the families)

When can participation begin?

- Participation in H.A.N.D.S. can begin during pregnancy or anytime before a child is 3 months old.

For more information about the HANDS Program please visit our website @ www.bullittcountyhealthdept.org and/or call 502-955-5668.
Need to Stop Smoking?

The Bullitt County Health Department is providing the Cooper/Clayton Method to Stop Smoking Program. The Cooper/Clayton method to stop smoking was developed by Thomas Cooper, D.D.S. and Richard Clayton, Ph.D., an expert on drug addiction from the Kentucky School of Public Health at the University of Kentucky.

**Session Date:**

**Tuesdays, April 12, 2016 through July 5, 2016**

5:30 P.M. to 6:30P.M. at the Bullitt County Health Department

This program has been highly successful for thousands of people for over 15 years. Participants will be using nicotine replacement patches—**provided free to the first 15 registered**—to slowly wean themselves off nicotine while working on behavior modification in a supportive group environment.

**Note:** Patches are only provided for 18 years and older. You must attend class each week to receive that week’s supply of patches.

Call today to sign up 502-955-5355.

Health Department Up-Coming Closing Dates

April 21, 2016- Closed at 2:30pm for Staff Meeting
May 19, 2016- Closed all day for Staff Meeting
May 30, 2016- Closed for Memorial Day
June 16, 2016- Closed at 2:30pm Staff Meeting
CANCER SERVICES- Pap smear, clinical breast exams, breast self-examination instruction, smoking cessation classes, and mammograms offered.

CAR SAFETY SEATS- Car seats and education are provided through the loaner program.

CHOLESTEROL SERVICES- Cholesterol screening, and lipid profiles done. Monitoring and counseling available.

DENTAL FLUORIDE- Provides fluoride supplements to preschool age children who do not have fluoridated drinking water at home.

DIABETES SERVICES- Blood sugar screening, diet, exercise and weight counseling. Free education and support group meetings at the Bullitt County Health Department. Call for date and time.

EPSDT- (Early Periodic Screening Diagnosis and Treatment)- this program is for children from birth to age 21 who are eligible for Medicaid. EPSDT includes: preventative check-ups; growth and development assessments; vision; hearing; immunizations; laboratory tests.

FAMILY PLANNING- Confidential services include preconception risk screening, pap smears, pregnancy testing, birth control methods, and counseling.

FOOD SERVICES INSPECTION- Including retail food markets and restaurants.

GENERAL SANITATION SERVICES- Including private water sampling, rabies control, nuisance complaints and private sewage complaints.

GRIEF COUNSELING- Counseling for the parents of a child who died before their 18th birthday.

HANDS PROGRAM- Health Access Nurturing Development Services- A voluntary, intensive home visitation program for new parents or pregnant women to assist with child development, parenting skills, health services and other needed resources.

HEALTH EDUCATION- Provides a Speaker’s Bureau for health and wellness issues to schools, community organizations, and work sites. Worksite wellness program assistance, health fairs, blood pressure screening, tobacco cessation programs, and a variety of other health-related programs.

HUMANA VITALITY SCREENING- This measures blood pressure, height, weight, waist, total cholesterol, HDL, LDL, triglyceride level, and glucose. Some insurance will cover this service.

IMMUNIZATIONS- Immunizations for infants and children. Limited number of adult vaccines available.

LEAD SCREENING- Provides screening for possible systemic absorption of lead by children six months to six years of age.

MEDICAL NUTRITION THERAPY- Provided by Registered Dietitian. Includes individual counseling on weight loss, heart healthy, low sodium, low cholesterol, and diabetic diets.

METABOLIC SERVICES- Screening for 29 metabolic disorders. Referral for abnormal results.

ON-SITE SEWAGE SERVICES- Including site evaluations, inspections and permits.

PUBLIC FACILITIES INSPECTIONS- Including hotels, motels, mobile home parks, camps, swimming areas and tattoo studios.

STD AND HIV SERVICES- Testing and treatment for most sexually transmitted diseases. HIV counseling and testing. Referral services. All services are CONFIDENTIAL.

TUBERCULOSIS TESTING- Skin tests are given on Monday, Tuesday and Wednesday only. Preventive and therapeutic treatment for TB infection and disease.

VITAL STATISTICS- Forms and assistance for obtaining vital statistic information available.

WIC- “Women, Infants and Children”- A supplemental food program for those meeting both income and nutritional eligibility guidelines. For pregnant, post-partum or breastfeeding women and children to age 5.