Flu Vaccination is Important

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 50 years and older, pregnant women, persons with extreme obesity (Body Mass Index of 40 or greater), residents of nursing homes and other long-term care facilities, people with certain chronic conditions like asthma, diabetes, or heart disease. Vaccination of caregivers for those that are high risk is also important. These include parents of children less than 6 months of age, 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. Flu vaccine is now available at the Bullitt County Health Department. However, the nasal spray flu vaccine should not be used because it has been shown to be effective. Please contact the Bullitt County Health Department at 502-955-7837 for further information and/or questions regarding flu vaccine.

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. It is important to make sure adults are protected against diseases like flu, whooping cough, tetanus, shingles, and pneumococcal disease.

The specific vaccines adults need are determined by factors such as age, lifestyle, risk conditions, locations of travel, and previous vaccines. All adults should talk to their health care professionals to make sure they are up-to-date on vaccines recommended for them. There is a misconception among many adults that vaccines are just for children. The truth is, 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.

Join the Medical Reserve Corps

The Medical Reserve Corps (MRC) is a national volunteer program based in the Office of the US Surgeon General. MRC volunteers are members of the Units established to serve local community needs during a public health emergency or disaster response. MRC Units also support the community’s health initiatives throughout the year.

The Bullitt County Medical Reserve Corps Unit is comprised of volunteers, medical professionals, and others who want to donate their time and expertise to promote healthy living throughout the year. They also prepare for, and respond to, public health emergencies.

Volunteers include health professionals such as physicians, nurses, pharmacists, dentists, veterinarians, and epidemiologists. Other members include interpreters, chaplains, office workers, logistics, and legal advisors who fill vital support positions.

We support the Health Department in three major areas:

(1) Health education and promotion
(2) Mass vaccination/medication distribution
(3) Special medical needs in emergency shelters

We meet quarterly at the Health Department and invite anyone interested to check us out. The first step to membership is to log onto www.kentuckyhelps.com.

Upcoming meetings October 4th, 2016 at 6:30pm and January 24th, 2017 at 6:30pm
Quit Smoking For Life!

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!

What You’ll Learn
- How to know if you’re really ready to quit
- Developing a new self image
- Lifestyle changes to make quitting easier
- Coping strategies for managing stress
- How to stay smoke-free for good

Are You Ready to be a Quitter?

January 17th 2017
5:30 PM– 7:00PM
Bullitt County Health Dept. Annex
Register Now! Call 502-955-5355

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 HANSD Program please visit our website at www.bullittcountyhealthdept.org and/or call 502-955-5668.

The BCHD is honored to have seven 2 and 3 year olds graduating from our HANDS program on 11/29/16. These children and their families have been enrolled in our home visitation program since pregnancy, or before they became three months of age. The parents and children have enjoyed learning about vital parenting skills, such as recognizing appropriate growth and development, promoting healthy infant/parent interaction, and how to “baby safe” their homes.

This evidence based program is open to any Bullitt County resident who is pregnant or has a newborn under the age of three months. We will have several openings available with this big graduating class.

Please give us a call at 502-955-5668 ext. 2129 to enroll.
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. Risk factors for breast cancer can include getting older, 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 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/.

Get Screened
A mammogram is an X-ray picture of the breast. Mammography is the best screening tool for breast cancer used today. It can find cancers at an early stage, when they are small (too small to be felt) and the chances of survival are highest. During a mammogram, your breasts are pressed between two plastic plates. These plates flatten the breast tissue so that a good picture is taken. Two views of each breast are taken, one with the X-ray beam aimed from top to bottom and the other from side to side. The X-ray uses very little radiation. Be sure to tell the technologist about any lumps or changes you have noticed. Your X-rays can be compared from year to year to see if there have been any changes. The test takes a few minutes, and you should have your results within two weeks. Starting at age 40, women should get a mammogram every year. If you are under age 40 and have a family history of breast cancer, or other concerns about your breasts, talk to your health care provider about when to start getting mammograms or other tests and how often to have them. Most insurance programs cover mammograms, including Medicare.

Know What’s Normal for You
Breasts are composed of lobules, ducts, connective tissue, lymph nodes and fat. That’s why breasts feel lumpy to the touch. The signs of breast cancer are not the same for all women. It is important to know how your breasts normally look and feel. If you notice any breast change such as a new lump or dimpling, nipple discharge or pain — don’t ignore it. It may be a benign breast condition or it could be a symptom of breast cancer. If you notice any change in your breast, see your health care provider.
The Community Health Improvement Plan (CHIP) was developed from a year-long community assessment. There were three strategic issues that emerged: increasing access to health care, reducing substance abuse, and increasing healthy choices. Three workgroups were formed to work on these issues. Visit www.bullittcountyhealthdept.org to see the full report, and to join the Healthy Bullitt County 2020 effort, please contact Cynthia Brown at 502-955-5355.

The Substance Abuse work group 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.

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

The Healthcare Access work group meets to gather information about local resources for all types of health care including mental/emotional health, spiritual health, and physical health.

Bullitt County Health Department wants to educate and celebrate with an evening event on October 18, 2016 from 5:00pm-7:30pm. **Think Pink** is a special event sponsored by Bullitt County Health Department, Kentucky Cancer Program, and Bullitt County Cooperative Extension Service, 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.

**Community Health Improvement Plan (CHIP) Report**

The Community Health Improvement Plan (CHIP) was developed from a year-long community assessment. There were three strategic issues that emerged: increasing access to health care, reducing substance abuse, and increasing healthy choices. Three workgroups were formed to work on these issues. Visit www.bullittcountyhealthdept.org to see the full report, and to join the Healthy Bullitt County 2020 effort, please contact Cynthia Brown at 502-955-5355.

The Substance Abuse work group 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.

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

The Healthcare Access work group meets to gather information about local resources for all types of health care including mental/emotional health, spiritual health, and physical health.
Diabetes Prevention Plan (DPP)
A Centers for Disease Control and Prevention (CDC) Proven Program to Prevent Diabetes

Are you 18 years of age or older?  Have you never been diagnosed with diabetes?

"Tip of the Iceberg" is a common analogy for current levels of diabetes, and it is easy to see why. Almost 26 million Americans have diabetes. However, CDC estimates that 79 million more have prediabetes (CDC, 2011). This means that about 35% of U.S. adults have prediabetes. Moreover, if the national rates of obesity remain high, this figure is likely to grow.

Attend our pre-registration on Tuesday October 11th at 4:30pm and you will receive a FREE GIFT!
To register please contact 502-955-7837

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: October 5, 2016 from 2:00pm– 4:00pm
Where: Bullitt County Health Department
Call to Register: 502-955-5355

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 9:00am – 10:00am at the Bullitt County Health Department in Shepherdsville. For questions call 502-955-5355.

Upcoming Dates:
   October 13th
   November 10th
   December 8th
Bullitt County Health Department would like to welcome Jeremy Heyer as the new Accreditation Coordinator. Although having lived in Kentucky for some time, Mr. Heyer is not a native to Kentucky, originally moving here from Florida. Mr. Heyer graduated from the University of Louisville with a Master of Public Health degree in 2015, and has spent the past five years working in the substance abuse field as both an inpatient/operational manager and therapist. His passion for public health stems from growing up in lower socio-economic areas, and realizing that the best way to make an impact on the community is to identify the problem and be part of the solution. In his spare time, he likes to hike, mountain bike, run marathons, and build computers. Mr. Heyer is currently pursuing his Masters in Health Informatics from the University of Cincinnati.

Health Department Up-Coming Closing Dates

October 20, 2016- Closed all day for Staff Training
November 7, 2016- Closed at 4:00pm
November 8, 2016- Closed all day for Election Day
November 9, 2016- Closed at 4:00pm
November 10, 2016- Closed at 4:00pm
November 11, 2016- Closed all day for Veterans Day
November 17, 2016- Closed at 2:30pm for Staff Meeting
November 23, 2016- Closed at 12:00pm
November 24, 2016- Closed all day for Thanksgiving
November 25, 2016- Closed all day for Thanksgiving
December 22, 2016- Closed at 11:30am
December 23, 2016- Closed all day for Christmas
December 26, 2016- Closed all day for Christmas
December 29, 2016- Closed at 12:00pm
December 30, 2016- Closed all day for New Year’s
January 2, 2017- Closed all day for New Year’s
Whooping Cough (Pertussis) is on the Rise

Pertussis is a bacterial illness that may begin with symptoms like the common cold: runny nose, scratchy throat, or cough. The cough then gets worse over one to two weeks. Fever is usually mild or absent. Most children and adults do not get seriously ill, but for infants it can be life-threatening.

Northern Kentucky has seen nearly 300 cases of pertussis between the dates of November 1, 2015 and July 15, 2016. Bullitt County has not seen an outbreak like this, but there are many things you can do to protect your family and your community from pertussis:

- Make sure that all family members including teens, parents, and grandparents, are up-to-date on all of their shots. Please contact your healthcare provider, or the health department, for more information about the pertussis vaccination.

- Cover coughs and sneezes, wash hands with soap and warm water, and stay home from work, child care, or school when sick.

- People with pertussis should stay out of group activities until five days of antibiotic medicine for pertussis have been finished. People who have pertussis and do not take antibiotics should stay out for three weeks, or until the cough is completely gone.

- People with a cough should stay away from babies and pregnant women.

- See a doctor for symptoms of pertussis. These include:
  - Coughing a week or more with any uncontrollable fits of coughing, vomiting after coughing, or coughing until out of breath.
  - Coughing two weeks or more.
  - See a doctor sooner for your cough if someone close to you has recently had pertussis.
  - Infants, pregnant women in their 3rd trimester, and people who have close contact with them should see a doctor for any new

Thank you for taking these steps to protect the health of your family and community. If you have questions about pertussis or are concerned that you might have pertussis, please call your health care provider. For more information you may also call your local epidemiologist at 502-955-7837.