

# Bullitt County Health Department

Protection...Prevention...Promotion...

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Fall Newsletter  
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[www.bullittcountyhealthdept.org](http://www.bullittcountyhealthdept.org)

### Our Vision Statement

Bullitt County Health Department will become an accredited leader among local health departments in Kentucky in the areas of prevention, protection and health promotion.

### Our Mission Statement

“To promote healthy lifestyles in Bullitt County through prevention and protection.”

## VACCINES ARE NOT JUST FOR KIDS

Even Healthy adults can pass certain illnesses on to others. Vaccines are recommended throughout our lives based on our age, lifestyle, occupation, travel destinations, medical conditions and previous vaccines. Talk to your health care professional to see what vaccines are right for you.

Many people wonder just how vaccines work, and what they do for our body. When disease germs enter your body, they start to reproduce. Your immune system recognizes these germs as foreign invaders and responds by making proteins called antibodies to seek and destroy these invaders. Unfortunately by the time your antibodies know what to look for, you have already become sick.

Vaccines work to keep this from happening by getting your body ready to fight off those germs beforehand. Vaccines safely allow your body to recognize harmful germs and build up its army of antibodies. That way if you come into contact with these germs, your immune system is primed and ready to fight them off before they can cause illness.

Immunization is especially important for adults 60 years of age and older, and for those who have a chronic condition such as asthma, COPD, diabetes or heart disease. They are also very important for anyone who is in close contact with the very young, the very old, those with weakened immune systems, or those who cannot be vaccinated.

### All adults should get:

- **Influenza (flu) vaccine:** Each year to protect against the seasonal flu.
- **Td or Tdap:** Every adult should get the Tdap vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a Td (tetanus, diphtheria) booster shot every 10 years. In addition, women are also recommended to get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.

The need for other adult vaccines – such as shingles, pneumococcal, hepatitis, HPV – depends on one’s age, occupation, travel, health status, and other risk factors.

Many adult vaccines are available at the Bullitt County Health Department for those who do not have insurance, or their current insurance does not cover vaccines. For more information, or to schedule an appointment, call (502) 955-7837.

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Article by Daniel Crum, Health Educator

**Need to Stop Smoking?**  
**Start Planning now**  
**with the Cooper/Clayton Stop Smoking Program!**

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, January 6, 2015 through March 31, 2015**  
**5:30 P.M. to 6:30P.M. at Bullitt County Health Department Annex**

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 20 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.



**Bullitt County Medical Reserve Corps**

The **Bullitt County Medical Reserve Corps** is comprised of volunteers, both medical professionals and others, who want to donate their time and expertise to promote healthy living throughout the year and to prepare for and respond to public health emergencies. 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](http://www.kentuckyhelps.com) and click on the **Register Now** button. Someone from the Health Department will contact you.

**Feel free to join us during our regular meetings in 2014**  
**October 9<sup>th</sup> – Thursday 6:30-7:30 P.M.**





## ***An Evening to Educate & Celebrate!***

**Paroquet Springs Conference Centre**  
395 Paroquet Springs Drive, Shepherdsville, KY

**Tuesday October 21, 2014**

5:30 – 7:30 p.m.

\*Program begins at 6:00 p.m.

### **Special Guests:**

Kelsey Starks, *WHAS11*

Sue Calvert, *Breast Cancer Survivor*

Stacey Crawford, MD, *Brown Cancer Center*

**Appetizers, Desserts, and Gifts!**

**Wear PINK!**

**FREE OF CHARGE**

**ONLY 215 SEATS AVAILABLE - Call NOW to reserve your spot!**

**To RSVP, please call 502-955-5355**

**Deadline to RSVP is October 14<sup>th</sup>**

***Think Pink*** is a special event sponsored by Bullitt County Health Department, Kentucky Cancer Program, Bullitt County Cooperative Extension Service, and the Bullitt County Breast Cancer Support Group to raise cancer awareness and to recognize breast cancer survivors during October, National Breast Cancer Awareness Month.



# Diabetes 101: Essentials for Living with Diabetes

Living with Diabetes is a challenge! Education is the key to managing this challenge successfully.

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



**WHEN: Oct 16, 2014 9:00am-11:00am**

**WHERE: Bullitt County Health Dept 181 Lees Valley Rd. Shepherdsville, KY 40165**

Call to register for classes: 502-955-5355

## Diabetes Support Group

Diabetes Support Group is changing things up! The format for the support group has changed. 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.

For example: the first lesson was at the August meeting. We viewed a mini lesson on “What is Type 2 Diabetes”, “Your Management Plan”, and “Your Management Plan: Healthy Food Choices”. The September topic was “Your Management Plan: Physical Activity”. We viewed a short video clip, did some armchair exercises, and created an activity plan.

The chart below covers the next 9 months of Support Group lessons/topics.

Diabetes Support Group Lesson/Topic Schedule	
2014	<i>Your Management Plan Series</i>
October	Medications
November	Recipe Makeovers for the Holidays
December	Joint Holiday meeting with the Bullitt County Diabetes Coalition
2015	
January	Monitoring
February	How to make Lifestyle Changes
March	Preventing Long-term Health Problems
April	Problem Solving
May	Emotions and Support
June	Maintaining Your Good Health

Please join us on the second Thursday of each month from 9:00am – 10:00am at the Bullitt County Health Department. Please call Cynthia Brown at 502-955-5355 with any questions. These are FREE classes and open to all.

**\*Inclement Weather Policy:** If Bullitt County Schools are cancelled or closed due to bad weather, any classes scheduled that day will be cancelled as well.

# Flu Clinics

The Bullitt County Health Department wants to remind the community the best way to prevent the flu is to get a flu vaccination each year. Bullitt County Health Department and VaxCare are partnering to offer flu vaccinations on a walk-in basis at the health department on Mondays, Wednesdays, and Thursdays from 7:30 a.m. to 3:30 p.m., Tuesdays 7:30 p.m. to 5:30 p.m., and Fridays 7:30 a.m. to 10:00 a.m.

- Please note Bullitt County Health Department has partnered with VaxCare to provide flu shots. The billing process will be handled by VaxCare.
- Please bring your insurance cards. For non-insured patients or patients who do not have coverage with any insurance company, flu shots will be \$23, \$30 for intranasal mist, and \$45 for high-dose vaccine.
- All children under 18 years of age must be accompanied by a parent or legal guardian. If you are a guardian, you must bring guardianship papers with you. We are required to copy guardianship papers on site before the flu shot/mist is administered.
- Please wear a short-sleeved shirt for your convenience.



## Who should NOT get this vaccine?

Tell the person who gives you the vaccine:

**If you have any severe, life-threatening allergies.** If you ever had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of this vaccine, including (for example) an allergy to gelatin, antibiotics, or eggs, you may be advised not to get vaccinated. Most, but not all, types of flu vaccine contain a small amount of egg protein.



**If you ever had Guillain-Barre Syndrome** (a severe paralyzing illness, also called GBS). Some people with a history of GBS should not get this vaccine. This should be discussed with your doctor.

**If you are not feeling well.** It is usually okay to get flu vaccine when you have a mild illness, but you might be advised to wait until you feel better. You should come back when you are better.

# HANDS Program

# HANDS

Health  
Access  
Nurturing  
Development  
Services

## Who can Participate?

- First-time, new and 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](http://www.bullittcountyhealthdept.org) and/or call 502-955-5668.

## Know about Lead Poisoning

Lead is a toxic metal that is present in our environment. Lead poisoning results from increased levels of lead in a person's blood. This can damage organs like the brain, kidneys, and nerves which can cause serious health effects in children. These effects can consist of learning or behavior problems, hearing loss, developmental delays and lower IQ.

### Did you know?

- During pregnancy, lead that has been stored in the bones can be released back into a woman's bloodstream as her body uses extra calcium for the pregnancy and baby's development.
- Lead can be absorbed in the bloodstream if it is breathed or swallowed.
- The unborn baby's brain and nervous system are affected by the presence of lead, which can lead to learning problems that last a lifetime.
- Many symptoms for lead poisoning are not present. Some symptoms include headaches, mood changes, tiredness, anemia (low blood), or nausea.

Most children do not show symptoms of lead poisoning. Testing for lead poisoning is done by a blood test. This test is often performed during a WIC visit or at your physician's office and is the only way to verify a child has lead poisoning.

The good news is that lead poisoning can be prevented!!!! Some tips for prevention include:

- Eliminate the sources
- GOOD HANDWASHING especially before eating and sleeping
- Use "unleaded" paints and chemicals
- Good nutrition – foods rich in iron, calcium and vitamin C can help minimize lead absorption
- Good housekeeping – wet mopping and drying floors, shoe removal, washing children's toys, replacing old mini-blinds with "lead-free" ones.



# BCHD New Employee



We would like to welcome a new employee to the Bullitt County Health Department's Environmental Program, Jeff Gosser.

Jeff Graduated from Lindsay Wilson College with a BS in Biology and a minor in Chemistry in 1993. Jeff also became a Registered Sanitarian the same year. He started as a Health Environmentalist with the Woodford County Health Department in 1993. He left the Woodford County Health Department and transferred to the Lake Cumberland District Health Department in 1997.

In the year 2000, Jeff left Lake Cumberland District Health Department and became employed with the Kentucky Department for Public Health, Environmental Management Branch in the Onsite Sewage Section where he assisted and trained Local Health Department Environmentalists.

Jeff started employment with the Bullitt County Health Department on September 1, 2014. Welcome!



## Health Department Up-Coming Closing Dates

October 13, 2014— All day staff training

November 11, 2014— Veterans Day

November 20, 2014— Close at 2:30PM for staff meeting

November 26, 2014— Close at 12:00PM

November 27, 2014— Closed for Thanksgiving

November 28, 2014— Closed for Thanksgiving

December 24, 2014— Closed at 12:00PM

December 25, 2014— Closed for Christmas

December 26, 2014— Closed for Christmas

December 31, 2014— Close at 12:00PM





Bullitt County Health Department

181 Lees Valley Road  
Shepherdsville, KY 40165

Main: 502-543-2415 or 502-955-7837  
Health Education Phone: 502-955-5355  
Hands Phone: 502-955-5668  
Environmental Phone: 502-955-7867

*Protection...Prevention...Promotion...*

[www.bullittcountyhealthdept.org](http://www.bullittcountyhealthdept.org)

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In an attempt to keep our information current, please contact Elizabeth McGuire at 502-955-5355 or by email at [ElizabethR.Crigler@ky.gov](mailto:ElizabethR.Crigler@ky.gov) regarding any changes to your mailing address or questions about this newsletter.

## **Notes from our Director!**

I love Fall. Crisp autumn air brings arts and craft shows, fall festivals, and football. The downside to this time of year is that we begin to see an increase in respiratory illnesses. Enterovirus – D68 has been discussed extensively in the media as children have been particularly affected across regions in the United States. I cannot leave out mentioning rhinoviruses and influenza viruses which cause the common cold and the flu, respectively.

Respiratory enteroviruses, including EV-D68 and rhinoviruses, are transmitted through contact with secretions from the eyes, nose, and mouth (saliva, mucus, sputum) of an infected person; having close contact with an infected person, such as touching or shaking hands; and touching objects or surfaces that have been contaminated with infectious secretions. Influenza viruses are transmitted primarily through droplets made when people with flu cough, sneeze, or talk. While there is vaccine available to prevent influenza viruses, no vaccine is available to prevent infection of respiratory enteroviruses.

Here are a few prevention tips to follow so we can avoid respiratory illnesses and enjoy our Fall activities.

- Wash hands often with soap and water for 20 seconds.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Avoid close contact and sharing cups or eating utensils with those who are ill.
- Clean and disinfect frequently touched surfaces, especially if someone is sick.
- Stay home if you are ill.
- Cover your mouth and nose with a tissue when you cough or sneeze, and discard the used tissue in a waste basket. Wash hands after discarding the tissue. If a tissue is not available, cough or sneeze into your upper sleeve or elbow, not your hands.
- Consult with your health care provider for further evaluation in children with cold-like symptoms if they experience difficulty breathing.
- Get vaccinated against the flu.

Have a Happy and Healthy Fall,  
Andrea

Andrea Renfrow, MSN, RN  
Public Health Director

