Summer 2025: Volume 21, Issue 1

Bullitt County BCHD Health Department

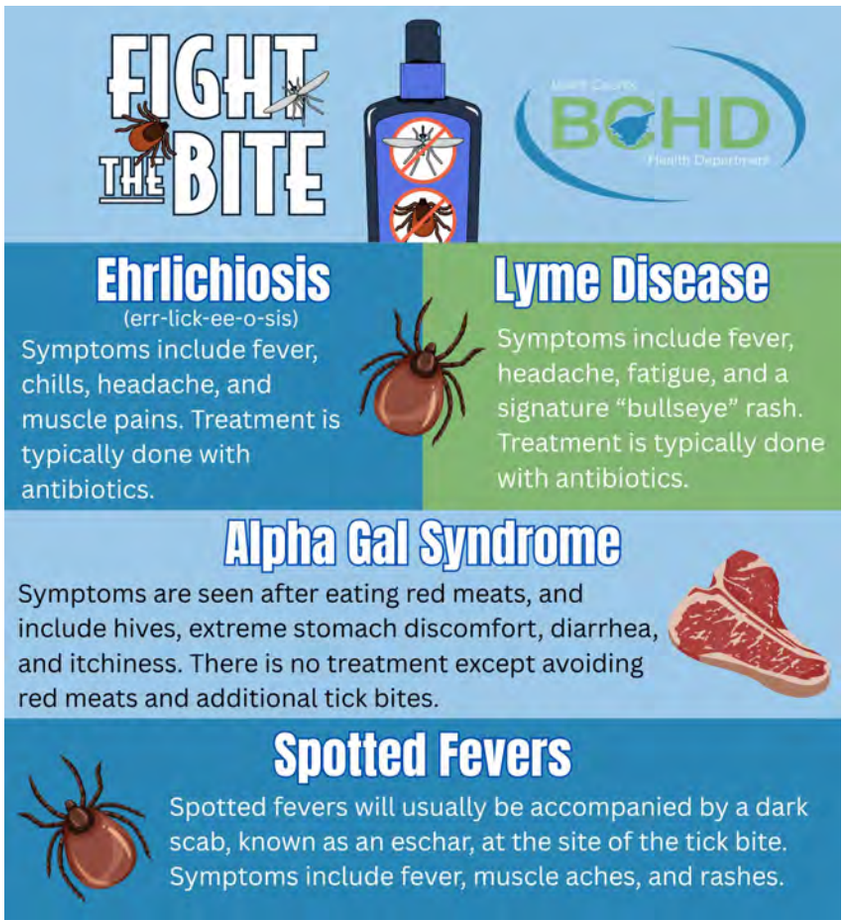
Health Newsletter

Our Mission Statement
Building a safe & healthy future, together.

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Tickborne illnesses belong to a group of diseases known as vector borne diseases. These are diseases that have a carrier, also known as a vector, who transports the disease from one host to another. Some notable disease vectors are mosquitoes and ticks. These carriers ingest a pathogen from one host, and hold the sickness in their body without actually getting sick themselves. Once they bite you, they have a chance of spreading the sickness to you. You may have heard of some of these sicknesses.



Mosquitoes can serve as vectors for diseases such as malaria and West Nile Virus. Ticks, which are the focus of this article, can carry diseases like Lyme disease and Spotted Fevers, like Rocky Mountain Spotted Fever. Check out the infographic to the right to learn more about tickborne illnesses, which are illnesses carried by ticks from their blood meal hosts, and then given to humans from their bite.

According to Johns Hopkins Medicine, populations with darker skin have been seen to have significantly higher rates of late stage Lyme disease, due to some physicians having difficulty identifying the signature "bullseye" rash on non-white skin. Additionally, those who cannot afford treatment, like antibiotics, or do not have ways to reach a doctor's office may experience worse outcomes. Those with vision impairment may struggle to find ticks on their body. Help your neighbors!

Public Health
Prevent. Promote. Protect.

Accredited Health Department · PHAB · Advancing Public Health Performance · Public Health Accreditation Board

www. bullitthealth.org





Bringing Balance & Beyond to Bullitt County!

This years' event will mark our counties 2nd annual mental health awareness event. The Bullitt County Health Department & the Mental Health Workgroup will be hosting this annual event at the Bullitt County Central Public Library on **August 23, 2025**, from **10-2:00PM**. Be sure to mark your calendar now.

We are still looking for community partners to join in on the fun! If you would like to get involved, we are looking for vendors, food trucks, and workshop hosts.

Please contact Hayley Barr by email at hayley.barr@bullitthealth.org.



Upcoming Closing Dates for BCHD

- July 3rd closing at Noon~~Independence Day
- July 4th~~Independence Day
- September 1st~~Labor Day

ENVIRONMENTAL PREPARATION

SUN EXPOSURE SAFETY

Know the signs of heat stroke:

- Absent of sweating during a heat stroke.
- Mental confusion
- Nausea, vomiting, blurred vision, & slurred speech can be present.

Call 911 if you suspect someone having a heat stroke.

Certain medications can increase risk of heat sensitivity and heat stroke.

Sunscreen Use:
Use daily, even when cloudy
Wear SPF 30+
Wear Hats
Use Lip Balm
Sunglasses are important for protecting your eye from overexposure to UV rays and can increase cataracts.



THE HAZARDS OF SUMMER: PREPARATION IS KEY

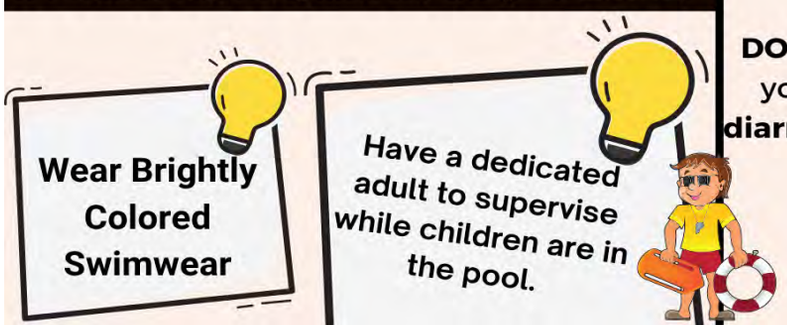
When we think of summer, we think lemonade, sunshine, and all things relaxation. However, summer can also bring hazards associated with the seasonal temperatures and weather. Bullitt County Health Department is here to ease your worries and offer tips on how to stay prepared while enjoying every bit of the sun!



POOL SAFETY

Private and public pools alike can be hazardous; here are some ***TIPS + TRICKS*** for a safe summer by the pool.

Drowning can occur in 20 seconds.
If a ***child is missing***...check the **pool *FIRST.***



POOL ILLNESSES:

Some bacteria can survive EVEN in properly treated pools.

DO NOT swim if you have had **diarrhea** recently.

SEVERE WEATHER

Know the risk in your area:
Flash Flooding | Power Loss

- Never drive through flooded roads
- If thunder roars>>go indoors. Lightening kills about 20 people each year.

CREATE A FAMILY EMERGENCY PLAN:

- List needs: food, medications, any disabilities
- Evacuation Routes + Shelter Options
- Emergency Contacts (Phone + Addresses)
- List of utility companies + phone numbers.

CONGRATULATIONS GRADUATES!



Chase Herrmann, MS

Congratulations to Chase for earning his Masters of Science degree in Epidemiology. Chase is our resident epidemiologist and will be moving forward into the doctorate program with U of L this fall. Chase has a special interest in nutritional epidemiology and epidemiologic research methods. His MS thesis focused on examining the differences in prostate cancer outcomes among rural and urban populations. He plans to use the tools gained from his education to continue Bullitt County Health Department data analysis and disease investigation efforts.

2025



Micha Compton, MSN

Congratulations to Micha for earning her Master of Science in Nursing with a specialization in Public Health (MSN-PH) from Grand Canyon University. This advanced degree will broadened clinical expertise to encompass population health strategies and core public health principles. Through this academic and professional development, Micha has equipped herself toward the promotion of health equity and the ability to design, implement, and evaluate evidence-based public health initiatives. It has empowered her to advocate for meaningful policy reforms that enhance the overall health and well-being of our community here is Bullitt County.

Upcoming Free Programs & Community Meetings by BCHD

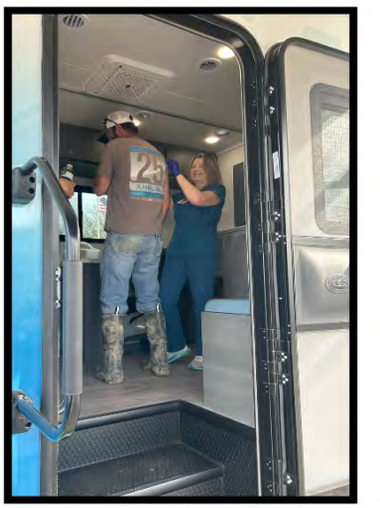
- **Partners In Prevention Coalition Meeting**
  August 19 and September 9, at 11:30-1:00pm
- **CREW (Coalition for Recreation, Wellness, & Wellness)**
  August 14 at 3:30pm (No July meeting)
- **Nuts & Bolts of Nutrition Class**
  August 26 at 4:00pm
- **Bullitt County Inter-Agency Meeting**
  August 26 and September 23 at 2:30pm
- **Mental Health Workgroup**
  July 24, at 9:00am
- **Nuts & Bolts of Diabetes Class**
  July 22 and September 23, 2025 at 4:00pm
- **Family "Virtual" Refresh Series**
  Starting in November 2025 at 5:00pm
- **Board of Health Meeting**
  August 26, 2025 at 6:00pm

WHAT'S BEEN HAPPENING AT BCHD



















Left to Right: Pop-up HIV/Hep C Testing Clinic, Mt. Washington Spring Fest., 2025 KPHA Conference, Pop-Up Tetanus Vaccine Clinic, Earth Day Celebration at Bernheim, Ribbon cutting for our new mobile unit, Adult Cooking Matters Graduates, Day of Broken Dreams at NBHS, Health Dept. Services Presentation at NBHS).

SAFESITTER

BCHD Health Education Director, *Elizabeth McGuire* partnered with two BCPS middle schools for a Safe Sitter certification program for youth; preparing middle school students for safety at home watching younger siblings and/or babysitting.

This is an on-going program offering here at Bullitt County Health Department, often held on Bullitt Day's or while school is out of session during breaks.





Our health education department has partnered with Sanders Ridge Health Campus for a "Cooking for One" 3-part series focusing on small batch meals. This series is FREE to the public and each session will demo a small batch meal that each participant gets to try! We also send you home with some custom small batch recipes for beef, chicken, pork, & fish.

If you would like to attend the fall session being held on October 7th, please call Bri Harris at 502-216-2803.



SANDERS RIDGE
HEALTH CAMPUS

Bullitt County BCHD Health Department

FREE EVENT | Limited Seating

Contact Bri Harris at 502-216-2803



DIABETES SUPPORT GROUP

We Welcome Our Special Presenters...

June 25th
10-11am

ELIVATE WELLNESS



Olivia Stivers, APRN

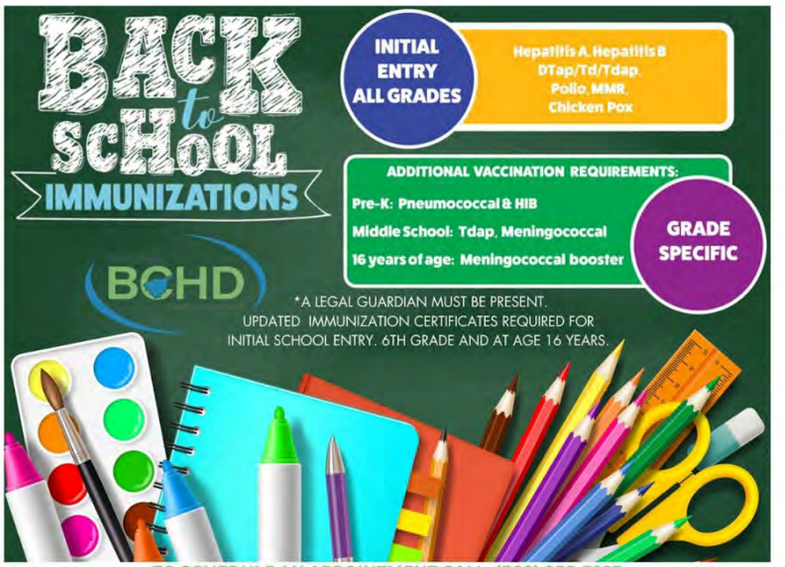
July 29th
5:30-6:30pm

Bullitt County Foot & Ankle Center, P.S.C.



Dr. Vipul Patel

Does your child have the required immunizations to return to school this August? It is easy to forget that certain age groups need an update to remain healthy and protected from diseases. An otherwise current child, will need a DTaP, Polio, MMR, and Varicella to enter kindergarten. The 11–12-year-old will need a Tdap and Meningitis vaccine. HPV is also available if not already completed. Finally, the 16-year-old should receive a Meningitis booster. Our health department may be able to help you get these needed vaccines if you are uninsured, underinsured, or have Medicaid using the Vaccine for Children program. We also have later hours available on Tuesdays for your convenience. To learn more about this program or to make an appointment for your child to receive immunizations, please call us at 502-955-7837.





On May 13th, we hosted a HANDS spring Family Fun Night. The purpose of this event was to give our HANDS families a chance to meet other families in the program and provide the children with a lot of fun activities to promote learning and brain development. From a jumping castle, water games, bubbles, & sidewalk chalk, it was a fantastic event toward motivating early childhood development and family support.

Interested in learning more or enrolling in the BCHD HANDS Program? Give us a call at 502-955-5668 – we'd love to talk with you!









181 Lees Valley Road, Shepherdsville, KY 40165

Bullitt County Health Department

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

OUR MISSION
Building a safe and healthy future together

OUR VISION
To build a community where everyone is safe, healthy, and valued

OUR VALUES
Inclusive | Competent | Accountable | Respectful | Empowered
iCARE

Looking to bring health services directly to your community event? Our new mobile health unit is available to provide on-site services and education. Convenient, accessible, and designed to meet your needs—let us bring care to you.

Contact us today to learn more or to schedule a visit!
502-955-7837 ext. 2213



Does your next event need some HEALTH EDUCATION?? **We Can Help!**



Schedule for your event today!
502-955-5355 contactbchd@bullitthealth.org