Spring 2025: Volume 20, Issue 4

Bullitt County BCHD Health Department

Health Newsletter

Our Mission Statement

Building a safe & healthy future, together.

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Public Health
Prevent. Promote. Protect.
www.bullitthealth.org

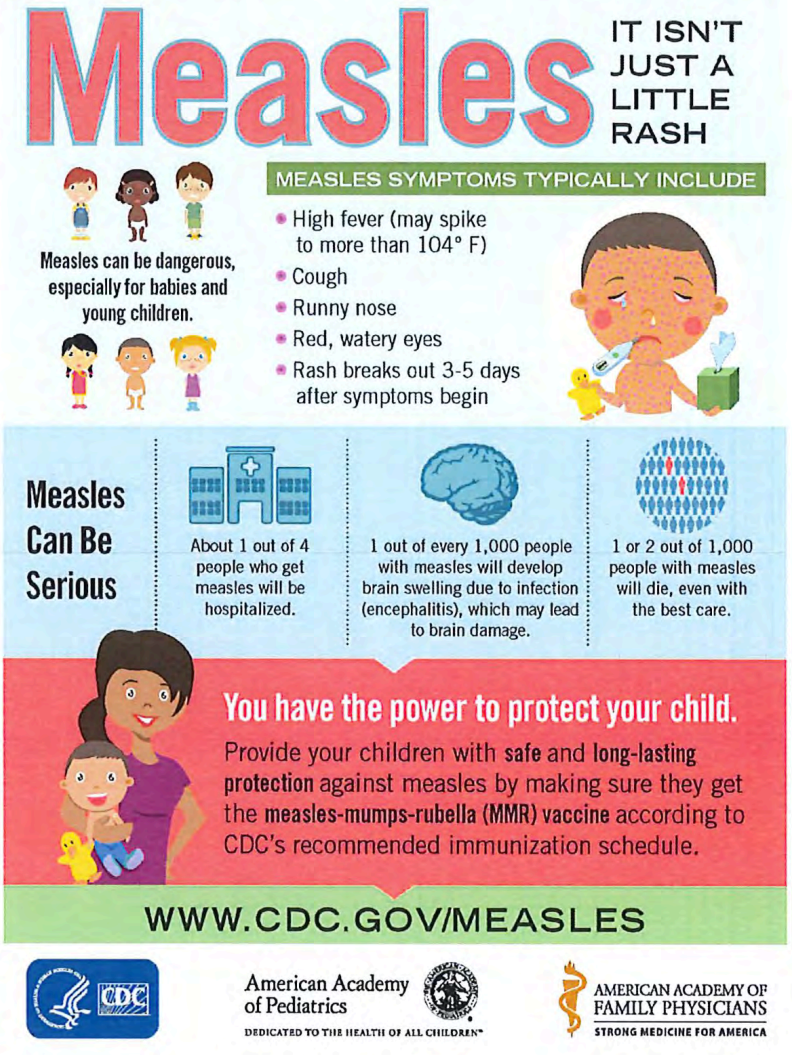
Health Officials Announce Measles Case in Franklin County, Kentucky

Measles is a disease caused by a highly contagious virus. People with measles spread the virus through the air when they cough, sneeze, or breathe.

Symptoms of measles include high fever, cough, runny nose, red and watery eyes, and rash. Koplik spots (tiny white spots inside the mouth) can appear 2 to 3 days after symptoms begin. Some people who become sick with measles also get a serious lung infection, such as pneumonia. Although severe cases are rare, measles can cause swelling of the brain and even death. Measles can be especially severe in infants, pregnant women, and in people who have weakened immune systems.

Health officials urge anyone who may have been exposed to check their immunization records and confirm they are protected against measles. Kentucky residents can access their immunization records through the Kentucky Immunization Registry Public Portal at chfs.ky.gov/KDPHMyVaxRecord.

To read the full press release from February 28, 2025, please visit our website at www.bullitthealth.org under Health Alerts.
More information on page 2



Protect your child from measles

Measles is still common in many parts of the world. Unvaccinated travelers who get measles in other countries continue to bring the disease into the United States.

Give your child the best protection against measles with **two** doses of measles-mumps-rubella (MMR) vaccine:

MMR

1st dose at **12-15 months**

2nd dose at **4-6 years**

Traveling abroad with your child?

Infants 6 to 11 months old need 1 dose of measles vaccine before traveling abroad. Children 12 months and older should receive 2 doses before travel. Check with your pediatrician before leaving on your trip to make sure your children are protected.

CDC

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 schedule a visit!



Measles is the most contagious virus in human history. A person with an active infection on average can spread it to 15-18 people. Infectious virus will stay in the air for hours, so even if the measles infected person left a room 3 hours ago you can still catch it.

If you have an infant < 6 months old, avoid public spaces for a while. 1 in 4 people infected will be hospitalized. Infants between 6-11 months can get vaccinated early but then will still need the full 2-shot series at 12 months and 4-6 years. **Early vaccination should be considered if traveling internationally or if this is declared as a community outbreak. If you have a child 4 or older who has 1 shot but hasn't gotten their second yet, go ahead and get the second shot in the series.

Immunocompromised people and their loved ones who want to protect them should be cautious in public spaces, unfortunately- the N95 mask is still your best friend here.

MEASLES

is **highly contagious** and spreads through the air when an infected person **coughs or sneezes.**

CDC
U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION



It is so contagious that if one person has it, **9 out of 10 people** of all ages around him or her will also become infected if they are not protected.

Upcoming Closing Dates for BCHD

April 18, 2025~~*Good Friday*
May 26, 2025~~*Memorial Day*
June 19, 2025~~*Juneteenth*

Bullitt County Health Department would like to highlight just a few 2024 accomplishments, initiatives, and overall effect of our programs/services to the community.

2024 Impact Report

It is our mission to build a safe and healthy future together. In everything we do, our vision is to build a community where everyone is safe, healthy, and valued.

Bullitt County BCHD Health Department

January 1st, 2024 - December 31st, 2024

Here are some highlights from 2024:

- HANDS Visits **1,374**
- Students who Attended Health Education Programs **8,071**
- Environmental Inspections **2,409**
- Environmental Complaints Investigated **125**
- Immunizations **341**
- Reportable Disease Investigations **63**
- Naloxone Doses Distributed **4,242**
- Heartsaver® Total - First Aid/CPR AED Certificates **34**
- WIC Participation per Month (Average) **812**
- Tuberculosis (TB) Visits **252**

Tuberculosis (TB) Regulation

AND ITS PURPOSE

DID YOU KNOW?

Although Tuberculosis is rare, the rate of TB has been increasing in the United States since 2020. Symptoms can include a cough for 3 weeks or longer, chest pain, coughing up blood or sputum, weakness or fatigue, weight loss, chills, loss of appetite, fever, and night sweats. If you believe that you have been exposed to active TB, please contact your healthcare provider or BCHD.



ACTIVE TUBERCULOSIS

Any person diagnosed with active Tuberculosis shall take all precautions, as prescribed by the Cabinet for Health and Family Services or the health department.

KENTUCKY REGULATION

Our county must comply with 902 KAR 2:090 which regulates Tuberculosis detection, prevention, and control. The Bullitt County Health Department has a responsibility to assist in TB education, prevention, and treatment programs.

502-955-7837
contactbchd@bullitthealth.org

PURPOSE

The Kentucky Tuberculosis Laws and Regulations aim to prevent the spread of infection, ensure individuals with TB receive appropriate care, and protect the health of everyone in the community.

Tuberculosis (TB) regulations exist to **protect public health** by preventing the spread of TB, ensuring early detection, and promoting effective treatment. TB is a highly contagious airborne disease that can have serious health consequences if left unchecked. Regulations help to:

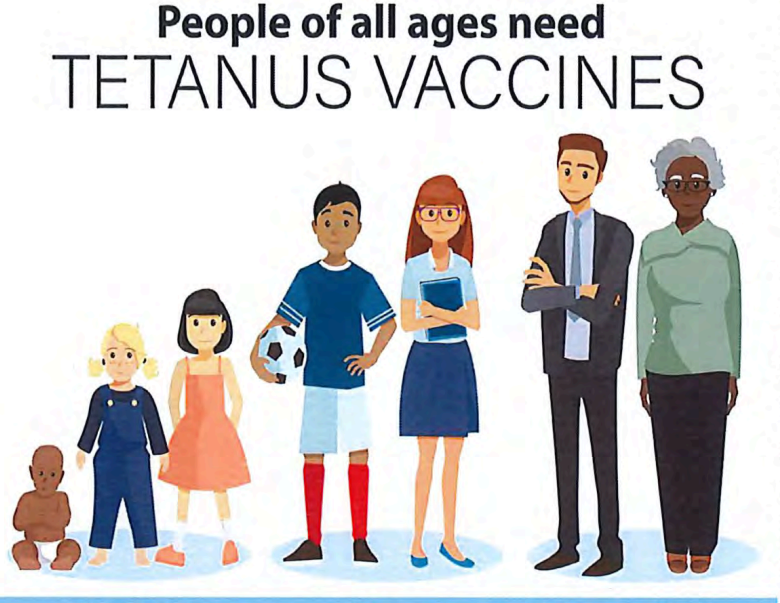
1. **Prevent Transmission** – TB spreads through the air when an infected person coughs or sneezes. Regulations establish guidelines for testing, isolation, and treatment to reduce transmission.
2. **Ensure Early Detection** – Screening and reporting requirements help identify TB cases quickly, especially in high-risk populations such as healthcare workers, correctional facilities, and long-term care residents.
3. **Mandate Treatment & Compliance** – TB treatment takes months to complete, and regulations ensure that individuals receive and complete treatment to prevent drug-resistant TB.
4. **Protect Vulnerable Populations** – Some individuals, such as those with weakened immune systems, are more susceptible to severe TB. Regulations help safeguard these groups by requiring public health interventions.
5. **Guide Healthcare & Workplace Safety** – Regulations provide infection control measures in healthcare and workplace settings to protect employees and patients.

In short, TB regulations help public health departments **track, treat, and prevent TB** to keep communities safe.

Upcoming Free Programs & Community Meetings by BCHD

- **Partners In Prevention Coalition Meeting**
  April 8, May 13, 2025 at 11:30-1:00pm
- **CREW (Coalition for Recreation, Wellness, & Wellness)**
  April 9, May 14, & June 11, 2025 at 3:30pm
- **Nuts & Bolts of Nutrition Class**
  April 29, 2025 & June 24, 2025 at 4:00pm
- **Bullitt County Inter-Agency Meeting**
  April 22, May 27, & June 24, 2025 at 2:30pm
- **Mental Health Workgroup**
  April 17, May 22, & June 26, 2025 at 9:00am
- **Nuts & Bolts of Diabetes Class**
  May 27 & July 22, 2025 at 4:00pm
- **Family "Virtual" Refresh Series**
  Starting April 15, 2025 at 5:00pm
- **Board of Health Meeting**
  May 20, 2025 at 6:00pm

Going Outside? Make sure you are Up-To-Date on a Tetanus Vaccine



Tetanus or lockjaw is a very serious and deadly disease caused by spores of bacteria found in the environment. A tetanus infection can lead to serious health problems such as being unable to open the mouth, trouble breathing, and muscle spasms.

Tetanus does not spread from person to person. The spores of tetanus bacteria live in soil, dust, and manure. The spores can get into the body through broken skin, usually through injuries from contaminated objects. Tetanus bacteria can also infect the body through breaks in the skin caused by a surgical procedure, dental infections, burns, bone fracture, or intravenous drug use. Most people get vaccinated as children, but you also need booster shots as you get older to stay protected. The CDC recommends that adults get Tdap (tetanus, diphtheria, and pertussis) or Td (tetanus, diphtheria) booster every 10 years. Make sure you and your loved ones are up to date with your tetanus vaccination so you can enjoy being outdoors safely this spring.

The Bullitt County Health Department is proud to host this family-focused support program, built to empower parents and guardians with informative and creative ways to refresh health and wellness in the home.

For families wanting to register for sessions starting April 15th through May 13th, 5-6:00 pm on Tuesday evenings on Microsoft Teams, call 502-955-5355 to sign up and receive link.



Join Our Diabetes Support Group!

Managing diabetes can be challenging, but you don't have to do it alone! Or are you pre-diabetic or living with someone who has diabetes? Connect with others who understand your journey, share experiences, and gain valuable tips on managing your health. Our group offers support, education, and encouragement in a welcoming environment.

- 4th Wednesday of every month, at 10-11:00am
- BCHD Community Annex Building
- Open to anyone affected by diabetes—patients, caregivers, and family members welcome!



For more information, contact Health Education at 502-955-5355.

DIABETES SUPPORT GROUP

MONTHLY SESSIONS **4th WEDNESDAY 10-11am**

The Bullitt County Health Department

Is now offering monthly diabetes support group sessions.



EDUCATE

- Led by a Master's Certified Health Coach.
- Discuss a variety of topics related to diabetes management.



SUPPORT

Each session will offer guidance and support toward achieving your diabetes management goals.



COMMUNITY

Building community & connections within our county for diabetic health.

FOR MORE INFO:

502-955-5355 contactbchd@gmail.com

BCHD

183 Lees Valley Rd. Shepherdsville, KY 40165

HAVING A BABY OR HAVE A NEW BABY UNDER 3 MONTHS OLD?

Check out the HANDS program!!! It is FREE and VOLUNTARY! A highly skilled HANDS worker will provide fun, interactive activities to teach you and your baby to be the best you can be!!!

BCHD

Kentucky's HANDS

Every parent needs a second pair of HANDS

Scan the QR Code for more information.

183 Lees Valley Road | Shepherdsville, Ky. 40165

502-955-7837 | www.facebook.com/bchdHANDS



National Public Health Week April 7-13, 2025

Happy **National Public Health Week**! This week is a time to recognize the incredible work each of you does every day to improve the health and well-being of our community. Your dedication, compassion, and commitment to public health make a real difference in the lives of those we serve in Bullitt County.

NATIONAL PUBLIC HEALTH WEEK

Public health is more than just a job—it's a calling. Whether you're educating the public, providing essential services, or supporting behind the scenes, your work ensures a healthier future for everyone. This week, let's take a moment to celebrate our impact and the vital role we play in protecting and promoting community health.

Thank you for your hard work, passion, and unwavering commitment to our mission. I appreciate each and every one of you! "Let's continue to build a safe and healthy future together." **With gratitude - Rob Flaherty**

On Wednesday, March 5, Bullitt County Public Health Director Rob Flaherty testified before the Kentucky House Standing Committee on Primary and Secondary Education in favor of House Bill 809. He was joined by State Representative Kim Moser, who sponsored the bill, and Kentucky Health Departments Association (KHDA) Liaison Rebecca Hartsough. HB 809 is KHDA's top legislative priority in the 2025 Kentucky Legislative Session. Rob drafted the bill on behalf of KHDA, and it was filed by Rep. Moser. HB 809 promotes increased access to local public health department education programs in our schools in an effort to improve health outcomes and reduce health threats to our youth. It passed out of committee and is moving to a vote in the full Kentucky General Assembly House of Representatives.









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

Bullitt County BCHD Health Department

National Child Abuse Prevention Month

April is National Child Abuse Prevention Month, we recognize the importance of families and communities working together to strengthen families to prevent child abuse and neglect. Through this collaboration, prevention services and assistance helps to protect children and produce thriving families. For more information, please visit PCAKY https://pcaky.org

STI Awareness Week

STI Awareness Week observed the second full week in April, provides an opportunity to raise awareness about STIs and how they impact our lives. The mission includes reducing STI-related stigma, fear, and discrimination, and ensuring that people have the tools and knowledge to prevent and treat STIs.

CDC estimates that about 20 percent of the U.S. population – approximately one in five people in the U.S. had an STI on any given day in 2018, and STIs acquired that year cost the American health care system nearly $16 billion in health care costs alone. This #STIAwarenessMonth, take the time to get yourself tested for your own peace of mind and confidence (and your partner's!).

Hepatitis Awareness Month

Hepatitis Awareness Month, held each **May** in the US, is a month-long observance designed to raise awareness of viral hepatitis prevention, diagnosis, and treatment and to encourage at-risk populations to get tested and ensure they are up-to-date with recommended vaccines.

Men's Health Month

June is Men's Health Month, a national observance used to raise awareness about health care for men and focus on encouraging boys, men, and their families to practice and implement healthy living decisions, such as exercising and eating healthy.