Summer 2026: Volume 22, Issue 1

Health Newsletter

Bullitt County BCHD Health Department

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

Inside This Issue:

2 Fairs & Food Trucks
3 HANDS Program
4 Be Tick Aware! Are you prepared?
5 What We're Up To
6 BCHD At The NACCHO Conference
7 Upcoming Events
8 Community Baby Shower

Stay Connected with BCHD!

CHECK US OUT ONLINE!

Follow Bullitt County Health Department for news, events, and health resources.

Public Health
Prevent. Promote. Protect.

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



Our Cooking For One classes were created after hearing from so many Bullitt County residents who shared a common struggle: finding healthy recipes and meal ideas in smaller portions that work for one or two people.

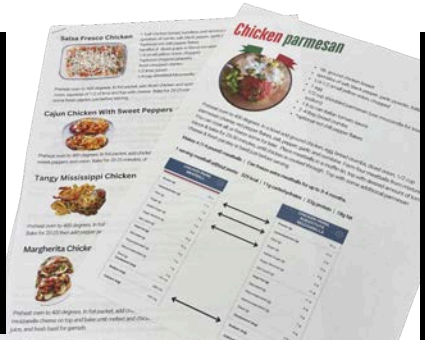
So often, cooking for one can lead to too much food, wasted ingredients, and meals that feel more complicated than they need to be.
This class was designed to make healthy eating feel simple, realistic, and enjoyable for smaller households. In each class you will get:

- Meal prep demonstration of a small batch meal
- Nutrition guidance
- Meal planning ideas
- A small recipe booklet full of easy small-batch meals to try at home

The primary goal is to help inspire healthier habits without all the extra waste. Whether you're cooking for yourself, you and a partner, or just looking for fresh ideas in the kitchen, Cooking For One is all about helping make homemade meals feel approachable, affordable, and doable. Give our office a call to register for our next class, today! **502-955-5355**



Our February Class



Demo & Recipe booklet



Food tasting!

Environmental Health



Fairs & Food Trucks

Our environmental department has been spending these early summer days keeping your food safe!

Already for 2026 our team has inspected:

130 Restaurants

14 Food Trucks

40 Convience Stores & Other Kitchens

130 restaurants, 14 food trucks, and 40 various convenience store & commercial kitchens, to include all the public school cafeteria kitchens.

Every year in June, one of their top events is the Bullitt County Fair! On opening day, from corn dogs to funnel cakes- our Environmental Health team was onsite working alongside food vendors to verify proper food storage, cooking temperatures, sanitation practices, and safe food preparation procedures.

FOOD SAFETY

Their efforts help make sure fairgoers can focus on making memories, enjoying great food, and having fun with family and friends—confident that food safety is being carefully monitored every step of the way.

A big thank you to our Environmental Health staff for their commitment to protecting public health and helping keep Bullitt County safe, healthy, and ready for a fantastic summer.



Upcoming Closing Dates for BCHD

July 1, 2026 @ 11:30AM ~ Staff Meeting
July 2, 2026 @ 11:30AM ~ Half Day
July 3, 2026 ~ 4th of July
September 7, 2026 ~ Labor Day
September 30, 2026 ~ Full Day Staff Training



Staying Safe in the Summer: Rabies Prevention Tips

As the weather gets warmer, our chances of encountering wild animals increase. Rabies is an infectious viral disease endemic to Kentucky, and can be found in bats, skunks, and other mammals. It is nearly always fatal once symptoms appear but is preventable with proper vaccinations and timely medical care. Here is how you can protect yourself and your pets from rabies this summer.

If you are bitten or scratched by a wild or domestic animal:

- Wash the wound immediately with soap and water for at least 10 minutes
- Contact a medical professional
- Provide a description of the animal and, if possible, safely confine the animal so it can be quarantined or tested
- Contact your local health department to assess your risk for rabies

How can we prevent rabies?

- Do not approach or touch any wildlife
- Do not feed wildlife or leave pet food outside
- Secure trash cans and dumpsters to prevent attracting wildlife
- Keep your pets up to date on their rabies vaccines

Did you know?

Bats have small teeth, making it possible to be bitten by a bat and not even know it! If you find a bat in a room with a sleeping person, unattended child, person with a disability, or intoxicated person, this is considered an exposure to rabies. Seek medical advice and contact your local health department to have the bat tested for rabies, if possible.

facebook.com/bullittkyhealth @BullittKYHealth instagram.com/bchdsocial/ www.bullitthealth.org

Bullitt County New & Expecting Parents

What Can I Expect From The HANDS Program?



- **SUPPORT** through your pregnancy and the early years of your baby's life.
- **GUIDANCE** on how you can ensure your home is the safest it can be for your baby.
- **RESOURCES** to know if your baby is growing and developing in healthy ways.
- **HELPFUL INFORMATION** on different ways to care for your baby.
- **CONNECTS** you with other community resources and services.

> "I can't recommend this program enough for parents. This is the crucial developmental time for our kids and HANDS helps parents feel good about what they're doing and puts more tools in their toolbox."
>
> -HANDS Mom, Bullitt Co. KY

To learn more about the HANDS program and how it can benefit you and your family scan the QR code or visit: https://www.chfs.ky.gov/agencies/dph/dmch/ecdb/Pages/hands.aspx

Kentucky's HANDS | TEAM KENTUCKY Cabinet for Health and Family Services | Kentucky Public Health





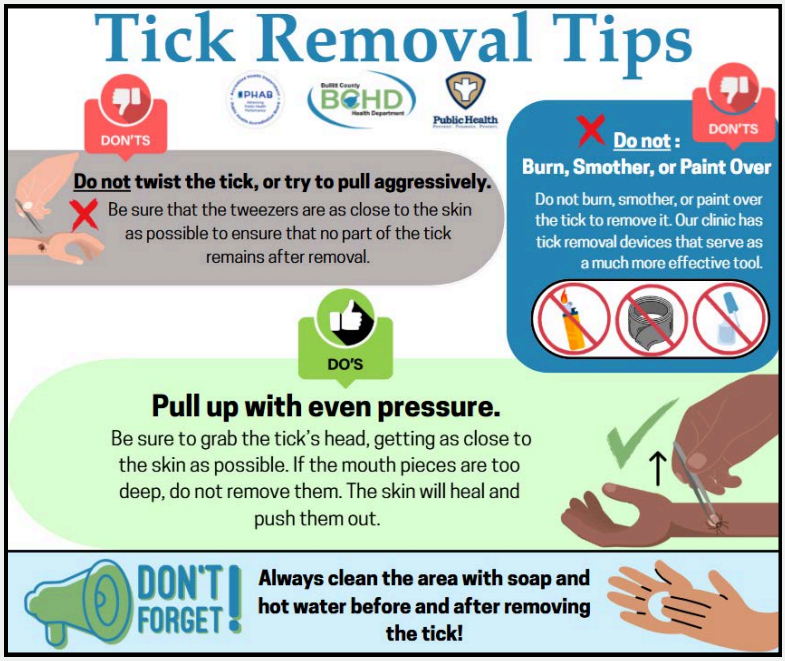


NOW STREAMING...

Come check out more of our services today!

YouTube

SCAN ME



Ticks are in full swing: now that the warmer months are here. Not only are ticks active now, but us humans are out more, too, with activities like mowing the lawn and hiking exposing us to them every day. Any time you are outside, be sure to fully check for ticks that may have attached themselves to you. Be especially on the lookout inside your knee, armpit, toes, fingers, and groin areas, where ticks feel warm and hidden—this is where they are most likely to be. Use a mirror to check your back and neck.



The quicker you remove a tick safely, the less likely you are to get sick from it.

Mosquitos Love Standing Water!

Standing water is how mosquitos reproduce. Having standing water on or around your property will lead to more mosquitoes nearby. If you want to relax without being swarmed by mosquitos, make sure that old tires, kiddie pools, dog bowls, or any container that may hold water are flipped upside down or emptied regularly. If you have decorative water, like a small pond, a bird feeder, or rain gardens, be sure that the water is constantly moving. Using aerators and bubblers can be a good choice.



While rare in the United States, mosquitos can make you sick with illnesses like malaria, West Nile Virus (WNV), or Eastern Equine Encephalitis (EEE). Taking these easy precautionary steps is one of the first lines of defense against these diseases.

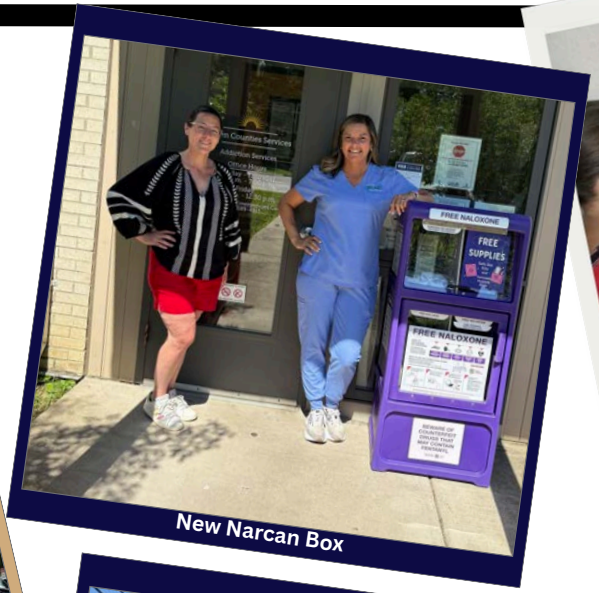
Upcoming FREE Programs & Community Meetings By BCHD

- **Partners In Prevention Coalition Meeting**
  August 18, September 8, 2026 @ 11:00AM
- **CREW (Coalition for Recreation, Education, & Wellness**
  July 8, August 12, September 9, 2026 @ 3:00PM
- **Nutrition 360**
  June 16, August 25, October 20, 2026 @ 5:00PM
- **Bullitt County Inter-Agency Meeting**
  August 25, September 22, 2026 @ 2:30PM
- **Mental Health Workgroup**
  July 30, August 27, and October 29, 2026 @ 9:00AM
- **Nuts & Bolts of Diabetes Class**
  July 30, 2026 from 10:00AM-12:00 (noon)
  October 27, 2026 from 4:00PM-6:00PM
- **Board of Health Meeting**
  August 18, 2026 @ 6:00PM

What We've Been Up To...



Freshman Charger Camp



New Narcan Box



Mt. Washington Spring Festival



Balanced & Beyond





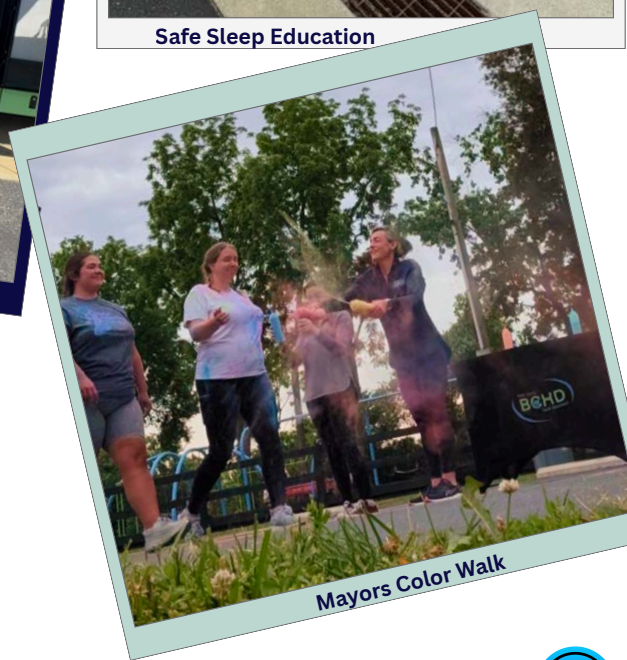
Safe Sleep Education



Balanced & Beyond



Mt. Washington Spring Festival



Mayors Color Walk

RACING FORWARD, SWINGING BIG
UNITED FOR PUBLIC HEALTH

NACCHO 360

Public Health

Louisville, Kentucky, July 14-17, 2026*
*Virtual Attendance Available

The Bullitt County Health Department is excited to participate in the National Association of County and City Health Officials 360 Conference (NACCHO360), taking place July 14–17 in Louisville. Each year, NACCHO360 serves as the nation's largest gathering of local health department leaders and public health professionals, providing valuable opportunities to learn, collaborate, network, and share innovative strategies and best practices from communities across the country. Through this conference, BCHD staff will engage with public health experts, federal and state partners, and fellow local health departments to gain new insights, explore emerging public health initiatives, and identify effective approaches that can strengthen and support the health of Bullitt County residents.

BCHD is also proud to share that several abstracts, presentations, and poster presentations were submitted by our team and accepted for the conference. This recognition highlights the dedication, innovation, and hard work of our staff, as well as the impactful public health efforts taking place within our community. We are honored to have the opportunity to showcase Bullitt County's work on a national stage and contribute to important conversations shaping the future of public health.

Our Director of Health Education, Liz McGuire, will be presenting alongside Allison Robinson of Bullitt County Public Schools. Their presentation highlights Bullitt County's proactive, innovative, and collaborative approach to addressing the growing concern of vaping and drug use among students. Attendees will learn how the strong partnership between Bullitt County Public Schools, the local mental health agency, and BCHD demonstrates a shared commitment to student well-being and creating healthier outcomes for youth in our community.



Our Accreditation and Quality Coordinator, Abby Belt, will be presenting a poster abstract. Abby's poster will describe BCHD's approach, including reconvening an accreditation team, assigning roles and responsibilities, setting a timeline, and completing the required documentation for public health reaccreditation with the Public Health Accreditation Board (PHAB). Her poster will also review challenges, successes, and lessons learned through the journey of reaccreditation.



One of our Health Environmentalists, Elisha VanZant, will be presenting a poster on BCHD's effort to standardize and improve its internal animal bite and rabies exposure procedures. Through updated workflows and strengthened vaccine enforcement, BCHD advanced its ability to prevent rabies and educate community members. This poster will discuss the importance of preventing rabies in our community, and the actions BCHD has taken to improve case completion and vaccine compliance among the pets of Bullitt County.



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 | iCARE



SCHEDULE **502-955-7837**

Back to School IMMUNIZATIONS

- Initial Entry All Grades: Hep A, Hep B, DTaP/Td/Tdap, Polio, MMR, Varicella
- Pre-K: Pneumococcal & HIB
- Middle School: Tdap & Meningococcal
- 16 Years Old: Meningococcal Booster
- All services by appointment only for those uninsured, underinsured, or who receive medicaid
- A legal guardian must be present

For More Information visit: www.bullitthealth.org or call us at 502-955-7837

DIABETES SUPPORT GROUP

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

- July 22
- August 26
- September 23



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-11am

Environmental Office Hours

Mon-Fri.....7:30am-9:30am
Tues.....5pm-6:30pm

Bullitt County Community Baby Shower



WHO CAN ATTEND:

For expecting parents and parents with babies up to 12 months of age.
Both parents are welcome!

WHAT TO EXPECT:

Exhibitors from area businesses, Refreshments, Open panel to ask questions to professionals, Give-A-Ways, Fun and Great Information.

WHEN:
Tuesday,
September 29, 2026
5:30PM

WHERE:
Paroquet Springs Conference Centre
395 Paroquet Springs Drive
Shepherdsville, KY 40165

Join us for an evening of support, resources and celebration!

PLEASE RSVP:

Call 502-955-5355 OR Visit
https://forms.office.com/r/kHQRf2VtfF

Bullitt County BCHD Health Department

Better Together FRYSC — Envisioning a Brighter Tomorrow