Winter 2025: Volume 21, Issue 2

Health Newsletter

Our Mission Statement

Building a safe & healthy future, together.

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Stay Connected with BCHD!

CHECK US OUT ONLINE!

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

Public Health
Prevent. Promote. Protect.

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

Respiratory Viruses

Viruses that cause respiratory diseases, like the ones that cause COVID-19, flu and respiratory syncytial virus (RSV), usually spread in the fall and winter. Anyone can get a respiratory virus infection, but some people are at higher risk for serious illness. The Kentucky Department for Public Health (KDPH) recommends the following actions to protect yourself and others:

- Stay up to date with vaccines
- Stay home, if sick
- Wash hands often
- Cover coughs and sneezes
- Consider wearing a mask if you are high-risk for serious illness

Don't forget:

COVID: can be very contagious and spreads quickly. People with COVID-19 typically have mild symptoms, but some people can become severely ill.

FLU: is a contagious respiratory illness caused by influenza viruses. Some people, such as older adults, young children, and people with certain health conditions are at higher risk for complications.

RSV: is a very contagious respiratory virus that usually causes mild, cold-like symptoms. RSV can be serious in some people, especially babies and older adults.



Join the Bullitt County Health Department in the fight to control the flu outbreak this fall. The Center for Disease Control recommends that anyone over the age of 6 months receive the flu vaccine to prevent the spread of the flu virus. The virus can cause multiple complications for example; sinus and ear infections, bacterial pneumonia and even death. Flu season generally runs from October until February, however, it can run into the month of May. The vaccine generally takes two weeks for the antibodies to build up in the body to fight against exposure to the flu.

Call the Health Department today at 502-955-7837 to help shoo the flu from our community!





Being a mom is gratifying. And TOUGH! Let us help. Get the support you need...and deserve. Our WIC program delivers to you nutritious food, health and nutrition tips, breastfeeding support, infant feeding help, children's growth monitoring, and more. Learn more about WIC at https://www.bullitthealth.org/wic

Upcoming Closing Dates for BCHD

October 13, 2025~Columbus Day
November 11, 2025~Veteran's Day
November 27 & 28, 2025~Thanksgiving
December 25 & 26, 2025~Christmas
January 1 & 2, 2025~New Years

October is Breast Cancer Awareness Month

Breast Cancer Awareness Month can mean different things to different people. For some, it's a trigger — 31 days in the fall of pink-ribbon reminders of a disease that forever changed them. For others, it's a chance to show their support for the more than 2 million women around the world who are diagnosed with the disease each year.
Understanding the goals behind the global campaign and the emotions felt by the many different people living with the disease may help you decide if and how you want to commemorate the month.

Screening recommendations

The US Preventive Services Task Force is an organization made up of doctors and disease experts who look at research on the best way to prevent diseases and make recommendations on how doctors can help patients avoid diseases or find them early.
The Task Force recommends that women who are 40 to 74 years old and are at average risk for breast cancer get a mammogram every 2 years. Women should weigh the benefits and risks of screening tests (see below). Different screening recommendations may be used for women at higher than average risk.

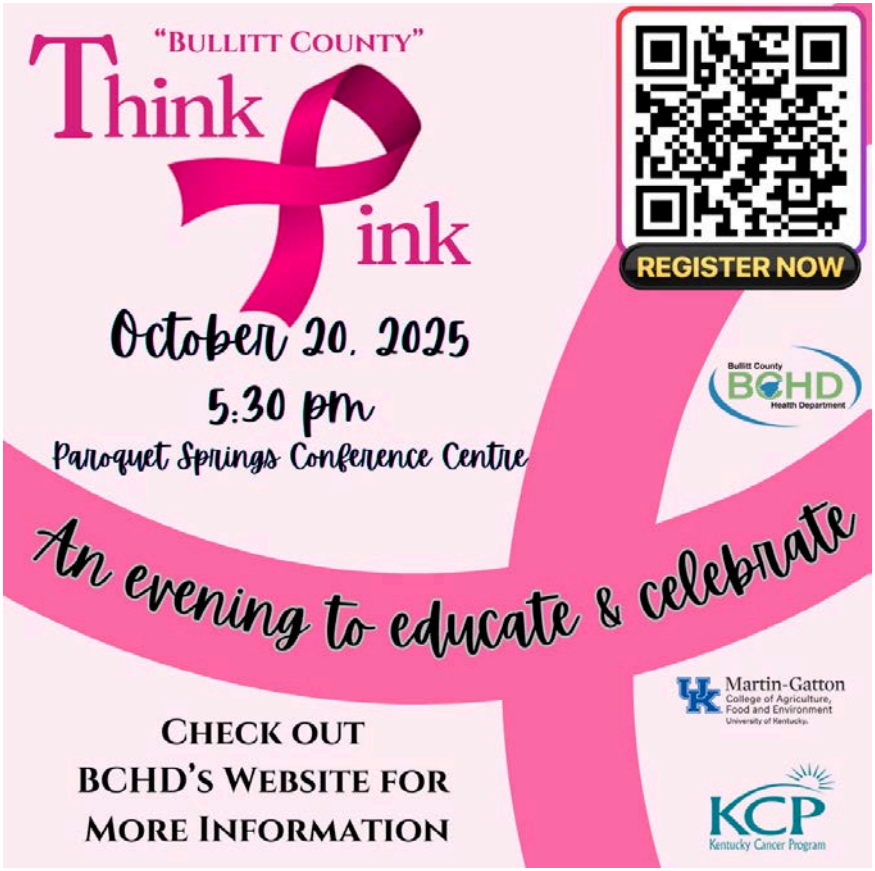
Types of tests

Mammogram

A mammogram is an x-ray of the breast. For many women, mammograms are the best way to find breast cancer early, when it is easier to treat. Mammograms can find cancer before it is big enough to feel or cause symptoms. Having regular mammograms can lower the risk of dying from breast cancer. At this time, a mammogram is the best way to find breast cancer for most women of screening age.

Breast magnetic resonance imaging (MRI)

A breast MRI uses magnets and radio waves to take pictures of the breast. Breast MRI is used along with mammograms to screen women who are at high risk for getting breast cancer. Because breast MRIs may appear abnormal even when there is no cancer, they are not used for women at average risk.



Stay Informed, Stay Healthy – Watch Us on YouTube!

Did you know your local Health Department has a YouTube channel? 📹

We share quick, reliable videos on healthy living, disease prevention, nutrition tips, and community programs — all designed to keep you and your family safe and well.

SUBSCRIBE TODAY

Your health matters. Let's learn together!



EPIDEMIOLOGY DEPARTMENT

TICKS&Prevention

EPISODE 01

affordable MEAL

$DG MEALS series BCHD



ENVIRONMENTAL DEPARTMENT

OnSiteInspections



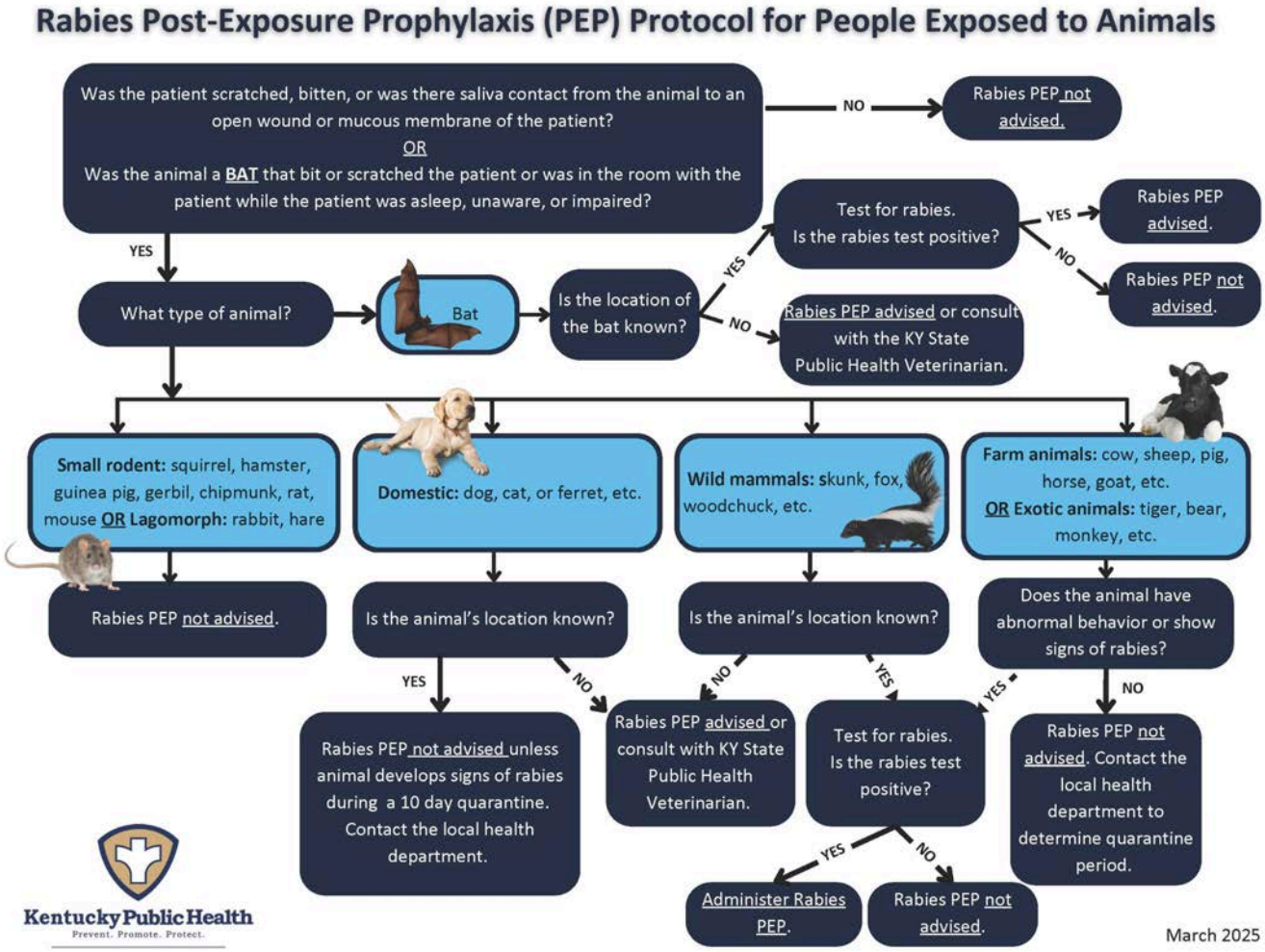


Upcoming FREE Programs & Community Meetings By BCHD

- **Partners In Prevention Coalition Meeting**
  October 14, November 11, & December 9, 2025 @ 11:00AM
- **CREW (Coalition for Recreation, Education, & Wellness**
  October 8 & November 12, 2025 @ 3:00PM
- **Nuts & Bolts of Nutrition Class**
  October 28, 2025 @ 4:00PM
- **Bullitt County Inter-Agency Meeting**
  October 28 & November 25, 2025 @ 2:30PM

- **Mental Health Workgroup**
  October 23, November 20, 2025 @ 8:30AM
- **Nuts & Bolts of Diabetes Class**
  No Classes till 2026
- **Board of Health Meeting**
  November 18, 2025 @ 6:00PM

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



The Kentucky Department for Public Health provides clear guidance for anyone exposed to animals that may carry rabies. If you are scratched, bitten, or come in contact with an animal's saliva on an open wound or mucous membrane, it is important to act quickly.

This flowchart helps determine when Rabies Post-Exposure Prophylaxis (PEP) is recommended. The protocol considers:

- Type of animal (bat, domestic pet, farm animal, wild mammal, or small rodent)
- Location of the animal (whether it can be observed or tested)
- Animal behavior or rabies test results

Not all exposures require rabies PEP—for example, small rodents and rabbits are not typically associated with rabies risk. Domestic pets may only require observation and quarantine. However, exposures to bats, wild mammals, or animals showing unusual behavior may warrant rabies PEP or consultation with the Kentucky State Public Health Veterinarian.

👉 If you are ever exposed, contact your local health department immediately to determine the safest course of action.

Balance & Beyond: A Mental Health Jam



☀️ Thank You! ☀️

BCHD would like to thank everyone who contributed to making this year's festival such a success! We were thrilled to see so many from our community join us. The workshops were engaging, well-attended, and received wonderful feedback. We couldn't have done it without the support of our community, partners, and volunteers. 💙



Are you a Bullitt County Family expecting a new Baby? We're Here for YOU!

Welcome to the Bullitt County Health Department's HANDS Program – a FREE, voluntary support program created just for new and expectant parents in our community!

Here's how HANDS works:

👋 Step 1: Meet one of our friendly Parent Visitors who will answer your questions about pregnancy, baby care, and those early parenting moments.

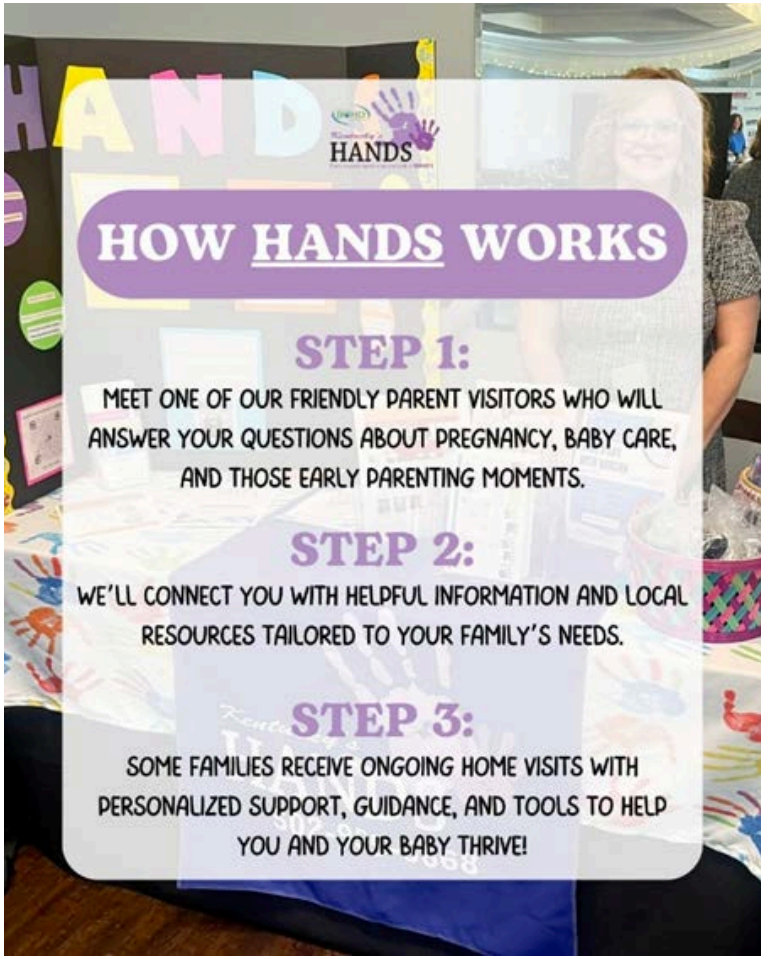
🧵 Step 2: We'll connect you with helpful information and local resources tailored to your family's needs.

🏡 Step 3: Most families receive ongoing home visits with personalized support, guidance, and tools to help you and your baby thrive!

Whether it's your first baby or your fifth - HANDS is here to walk alongside you. 💛

Interested in learning more or becoming a member of The Bullitt County Health Department HANDS program? For more information or to enroll in The Bullitt County Health Department's HANDS Program,

Please reach out via phone call to 502-955-5668 or visit our website at https://www.bullitthealth.org/hands



Kentucky HANDS
Health Access Nurturing Development Services
Every family needs an extra pair of HANDS.

WHAT'S BEEN HAPPENING AT BCHD

























So many things happened in the last three months! Check out everything on our social media pages below.



Bullitt County Health Department

Phone: 502-955-7837 and 502-543-2415 **Fax:** 502-543-2998

181 Lees Valley Road, Shepherdsville, KY 40165

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

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

Health Bites

with Bullitt County Health Department

BCPL
BULLITT COUNTY PUBLIC LIBRARY

Tuesday, October 28th

5:00–6:00PM at Lebanon Junction Library

Sweet Truths: The Scoop on Sugar

Discoverhow sugar affects yourbody, teeth,and brain–with fun demos for kids, tips for adults, and eye-opening visuals for the whole family. **Children of all ages and their families***

Tuesday, November 4th

5:00–6:00 PM at Lebanon Junction Library

Holiday Refresh

Eat mindfully, live merrily! Learn simple swaps and tasty ideas to keep holiday favorites delicious, balanced, and joyful. **All ages***

The Bullitt County Health Department Is Hosting

FREE! COOKING MATTERS

6-WEEK COOKING & NUTRITION SERIES

LOOKING FOR WIC & HANDS FAMILIES

PLEASE CALL 502-955-5355 TO REGISTER