

# NEWSLETTER

What's happening at the Buffalo Trace District Health Department?

## Community Rallies for Clean Air, Brighter Future!

Mason Countians from all backgrounds are coming together to support initiatives to limit secondhand smoke in public places, especially workplaces. A recent campaign by the Smoke-Free Partnership of Mason County has resulted in an explosion of projects around the topic of clean indoor air in public places. Buffalo Trace District Health Department (BTDHD) Public Health Policy Advocate Ellen Cartmell attributes the increase in activism to recent data showing that 67 percent of Mason County voters want the fiscal court to pass a county-wide ordinance that would make all public buildings, workplaces, bars, and restaurants smoke-free.

"I think many people were excited to see the data because it showed them that they weren't alone in wanting clean air when they're inside local businesses," said Cartmell. "We have really been blown away by the number of people who have volunteered to help out with the Smoke-Free Partnership's efforts this summer and fall."

The Smoke-Free Partnership of Mason County is a group of community members who want to limit the harmful effects of tobacco use, especially secondhand smoke. The group's main goal is to get a smoke-free ordinance passed by the Mason County Fiscal Court.



Such an ordinance would make all indoor public places and indoor workplaces smoke-free, like in Lexington, Ashland, Morehead, and the state of Ohio.

Recent projects for the partnership have included work done by the Mason County High School FCCLA, a secondhand-smoke-themed art-project by local high school students, community forums inviting the public to voice their concerns, a commercial featuring community members, and presentations by experts from around the state.

"Current smokers, people who have never smoked, people who have lost spouses to lung cancer, people working in manufacturing, teens who haven't even entered the workforce yet... we're really seeing all types of people stand up and say that they want a smoke-free ordinance," said Cartmell. "It's been really heartening to see how the community has come together around this topic in such a positive way."

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*"A healthy  
community for  
everyone!"*





## Pumpkin Pie Playdough!

Playing with dough is a great tool for child development. It lets kids use their imaginations while strengthening the small muscles in their fingers and hands. This recipe from *Happiness Is Homemade* has an added bonus: it smells like fall! (Just make sure to encourage smelling and playing with this craft without tasting it.)

**Supplies:**

- Flour (1 cup)
- Salt (1/2 cup)
- Water (1 cup)
- Oil (2 tablespoons)
- Cream of Tartar (2 tablespoons)
- Pumpkin Pie Spice (2 tablespoons)
- Vanilla Extract (1 teaspoon)
- Red & Yellow Food-Coloring

**Directions:**

1. Mix together the flour, salt, cream of tartar, and pumpkin pie spice in a saucepan.
2. Slowly stir in the oil, water, and vanilla extract.
3. Add a few drops of food coloring to make the mixture orange.
4. Heat on stove-top over medium heat, stirring constantly, until mixture reaches "playdough" consistency.
5. Allow to cool 15 - 20 minutes before playing.

## Farmers' Market Partnerships Benefit All

The health department has enjoyed building on and enhancing its existing relationship with local farmers this summer and autumn. We welcomed the Blue Licks' Farmers' Market under the Simon Kenton Bridge, across from our Mason County office, and encouraged our clients to drop by the market while in downtown Maysville. The group brought fresh produce, breads, eggs, and preserved foods to residents, who may find it difficult to access farmers' markets otherwise.

In July, our WIC team organized its annual Farmers' Market celebration with the Blue Licks and Mason County farmers' markets. Families were encouraged to attend with their children, and activities included face-painting, games, and the fire departments' junior firefighter program. Participants in the WIC program were able to use their farmers' market vouchers at the event to provide more fresh, local produce to their families. Our local farmers are great contributors to our mission to advance public health, and we thank them for all they do!



# What's Happening with Hep A?

Kentucky currently has the nation's largest outbreak of hepatitis A (hep A). But what is hep A and what happens when you get it?

Like other forms of hepatitis, hep A is a contagious virus that attacks the liver. When this happens, people can get mildly ill for a few weeks, or extremely ill for several months. Sometimes hep A can even cause death.

Different kinds of hepatitis are spread different ways. Hep A is spread when a person ingests fecal matter, even in microscopic amounts. This usually happens when someone is infected with hep A and contaminates food, drinks, or other objects like plates and utensils, and then an uninfected person eats that food or uses those utensils.

This can happen any time an infected person does not wash their hands properly after going to the bathroom or changing a diaper and then touches objects or food. Foods may be infected during the growing, harvesting, processing, handling, or serving process.

Symptoms of hep A usually appear two to six weeks after being infected, but a person may be contagious before they start showing symptoms. Not everyone will have every symptom. Hep A is treatable and most people recover fully!

## Hepatitis A Symptoms\*

- |                    |                                   |
|--------------------|-----------------------------------|
| - fever            | - joint pain                      |
| - fatigue          | - nausea                          |
| - loss of appetite | - jaundice (yellow skin and eyes) |
| - dark urine       |                                   |
| - throwing up      | - gray poop                       |
| - abdominal pain   |                                   |

*\* Children under 6 may not have any symptoms but may still be contagious!*

Hep A can be prevented by a vaccine that is available at the **Buffalo Trace District Health Department!** We have vaccines for both adults and children. In fact, children are required to have the hep A vaccine before enrolling in school, effective this school year. Getting vaccinated is the best way to keep yourself from getting hep A. The next best way to prevent the spread of hep A is to wash your hands thoroughly after using the toilet or changing a diaper, and before cooking, eating, putting away plates, serving food, etc.



ANYONE can get hep A, and the most attention is usually given to people who work in the food service industry, since they have the capacity to spread the virus to the most people. However, some people are more likely to catch the virus than others, including:

- People who live with someone who has hep A,
- People who use recreational drugs (whether injected or not),
- People who have blood clotting-disorders,
- People who are homeless,
- Men who have sex with other men.

## A, B, C, D...?

You may have heard about hep B or hep C, which can be transmitted through blood transfusions, sharing needles, or having unprotected sex. However, hep A is primarily spread when people don't wash their hands well enough or often enough.



## Free Fitness Classes Get Community Moving

The Buffalo Trace District Health Department offers free fitness and wellness classes to the public as part of its ongoing effort to help people lead healthier lives. All classes are open to the public and are held on the third floor of our Mason County office. This is a bright open space with equipment, fans, and a walking track, all for community members who want to get moving!

"We are really pleased to be able to offer these classes at no cost to the participants," said Health Education Coordinator Bridget Lykins. "Our goal is always to make sure that as many people as possible have access to healthy resources in the community."

Strong Women, a fitness class that is open to both men and women, teaches strength-training exercises to help maintain muscle mass, strength, and function. Walk-15 is a low-impact, walking-based exercise class. Zumba Gold is a dance-based cardio exercise class at a slower pace than regular Zumba classes.

In addition to our regular schedule, we enjoy hosting other classes from time-to-time. Some of these are free, like our nine-week Diet Free class that's offered periodically. Other times we invite community members to teach classes and determine their own rates. For example, a local dancer taught a 'Ballroom for Beginners' class in September, charging only \$10 per session.

Be sure to check our Facebook page to see what classes are coming up next, or call us to request an exercise class you'd love to see.



### MONDAY

- 11:00 Zumba Gold
- 11:30 Arthritis Exercise
- 12:00 Strong Women\*
- 12:30 Walk 15

### TUESDAY

- 12:00 Strong Women\*
- 12:30 Walk 15

### WEDNESDAY

- 11:00 Zumba Gold
- 11:30 Arthritis Exercise
- 12:00 Strong Women\*
- 12:30 Walk 15

### THURSDAY

- 12:00 Strong Women\*
- 12:30 Walk 15

# Healthy Pumpkin Soup

## Easy, Simple, & Perfect for Fall!

This delightful recipe is brought to you by The Seasoned Mom ([www.theseasonedmom.com](http://www.theseasonedmom.com)).

*Makes 8 servings. Each serving is 105 calories.*

### Ingredients:

- 1/2 tablespoon olive oil
- 1 sweet onion, diced
- 1 tablespoon minced garlic
- 1 teaspoon ground ginger
- 1 head of cauliflower, florets diced
- 4 cups vegetable broth or chicken broth
- 1 (15 ounce) can unsweetened pumpkin puree
- 1 tablespoon maple syrup
- 1 teaspoon of salt
- 1/2 cup of full-fat coconut milk
- \* Optional spice: a dash of cayenne for a kick!
- \* Optional garnish: chives or sour cream

### Directions:

1. In a large pot, heat oil over medium heat.
2. Sauté onion until soft and translucent - 5 to 10 minutes.
3. Add garlic and ginger and cook for 1 more minute.
4. Add cauliflower, broth, and pumpkin, then turn heat to high to bring to a boil.
5. When the soup begins to boil, cover it and reduce the heat to low for about 20 to 30 minutes.
6. Stir in maple syrup, salt, and coconut milk.
7. Remove from heat and use a blender to puree the soup until smooth. Be very careful; it will be hot!

**Note:** If you can't find coconut milk, you can also use whipping cream. If you do use coconut milk, make sure to shake the can before opening, as sometimes coconut milk can separate. This doesn't mean it's gone bad, it just needs to be shaken or stirred back together. If you have a fresh pumpkin, you can make your own pumpkin puree by chopping the pumpkin, roasting it, and putting it in a blender.







## Focus on Flu

### Vaccines Are Our Best Line of Defense

Most healthy people tend to think the flu is no big deal, but the reality is that the influenza virus causes serious illness and loss of productivity, and can even be deadly. In fact, last year's flu season was one of the worst on record for Kentuckians, and there have already been flu-related deaths in our commonwealth this year.

The good news is there's something you can do! The single best way to protect yourself and others from getting the flu is to get your annual flu shot. This simple step prevents you from having severe flu illnesses, doctors' visits, and potentially even hospitalization.

If protecting yourself isn't a good enough reason for you to get vaccinated, think about those who aren't as healthy and resilient as you are; infants and people with certain diseases aren't able to get a flu vaccine, and are therefore reliant on the people around them to get vaccinated so they won't spread the flu.

Your local health department offers flu vaccines, as well as education and awareness activities for preventing the spread of the flu and other diseases.

You can get your flu vaccine many places, including the Buffalo Trace District Health Department's clinics in Mason County and Robertson County. In fact, these two offices are the only providers in our region that have a special vaccine for people ages 50 to 64 years old. These vaccines are almost always covered by health insurance providers, and if you don't have health insurance, we are happy to provide an affordable rate for you.

Everyone ages 6 months and older should get their flu shot as soon as possible. The more people who are vaccinated, the less serious flu season will be!



"I am excited to join forces with the Foundation for A Healthy Kentucky, the Kentucky Medical Association, the Kentucky Foundation for Medical Care, and the Kentucky Health Department Association to encourage everyone to Focus on Flu this year in Kentucky... we want everyone to remember to:

- 1. **Get your shot.**
- 2. **Consult your doc.**
- 3. **Stop the spread!"**

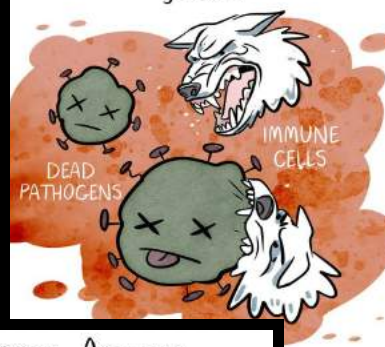
- *BTDHD Director Allison Adams*



# How Do Vaccines Work?

Many people don't understand how vaccines work, or have concerns about what exactly flu shots or other immunizations really do. That is normal and okay! Public health professionals like those here at the Buffalo Trace District Health Department want to make sure you understand why they're important and how they work. We've adapted a wonderful cartoon created by Maki Naro in 2014, titled "Vaccines Work: Here Are the Facts."

Vaccines are like a training exercise for your body. They use dead or damaged viruses to provoke an immune response, without having to get sick.



From there, your body has time to develop the proper antibodies and form an immunity.



If vaccines make me immune, why do I have to get a flu shot every year?



Evolution is a constant arms race. As you become immune to invaders, the invaders adapt to try to get around your immunity.



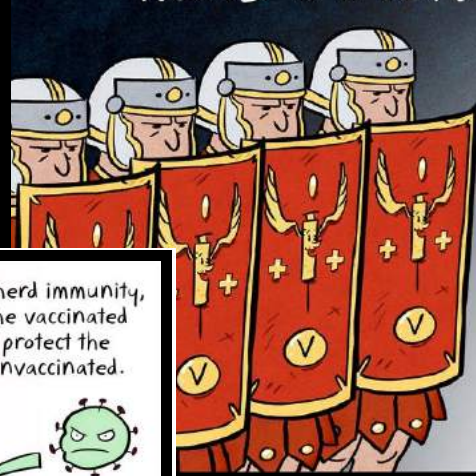
Each year scientists have to try to predict which flu strain will be the big one to vaccinate against.



Some people don't want to vaccinate anymore. It's their choice right?

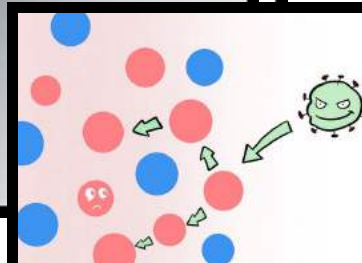
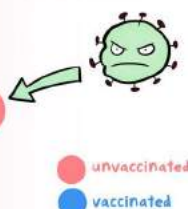


That'd only be true if their choice affected only themselves. An important benefit of vaccination is an effect called **HERD IMMUNITY**.



If enough people are vaccinated against a disease (typically 83-85%), it has trouble spreading. This protects people who are not vaccinated, either because they are too young or have an allergy or other underlying medical condition.

In herd immunity, the vaccinated protect the unvaccinated.



As more and more people opt out of vaccinating, the risk of outbreaks increases.

Source: Maki Naro, 2014, [thenib.com/vaccines-work-here-are-the-facts-5de3d0f9ffd0](http://thenib.com/vaccines-work-here-are-the-facts-5de3d0f9ffd0)





## Super-Food Salad!

Kale and broccoli are full of vitamins and nutrients your body craves, and also have cholesterol-lowering benefits to boot! Sweeten them with cherries and maple syrup and you have a delicious salad, courtesy of the blog *Southern Plate*. Consider adding carrots, shredded cabbage, or other vegetables you like to get even more nutritional value from this dish.

*Makes 12 cups. 128 calories per serving.*

### Ingredients:

- 8 cups chopped (raw) kale
- 2-3 cups broccoli florets
- 1/2 cup sunflower kernels
- 1/2 cup dried cherries
- 1/2 cup cider vinegar
- 1/4 cup olive oil
- 5 Tablespoons maple syrup
- 1/4 teaspoon pepper
- 1/4 teaspoon salt

### Directions:

1. Place kale, broccoli, sunflower kernels, and dried cherries in a very large bowl.
2. In a mason jar, add vinegar, oil, maple syrup, salt, and pepper. Put the lid on and shake well until combined!
3. Pour liquid over kale mixture and stir to coat.
4. Enjoy immediately or store, covered, in the refrigerator for up to two days.

## Buckle Up!

### Car Seats & Booster Seats Save Lives

Most people know that car seats and booster seats make vehicle travel much safer for babies, children, and others who aren't tall enough to use adult seat-belts. But did you know that while ninety percent of parents feel confident that their child's car seat is installed correctly, in reality only five percent actually are? That's why our health education team goes out into the community to conduct voluntary car seat and booster seat inspections and to educate parents and caregivers about the right way to buckle up their most precious cargo.

Thanks to support from Graco, Buckle-Up For Life, Safe Kids Kentucky, and the Kentucky Injury Prevention & Research Center, our teams were able to give free car seats and booster seats to more than 50 families that otherwise wouldn't be able to travel together safely, and educate many community-members... and that's just for the month of September! If you have questions about your child's car seat or booster seat, please don't hesitate to reach out; we want to help!







## Ready for Anything

### First Aid, CPR, & Emergency Preparedness Classes Help Prepare for the Unexpected

Preparedness Coordinator Kenny Adamson is now a certified health and safety instructor through the American Red Cross, and offers classes in first aid and CPR. These classes teach anyone how to care for people in crisis while keeping yourself safe until medical professionals arrive. Participants not only learn how to respond to emergencies like choking, heart attacks, or broken bones, but also how to help someone experiencing an asthma emergency, a diabetic emergency, poisoning, seizures, and more. Participants also learn how to use an automatic external defibrillator (AED) in case of heart failure. Learn more and sign up for classes at [redcross.org](http://redcross.org).

In addition to being a Red Cross instructor, Kenny also offers classes on emergency preparedness and how families can be ready for disasters, whether they are man-made or natural. Topics covered include: what individuals should have on standby in case of emergency, how to develop an exit strategy, and where to go for help. If you are interested in this class, or in having Kenny speak to a group with which you are involved, please reach out to the health department. We would be happy to help you!

## Smoke-Free Partnership Gains Advocates

The Smoke-Free Partnership of Mason County's August casting call for participants in a commercial has resulted in new groups flocking to the cause! Check out just a few of the pictures we ended up taking for our two commercials, which will air during UK games on Limestone Cable channels this winter. Participants included STOBBER Drives, the Tom Browning Boys & Girls Club, the Parc Cafe, Pasquale's, Chan's Bar, Maysville Community & Technical College Workforce Solutions, the Mason County Public Library, the Maysville Young Professionals Network, the Mason County High School FCCLA, the Mason County Cross County team, the YMCA, and many more.



# Facts on the Fly!

## Bats, Rabies, and Public Health

In the fall, bats are preparing for their winter hibernation which usually lasts from November until March. They plump up and may find their way into your nice, warm home. This leaves many people wondering: **Are bats dangerous? The answer is yes**, like any wild animal, bats can be dangerous and should be avoided. Their bites may transmit dangerous diseases like rabies to humans and pets. **However, bats are not as dangerous as many people believe.** Bats in North America do not feed on blood like vampires, and most do not have rabies.

Bat rabies causes approximately one human death per year in the United States. (Cows, on the other hand, kill around 20 humans each year, while bees, wasps, and hornets kill an average of 58 people.) Clearly bats are not a major threat to humans. However, it is still very important to take simple precautions to prevent any bat-related injuries or illnesses.

Most bats that wander into human living quarters enter through a loose-fitting door to the outside, an open window, an unscreened chimney, or another



gap in an outside wall. If you see any gaps that are 3/4 of an inch in diameter or larger, plug them with silicone caulking or steel wool. Bats do not chew holes, unlike rodents, so if you cover your chimney with hardware cloth and put draft guards on your loose-fitting doors, bats should not be able to enter your home. If you cannot keep bats from your attic, you can still keep them from entering the living areas of your home.

The biggest concerns from bats are the spread of rabies (which comes from a bat bite) and histoplasmosis (which comes from breathing in bird or bat droppings). **If you are bitten by a bat, wash the affected area thoroughly with soap and water, and get medical advice immediately.** Bat bites usually leave small wounds that do not look serious, but all bat bites require medical attention.

If you think your pet has been bitten by a bat, immediately contact a veterinarian or the health department for help. Whenever possible, a bat that bites a pet or human should be captured so that it can be tested for rabies. If you suspect you have multiple bats in your home, be careful not to breathe dust that may have bird or bat feces in it.

**How can I tell if a bat has rabies?** Rabies can only be confirmed in a lab. However, any bat that is active during the day, is unable to fly, or is in an unusual place is far more likely than others to be rabid. **Call the health department for help!**







**HANDS Coordinator Angie Combs** (left) thanks sponsors alongside the directors of the other nonprofits who helped with the Farm-to-Fork dinner.

## HANDS Serves the Community... Literally!

### Farm to Fork Fundraiser a Success

The health department's Health Access Nurturing Development Services (HANDS) program joined with two other groups to raise funds for family services this summer. On August 25th, HANDS, the Women's Crisis Center, and the Buffalo Trace Children's Advocacy Center hosted a joint fundraiser in the form of a farm-to-fork dinner on Old Main Street in Washington.

According to Melissa Greenwell, Director of the Women's Crisis Center, participants were able to "taste delicious, wholesome, and locally grown food while listening to Harry Pedigo and Company playing traditional bluegrass and folk music," all while supporting agencies that "work to better advocate for the people of our community."

The event also featured "celebrity" servers like local elected officials and candidates. Maysville Mayor David Cartmell said he chose to be a celebrity server, "because these are great causes to support and it's great to have the whole community pitching in to help." As a result of the community's support, the event was sold-out, and raised thousands of dollars for the three organizations.

HANDS is a free home-visit program for first-time parents and caregivers. It helps build healthy, safe environment for optimal childhood development and parenting success. HANDS workers visit the homes of pregnant moms-to-be and new parents. They also answer questions about babies' development. Enrollment is open to anyone who is expecting their first child or who is caring for a baby younger than three months. Once enrolled, families usually stay in the program until the child's second birthday, but sometimes longer. Call us for more information or to enroll!





Our Mason County office won first place in the Maysville Oktoberfest door-decorating competition! Our clients love that we create a fun, friendly space for them when they come see us.



Our health education team helped the Mason County Health Coalition organize its annual community art-show, "Creating a Culture of Health," at the Cox Gallery. Our nutritionist, Bridget, also provided free healthy hors d'oeuvres for everyone who attended.



Members of our smoke-free partnership traveled to the annual Symposium on Lung Cancer & Smoking-Cessation, where our director, Allison, and our public health policy advocate, Ellen, were official speakers. Allison and Ellen talked to people from around the tri-state who wanted to learn more about empowering community members to speak up for smoke-free air!



## Buffalo Trace District Health Department

*Serving Mason & Robertson Counties, Kentucky  
Offices in Maysville & Mt. Olivet  
"A Healthy Community for Everyone!"*

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[BuffaloTraceHealth.com](http://BuffaloTraceHealth.com)