

The Health Connection

NEWSLETTER

Harm Reduction Navigator Training

Nurses Cassie Mace and Kara McCoy recently completed a four-day Harm Reduction Navigator Training held in Louisville. The intensive training was facilitated by the UK Target 4 Program, a program focused on advancing harm reduction strategies and strengthening community-based response systems.

Throughout the four days, participants engaged in hands-on learning and discussion centered on harm reduction principles, effective navigation of support services, and practical strategies for connecting individuals with needed resources. The training emphasized real-world application, equipping attendees with tools to better support individuals facing substance use and related health challenges.

Participants in the course represented a diverse group of



Cassie and Kara

professionals committed to improving outcomes in their communities through compassionate, evidence-informed approaches. The experience provided both expanded knowledge and practical frameworks that can be applied directly in their ongoing work

This training marks an important step in strengthening local capacity for harm reduction and highlights a continued commitment to supporting individuals and families through accessible, informed care pathways.

In This Edition:

Hepatitis: Know Your Status, Protect Your Health

May is National Hepatitis Awareness Month, a critical period dedicated to increasing public knowledge about viral hepatitis.

Sun, Smiles, and Staying Safe: A Summer Safety Reminder for Families

As the days grow longer and temperatures begin to rise, summer invites our children outdoors to play, explore, and make lasting memories.

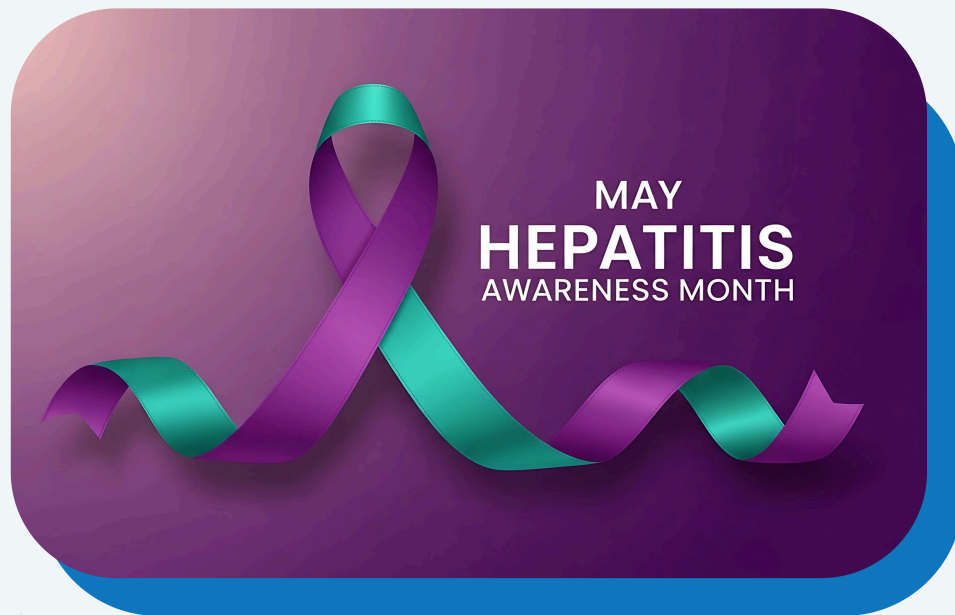
Summer Reading Kickoff Event

At the Greenup Branch of the Greenup County Public Library. Fun for the whole family!

Hepatitis: Know Your Status, Protect Your Health

By: Cassie Mace, RN Infection Control Nurse

May is National Hepatitis Awareness Month, a critical period dedicated to increasing public knowledge about viral hepatitis. While it may not always dominate health headlines, hepatitis remains a significant public health challenge that impacts millions. Because the disease often progresses without obvious symptoms, it is frequently labeled a "silent killer," staying undetected until it has caused severe, sometimes irreversible, liver damage.



Understanding the Viral Threat

Hepatitis is an inflammation of the liver, most commonly triggered by three primary viruses:

- Hepatitis A: Generally an acute, short-term infection often spread through contaminated food or water.
- Hepatitis B & C: Transmitted through contact with infected blood or bodily fluids. These strains are particularly concerning because they can become chronic, leading to cirrhosis, liver failure, or liver cancer.

The most deceptive aspect of these viruses is that you can feel perfectly healthy while your liver is under attack. Without testing, there is often no way to know the virus is present.

The Life-Saving Role of Testing

Testing is the essential first step in safeguarding your health. Modern medical guidelines now strongly encourage:

- At least one lifetime screening for all adults.
- Routine testing for individuals with known risk factors or potential exposure.
- Universal screening for all pregnant individuals to protect both parent and child.

A New Era of Treatment

There is more reason for optimism today than ever before. Hepatitis C is now considered curable for the vast majority of patients, with highly effective oral treatments lasting only 8 to 12 weeks. While Hepatitis B does not yet have a cure, it can be managed effectively with long-term care to prevent serious complications. Furthermore, safe and effective vaccines are widely available to prevent Hepatitis A and B entirely.

Community Support and Action

Breaking the stigma associated with hepatitis is vital. By fostering open conversations and sharing accurate information, we create an environment where people feel empowered to seek help. Local health departments, primary care providers, and community assistance programs are ready to help patients navigate the path from testing to treatment, regardless of their financial situation.

This May, take a stand for your health: get tested, verify your status, and encourage those you love to do the same. Together, we can ensure our community stays healthy and informed.

Sun, Smiles, and Staying Safe: A Summer Safety Reminder for Families

As the days grow longer and temperatures begin to rise, summer invites our children outdoors to play, explore, and make lasting memories. From bike rides and backyard games to pool days and creek adventures, this season is full of joy, but it also comes with important safety considerations. A little preparation can go a long way in keeping kids healthy, hydrated, and protected.

Beat the Heat

Children are more vulnerable to heat-related illnesses than adults, especially during high temperatures and humidity. Encourage frequent water breaks, even if they say they're not thirsty. Lightweight, light-colored clothing and wide-brimmed hats can help keep them cool. Try to plan outdoor playtime during the cooler parts of the day, early morning or evening, and build in shaded rest breaks.

Watch for signs of heat exhaustion, such as dizziness, nausea, excessive sweating, or fatigue. If your child begins to show these symptoms, move them to a cooler area, offer fluids, and allow them to rest. Quick action can prevent more serious heat-related conditions.



Water Safety Matters

Whether it's a backyard pool, a local lake, or a simple sprinkler, water play is a favorite summer activity, but it requires close supervision. Never leave children unattended near water, even for a moment. Designate a "water watcher" whose sole responsibility is to keep eyes on the kids at all times.

Make sure children know basic water safety rules, such as no running near pools and always asking permission before entering the water. For younger or less experienced swimmers, properly fitted life jackets are essential, especially around open water. Swim lessons are also a valuable investment in building confidence and safety skills.

Sun Protection is Key

While soaking up sunshine is part of the fun, too much sun exposure can lead to painful burns and long-term skin damage. Apply a broad-spectrum sunscreen with at least SPF 30 before heading outside and reapply every two hours, or more often if swimming or sweating. Don't forget easy-to-miss spots like ears, the back of the neck, and tops of feet.

Stay Prepared

Keep a small summer safety kit handy with essentials like water bottles, sunscreen, a basic first aid kit, and snacks. Teaching children to listen to their bodies, take breaks, and speak up when they feel unwell empowers them to make safe choices.

Summer should be a time of laughter, exploration, and connection. With a little mindfulness and planning, we can ensure our kids enjoy every sunny moment safely. Here's to a happy, healthy summer!

Opening Day



May 9, 2026

Check Out the Latest Food Scores!

That special night out can be lots of fun!
Unless the restaurant is less than clean.

You can know how clean that restaurant really
is! Click to see the scores in Greenup County!

[Click Here](#)





UNEARTH A STORY™

Summer Reading Kickoff

A Free Family Fun Event

May 14th @ Greenup Branch

6pm-8pm

Fast Pass at 5pm

(signups for fast pass is May 1st-13th at any branch)

Schedule:

Kitchen opens at 5:30pm

5pm Paper Sails

5:45pm Jonathan Cox

6:30pm The Willis Twins

7:00pm Brady Ross & Rt. 23

May Employee Anniversary

**Chris Crum
18 Years**



Holiday Hours for this Month



May 19th Election Day in Kentucky

We will close at 12:30 pm to allow our staff the opportunity to vote. GCHD will reopen at 7:30 am on Wednesday, May 20th.

May 25th Memorial Day

GCHD will be closed.
We will reopen at 7:30 am on
Tuesday, May 26th.

