



## **Broomfield Health and Human Services Department**

*Public Health & Environment Division*

*6 Garden Center*

*Broomfield, CO 80020*

*720-887-2220*

May 4, 2009

The current Swine Flu Outbreak is a quickly changing situation. Information sharing from the Centers for Disease Control and Prevention (CDC) and Colorado Department of Public Health and Environment (CDPHE) is an important step, and the City and County of Broomfield is making every effort to provide current information to residents as quickly as possible. Please be assured that there is no need to be alarmed, as Broomfield Health and Human Services (HHS) in coordination with the Emergency Management Unit and the CDPHE are actively monitoring this outbreak.

The best way to stay well is to focus on general hygiene practices and heightened awareness of the situation from trustworthy sources. Broomfield HHS recommend establishing a "Buddy System" with a friend and/or family member to periodically check on each other, to ensure that their buddies remain well and have enough food, medications or other necessary items.

### **Health Department Recommendations:**

- Stay home if you are sick and experiencing flu-like symptoms
- Avoid close contact with people who are ill
- Wash your hands often
- Cough and sneeze into your elbow or a tissue

### **Best Sources of current information:**

- Center for Disease Prevention and Control:** <http://www.cdc.gov/swineflu/>
- Colorado Department of Public Health and Environment:**  
<http://www.cdphe.state.co.us/epr/H1N1.html>
- Broomfield Public Health and Environment Division:** 720.887.2295

***For more information on Swine Flu, please call the  
Colorado HELP Line  
1-877-462-2911  
or Broomfield Health and Human Services  
720.887.2295***