



Tri-County Health Department Resources for Schools

Tri-County Health Department offers various services and resources to schools in Adams, Arapahoe and Douglas Counties, to support health, safety, wellness and preparedness:

Main Phone Number **303-220-9200**
Birth and Death Certificates **303-220-9200**



Disease Intervention Program **303-846-6281**
Prevention and control of communicable diseases. Investigation of disease cases and outbreaks.

Emergency Preparedness / Pandemic Influenza **303-846-6228**
Education and assistance with pandemic influenza and other emergency preparedness issues. Coordination with state and local emergency preparedness planning, training and exercises.

Environmental Health

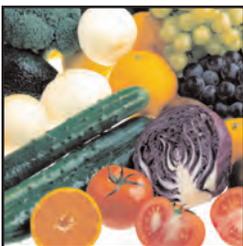
Inspections of food facilities, child care centers and public swimming pools. Environmental health requests for air quality, water quality, mold and chemical spills. Contact your local office:

Aurora	15400 E. 14th Place	303-341-9370
Castle Rock	4400 Castleton Court	303-663-7650
Commerce City	4201 E. 72nd Avenue	303-288-6816
Englewood	4857 S. Broadway	303-761-1340
Bellevue	7000 E. Bellevue Ave	303-220-9200



Nursing

Immunizations for children, adults and international travel. **303-451-0123**
Care coordination for children with special needs. **303-761-1340**
Family Planning / Reproductive clinical health care. **303-363-3018**
Classes on reproductive health education curriculum. **303-363-3040**
Home health visits for pregnant teens and women. **303-873-4431**
Medicaid enrollment for pregnant women and children. **303-341-9370**
Cancer and cardiovascular disease screening for adults ages 40-64. **303-363-3018**



Nutrition

Education and information for wellness programs and policies along with community outreach, health fairs and nutrition classes. The WIC program (Women, Infants and Children) provides free healthy foods, nutrition education and referrals. **303-846-2003**



Tobacco

Tobacco prevention, cessation, and secondhand smoke resources in the areas of education, policy and outreach, along with work in disparately-affected populations. **303-846-6234**

Public Information Officer

Coordinates important health news and media coverage. **303-846-6245**

Toll-Free Colorado InfoLine

A free live-operator InfoLine sponsored by the Colorado Department of Public Health and Environment to answer questions about current public health issues, including bioterrorism, West Nile virus, Avian Influenza ("Bird Flu") and related topics. **1-877-462-2911**



Note: Some Tri-County Health Department services have age or income restrictions. Many services are offered for free or on a sliding-fee scale.

Website: www.tchd.org

Additional information on back

Wellness



The United States Department of Agriculture (USDA) mandated that all schools develop and implement a Wellness program starting in the 2006 – 2007 school year. Some schools have acted quickly to form a wellness committee and write a policy, while other schools are still formulating their plans.

Physical activity and nutrition are major components of wellness. Poor nutrition and lack of physical activity are the second leading causes of preventable death in the U.S. and Colorado. While Denver and its surrounding communities have been cited as the healthiest metropolitan area nationwide compared to others the same size, the prevalence of overweight individuals and obesity are rising steadily, contributing to a public health crisis.



Tri-County Health Department is willing to partner with schools in order to help fight obesity and improve wellness. In order for wellness to take effect one needs the support of everyone involved in the school including the school administrators, students, parents, teachers, school food service employees and many more. The Nutrition Division has a staff of Registered Dietitians willing to offer assistance in promoting both employee and student wellness. Call us at 303-846-2003.

Pandemic Influenza Preparedness



Public health is about the health and safety of many groups of people rather than individuals. It is important to be prepared for any situation that threatens public health. Pandemic influenza could be a public health threat to communities large and small. State and local public health agencies, including Tri-County, are working to strengthen our ability to respond to a pandemic, in partnership with health care organizations, local governments, business, utilities and schools.

In addition, there are steps we all can take to help reduce illness and death. Some of these are the very steps we all use to prevent influenza each winter:

Be Informed

Learn more about pandemic influenza at www.tchd.org/pandemics.htm. Know where to get information during emergencies. Call the toll-free Colorado InfoLine at 877-462-2911.



Be Healthy

- Wash your hands. Cover your cough.
- Stay home when you are sick.
- Stay away from large crowds.
- Get an influenza shot (flu shot) every year.
- Cook meats and poultry properly.
- Visit www.usda.gov to learn how.



Be Ready

Make a ready kit for all emergencies. Keep one at home, one in each car and at your workplace. Make a family plan. Include communications plans for staying in contact with loved ones. Make a business plan or ask your employer if the company has a business continuity plan. Visit these websites for general emergency preparedness advice:

- www.tchd.org/emergency.html
- www.readycolorado.com
- www.redcross.org

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