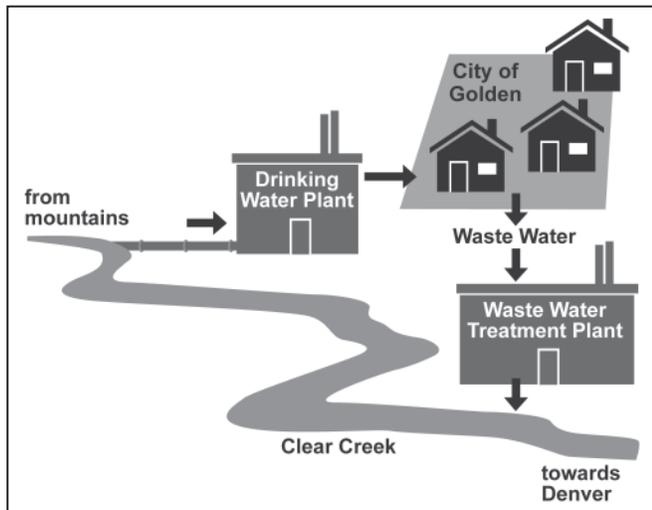


City of Golden Takes the Lead in Preventing Water Pollution

Have you ever wondered where your drinking water comes from? Where your wastewater goes after it goes down the drain? You're lucky to live in the City of Golden, where your drinking water



comes from pristine Clear Creek and is purified at the Golden Water Treatment Plant. When used water leaves your home through the drain or toilet, it goes through the sewer to a wastewater treatment plant, where it is treated and released back into Clear Creek, downstream from Golden.

Scientists around the world have recently identified a pollution issue in wastewater. Trace amounts of chemicals from products we use every day such as shampoo, soap, and detergent are being found in downstream rivers. Wastewater treatment plants are not designed to remove these chemicals, so they may still be in the treated water released back into the environment. These chemicals are known as “contaminants of emerging concern” (CECs). Many of these chemicals are suspected or known to be bad for wildlife and the environment – they may be toxins, endocrine disruptors, or carcinogens. Scientists have not defined what concentration levels of these chemicals might be harmful to humans.

The City of Golden is partnering with the Institute for Environmental

Solutions (IES) for a CEC pilot project, which will use community education to proactively reduce and prevent the contamination of the water we send down the drain. IES is a local non-profit that uses science and community involvement to address environmental challenges. It is Golden’s leadership in environmental protection that led to the new partnership on the downstream water pollution prevention project.

You can help to reduce your “chemical footprint” by thinking about the soap, detergent, cleaning products, shampoo, conditioner, cosmetics, sunscreen, and other products that you buy and use. Could you use less or choose a more environmentally-friendly alternative? Stay tuned – over the next 6 months, the Golden Informer will feature information on what you can do to reduce your chemical footprint – and protect the fish downstream. IES shares the City of Golden’s mission to keep citizens, families, wildlife and communities downstream safe from this emerging concern.

H1N1 SWINE FLU REFERENCE GUIDE

The Colorado Department of Health and Environment has put together the following information to guide you through flu season.

The symptoms of H1N1 influenza A in people are similar to seasonal flu:

- Fever greater than 100°F
- Sore throat • Cough
- Stuffy nose • Chills
- Headache and body aches
- Fatigue

People with the “Swine Flu” are considered infectious from the day before symptoms appear to 5-7 days after symptoms start. Children, especially younger children, can be contagious for longer periods.

If you get the H1N1 flu, avoid close contact with others as much as possible. Do not go to work, school or travel while ill. Seek medical care if you are severely ill, such as having trouble breathing. It is recommended that you stay at home for at least 24 hours after your fever is gone, meaning the fever should be absent without the use of fever-reducing medicines.

Here are some quick links for more information:

Colorado Department of Health and Environment:

www.cdph.state.co.us/epr/H1N1.html

Swine Flu Key Facts:

www.cdc.gov/swineflu/key_facts.htm

School and Childcare Guidance:

www.cdc.gov/h1n1flu/schools/