

Three Rivers Health District Newsletter



Maternal Health Awareness

Despite the numerous strides in the field of women's health and improvements in maternal health outcomes over the past half century, about 287,000 women died during and following pregnancy and childbirth in 2020. Maternal health refers to the health of women during pregnancy, childbirth and the postnatal period. Each stage should be a positive experience, ensuring a healthy life for women and babies.

Three Rivers Health District has several programs that support maternal health. Family planning clinics provide women with reproductive health education and counseling. The Resource Mothers program is tailored to the health and well-being of teens and their babies. WIC (Women, infant, and children) program provides supplemental healthy foods, health care referrals, and nutrition education for pregnant, breastfeeding, and non-breastfeeding postpartum women, infants and children up to age five. For more information on any of these services, contact your local health department.



Safe Swimming Reminders



Vibrio bacteria thrive in waters that are warm, salt or brackish and tend to cause more infections during the summer months. Anyone can get vibriosis, but infection is more likely when someone goes swimming in waters with an open wound like a cut, puncture or a scrape. Don't swim in salt or brackish water if you have an open wound. Water shoes can help protect you from sharp rocks, barnacles, crabs, and other hazards while in and around the water. Learn more healthy swimming tips with [Swim Healthy VA](#).

Clinic Schedule

FAMILY PLANNING

- KING WILLIAM - 7/18
- KING & QUEEN - 7/18
- MIDDLESEX - 7/31
- GLOUCESTER - 7/31
- ESSEX - 7/17
- RICHMOND CO - 7/30
- LANCASTER - 7/30
- WESTMORELAND - 7/17

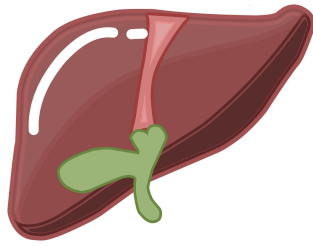
IMMUNIZATION

- ESSEX - 7/17, 7/22
- GLOUCESTER - 7/3, 7/12, 7/16, 7/19, 7/26, 7/31
- KING & QUEEN - 7/11, 7/24, 7/31
- KING WILLIAM - 7/9, 7/22, 7/30
- LANCASTER - 7/2, 7/16
- MATHEWS - 7/12, 7/22, 7/29
- MIDDLESEX - 7/2, 7/31
- NORTHUMBERLAND - 7/9, 7/16
- RICHMOND CO - 7/9, 7/30
- WESTMORELAND - 7/1, 7/15

WOMEN, INFANT AND CHILDREN (WIC) IN-PERSON CLINICS

- ESSEX - 7/2, 7/5, 7/9, 7/12, 7/16, 7/19, 7/23, 7/26, 7/30
- GLOUCESTER - 7/1, 7/2, 7/5, 7/8, 7/9, 7/12, 7/15, 7/16, 7/19, 7/22, 7/23, 7/26, 7/29, 7/30
- KING WILLIAM - 7/11, 7/18, 7/25
- LANCASTER - 7/3, 7/10, 7/17, 7/24, 7/31
- MIDDLESEX - 7/11, 7/18, 7/25
- NORTHUMBERLAND - 7/1, 7/8, 7/15, 7/22, 7/29
- RICHMOND - 7/3, 7/10, 7/17, 7/24, 7/31
- WESTMORELAND - 7/1, 7/2, 7/8, 7/9, 7/15, 7/16, 7/22, 7/23, 7/29, 7/30

Hepatitis Awareness



July 28th is World Hepatitis Day. Every year more than a million lives are lost to Hepatitis. With existing prevention, testing, and treatment services that are available hepatitis related death is preventable. Hepatitis is an inflammation of the liver, caused by a viral infection. There are 5 main hepatitis viruses known as type A, B, C, D, and E. There are vaccines for Hep A, B, and C viruses. Hepatitis A and B vaccines are available at Three Rivers Immunization clinics. For more information about each virus and treatment visit <https://www.vdh.virginia.gov/disease-prevention/disease-prevention/viral-hepatitis/>

Grilling Safety

Food poisoning peaks in the summer months when warmer temperatures cause foodborne germs to flourish. Below are some grilling safety tips:

- **Chill:** Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep 40°F or below in an insulated cooler.
- **Clean:** Wash your hands with soap before and after handling raw meat, poultry, and seafood.
- **Cook:** Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs.
 - 145°F beef, pork, lamb, veal (then let rest 3 minutes before serving)
 - 145°F fish
 - 160°F hamburgers and other ground meat
 - 165°F poultry



Come Work With Us!

Please join the Three Rivers Health District in working to make Virginia the healthiest state in the nation and to protect the environment of the Middle Peninsula and Northern Neck. The Three Rivers Health District is recruiting for the following positions:

- [Environmental Health Specialist - Gloucester](#)
- [Environmental Health Specialist - King William](#)
- [Nutritionist Assistant - Westmoreland](#)



Contact Us



Three Rivers Health District

www.vdh.virginia.gov/three-rivers/

(804) 758-2381

<https://www.vdh.virginia.gov/three-rivers/health-departments/>