

Three Rivers Health District Newsletter



Immunization Awareness

During the month of August, we recognize National Immunization Awareness Month to highlight the importance of vaccination for people of all ages. Vaccines have greatly reduced diseases that once routinely babies, children, and adults. People all over the world—including in the United States—still become seriously ill or even die from diseases that vaccines can help prevent. It is important that you stay up to date on recommended vaccines.

Together, we can help raise awareness about the importance of vaccination and encourage people to talk to a healthcare provider they trust about staying up to date on their vaccinations. In advance of the 2024-2025 school year, the Three Rivers Health District is holding numerous back-to-school vaccination events to prepare students and their family for a healthy return to school!

Clinic Schedule

FAMILY PLANNING

- KING WILLIAM - 8/22
- KING & QUEEN - 8/22
- MIDDLESEX - 8/29
- GLOUCESTER - 8/29
- ESSEX - 8/21
- RICHMOND CO - 8/28
- LANCASTER - 8/28
- WESTMORELAND - 8/21

IMMUNIZATION

- ESSEX - 8/5, 8/19
- GLOUCESTER - 8/2, 8/14, 8/20, 8/23, 8/29
- KING & QUEEN - 8/7, 8/22
- KING WILLIAM - 8/6, 8/28
- LANCASTER - 8/6, 8/20
- MATHEWS - 8/2, 8/13
- MIDDLESEX - 8/6, 8/14, 8/29
- NORTHUMBERLAND - 8/13, 8/27
- RICHMOND CO - 8/13, 8/27
- WESTMORELAND - 8/5, 8/19

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

- ESSEX - 8/2, 8/6, 8/9, 8/13, 8/16, 8/20, 8/23, 8/27, 8/30
- GLOUCESTER - 8/2, 8/5, 8/6, 8/9, 8/12, 8/13, 8/16, 8/19, 8/20, 8/23, 8/26, 8/27, 8/30
- KING WILLIAM - 8/1, 8/8, 8/15, 8/22, 8/29
- LANCASTER - 8/7, 8/14, 8/21, 8/28
- MIDDLESEX - 8/1, 8/8, 8/15, 8/22, 8/29
- NORTHUMBERLAND - 8/5, 8/12, 8/19, 8/26
- RICHMOND - 8/7, 8/14, 8/21, 8/28
- WESTMORELAND - 8/5, 8/6, 8/12, 8/13, 8/19, 8/20, 8/26, 8/27

Back To School Clinics

8/5--Westmoreland-until 6:30pm
 8/6--Northumberland-1pm-3:30pm for 7th & 12th Grade students only
 8/8--Richmond County-open until 7pm
 8/8--Essex-2pm-7pm
 8/8--Lancaster-4pm-7pm
 8/14--Middlesex-1pm-6pm
 8/16--King william-8am-4:30pm
 8/20--Gloucester
 8/22--Gloucester

Clinics at Local Health Departments.
 Appointments Preferred, but walk-ins welcomed.
 Please bring all insurance information.
 A parent or guardian must be present.

World Breastfeeding Week



During the month of August, we celebrate National Breastfeeding Awareness Month. The U.S. Dietary Guidelines for Americans 2020- 2025 recommend that infants be exclusively breastfed for about the first 6 months with continued breastfeeding while introducing appropriate complementary foods for 1 year or longer. Breastfeeding is one of the most effective ways to ensure child health and survival. The weekly themes for this year’s recognitions can be seen below. For questions about breastfeeding services at the health department, please contact your local health department!

Week 1: [World Breastfeeding Week](#) & [National WIC Breastfeeding Week](#)

Week 2: [Indigenous Milk Medicine Week](#)

Week 3: [Asian American Native Hawaiian and Pacific Islander Breastfeeding Week](#)

Week 4: [Black Breastfeeding Week](#)

Community Events

August 17th (2-6 PM): BC United Outreach presents Back-to-School Block party and Community Resource Fair at the Abingdon Ruritan Club 8784 Guinea Rd. Hayes, VA 23072.

- Providing free school supplies and bookbags
- Information on Children's school immunizations
- Free lunch for students
- Family activities
- Entertainment



BACK TO SCHOOL

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. To view jobs with the Three Rivers Health District & Virginia Department of Health, please see [Virginia Department of Health Jobs](#).



Contact Us



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