

Three Rivers Health District Newsletter



EMERGENCY PREPAREDNESS REMINDERS

Do you know where the nearest shelter is in case of a hurricane or tornado? Do you know the evacuation route in your area? Do you have a bag prepared in case of an emergency? September is National Preparedness Month and seeks to raise awareness about the importance of preparing for natural disasters or emergencies. Federal Emergency Management Agency (FEMA) lists four steps to help you prepare and respond to emergencies.

- **Make a plan for your family**
 - How will I receive [emergency alerts and warnings](#)?
 - What is my [shelter plan](#)?
 - What is my [evacuation route](#)?
 - What is my [family/household communication plan](#)?
 - Do I need to update my [emergency preparedness kit](#)?
- **Be aware of the needs in your household**
 - Age appropriate needs of members in the household
 - Remember to consider pet needs or service animals
 - Disability, access, and/ or functional needs including medical equipment
- **Create a [Family Emergency Plan](#)**
- **Go over the process and the plan with family**

For more information on the 2024 preparedness campaign and ways to improve your plans visit

<https://www.ready.gov/september>.

WELCOME PHYLLIS SYKES!

Please join the Three Rivers Health District in welcoming Phyllis Sykes as our Certified Nurse Practitioner! Phyllis joins the health district following nine years of service with Central Virginia Health Services and over 20 years of service with the United States Army and National Guard.

Phyllis will serve as the community’s clinician for health department family planning clinics. To schedule an appointment, [please contact your local health department!](#)

Clinic Schedule

FAMILY PLANNING

ESSEX - 9/5
 GLOUCESTER - 9/12, 9/25
 KING & QUEEN - 9/18
 KING WILLIAM - 9/18
 LANCASTER - 9/26
 MIDDLESEX - 9/11
 MATHEWS - 9/11
 NORTHUMBERLAND - 9/19
 RICHMOND CO - 9/19
 WESTMORELAND - 9/4, 9/20

IMMUNIZATION

ESSEX - 9/9, 9/16
 GLOUCESTER - 9/6, 9/13, 9/18, 9/24
 KING & QUEEN - 9/10, 9/25
 KING WILLIAM - 9/9, 9/23
 LANCASTER - 9/3, 9/17
 MATHEWS - 9/11, 9/23
 MIDDLESEX - 9/11, 9/24
 NORTHUMBERLAND - 9/10, 9/24
 RICHMOND CO - 9/10, 9/24
 WESTMORELAND - 9/9, 9/23

WOMEN, INFANT AND CHILDREN (WIC)

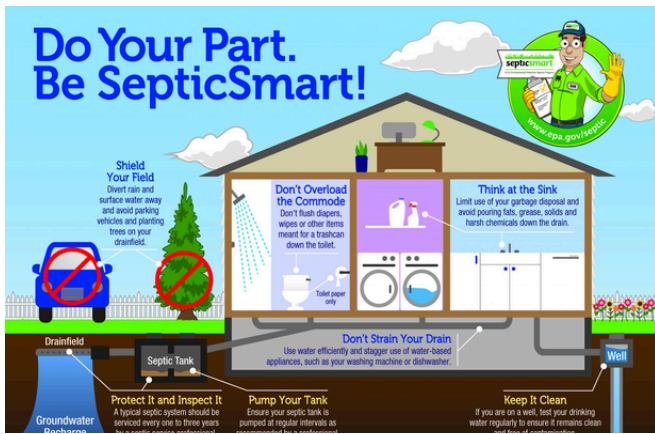
IN-PERSON CLINICS

ESSEX - 9/3, 9/6, 9/10, 9/13, 9/17, 9/20, 9/24, 9/27
 GLOUCESTER - 9/3, 9/6, 9/9, 9/10, 9/13, 9/16, 9/17, 9/20, 9/23, 9/24, 9/27, 9/30
 KING WILLIAM - 9/5, 9/12, 9/19, 9/26
 LANCASTER - 9/4, 9/11, 9/18, 9/25
 MIDDLESEX - 9/5, 9/12, 9/19, 9/26
 NORTHUMBERLAND - 9/9, 9/16, 9/23, 9/30
 RICHMOND CO - 9/4, 9/11, 9/18, 9/25
 WESTMORELAND - 9/3, 9/9, 9/10, 9/16, 9/17, 9/23, 9/24, 9/30

Septic Smart Week



SepticSmart Week is an annual event that occurs the third week of September. Communities, national organizations, local groups, and state governments can bring attention to the importance of caring for and maintaining septic systems by organizing homeowner education events, sponsoring workshops or sharing social media from the SepticSmart program. For more information, please see <https://www.epa.gov/septic/septicsmart-week>.



Healthy Food Prep

It is as all too common to forget the importance of healthy food preparation and storage. Over the recent months and years, there has been an increase in some foodborne illness, cyclosporiasis being one such illness. It is important to remember to always follow safe food handling recommendations, such as properly washing fruits and vegetables before eating.

More information on foodborne illness, including prevention recommendations, can be found at <https://www.vdh.virginia.gov/environmental-health/food-safety-in-virginia/foodborne-diseases-and-outbreaks/foodborne-disease-data/>.



Promote National Suicide Prevention Month

September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. Anyone in crisis should dial 988 at any time. For more information, please see <https://988lifeline.org/>.



Contact Us



Three Rivers Health District
www.vdh.virginia.gov/three-rivers/
(804) 758-2381
<https://www.vdh.virginia.gov/three-rivers/health-departments/>