

Three Rivers Health District Newsletter



Thanksgiving Safety Tips

Thanksgiving Day is one of the biggest food days of the year. All year long, many families look forward to gathering together, eating good food, and some wholesome fun. However, food preparation is crucial to prevent foodborne sickness and fires. Here are some tips to ensure a happy and safe holiday.

1. Be sure you have a fire extinguisher and a working smoke alarm.
2. Never use water on a grease fire, use a fire extinguisher or pot lid instead.
3. Never leave a fryer, oven, or stove unattended while cooking.
4. Do not thaw your turkey by leaving it out on a counter. Thaw in a refrigerator, in cold water, or in a microwave.
5. Cook the turkey at a safe temperature. set the oven temperature to at least 325°F. Cooking times depend on the weight of the turkey and whether it is stuffed.

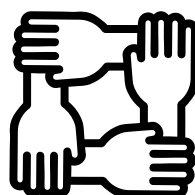
For more holiday turkey safety tips, you can visit the [CDC food safety page](#).



National Rural Health Day

On November 21, 2024 we recognize National Rural Health Day across rural communities nationwide. National Rural Health Day showcases the efforts of rural healthcare providers, State Offices of Rural Health, and other rural stakeholders to address the unique healthcare challenges that rural citizens face today and into the future.

Our partnerships and sense of community define the power of rural Virginia provide with us the tools to address health disparities and challenges for all rural Virginians. For more information about rural health, please see [National Rural Health Day](#).



Clinic Schedule

FAMILY PLANNING

- ESSEX - 11/7
- GLOUCESTER - 11/13 AND 11/21
- KING & QUEEN - 11/26
- KING WILLIAM - 11/26
- LANCASTER - 11/19
- MIDDLESEX - 11/6
- NORTHUMBERLAND - 11/12
- RICHMOND CO - 11/12
- WESTMORELAND - 11/20

IMMUNIZATION

- ESSEX - 11/4 AND 11/18
- GLOUCESTER - 11/4, 11/15, AND 11/22
- KING & QUEEN - 11/1 AND 11/18
- KING WILLIAM - 11/13 AND 11/25
- LANCASTER - 11/12 AND 11/26
- MATHEWS - 11/13 AND 11/21
- MIDDLESEX - 11/6 AND 11/19
- NORTHUMBERLAND - 11/12 AND 11/26
- RICHMOND CO - 11/12 AND 11/26
- WESTMORELAND - 11/4 AND 11/18

WOMEN, INFANT AND CHILDREN (WIC)

IN-PERSON CLINICS

- ESSEX - 11/8, 11/12, 11/15, 11/19, 11/22, 11/26
- GLOUCESTER - 11/4, 11/8, 11/12, 11/15, 11/18, 11/19, 11/22, 11/25, 11/26
- KING WILLIAM - 11/7, 11/14, 11/21
- LANCASTER - 11/6, 11/13, 11/20, 11/27
- MIDDLESEX - 11/7, 11/14, 11/21
- NORTHUMBERLAND - 11/4, 11/18, 11/25
- RICHMOND CO - 11/6, 11/13, 11/20, 11/27
- WESTMORELAND - 11/4, 11/12, 11/18, 11/19, 11/25, 11/26



Great American Smokeout

Quitting smoking isn't easy. It takes time, a plan, and support to be successful. November 21st is dedicated to starting the journey of a smoke-free life during the Great American Smokeout. Cigarette smoking is the leading cause of preventable disease and death in the United States. This date is more than just a reminder but a call to action. Here are 5 steps to Improve your success in quitting smoking.

1. Set a date. Choose the Great American Smokeout or another day within the next 2 weeks.
2. Tell your family and friends about your quit plan.
3. Share your quit date with the important people in your life and ask them for their support. Be prepared for challenges.
4. Before your quit day, make a list of healthy ways to cope. Remove cigarettes and other tobacco from your home, car, and workplace.
5. Talk to your pharmacist, doctor, or quitline coach about quit options.

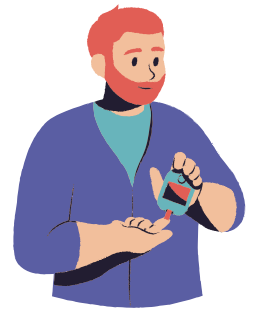
For more tips on quitting and free quitting resources visit [The Great American Smokeout](#).

National Diabetes Month

November is National Diabetes month. As communities across the nation bring awareness to this disease, this year's focus is on prevention of diabetes health problems. About 37 million youth and adult Americans suffer with diabetes. Managing your diabetes ABC's is one of the first steps to prevention of other health issues.

- A is for the A1C test that health care professionals use to measure your average blood glucose levels.
- B is for blood pressure.
- C is for cholesterol.

For more information about these steps and Diabetes prevention or maintenance visit the [National Institute for Diabetes and Digestive and Disease](#).



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



Three Rivers Health District

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

(804) 758-2381

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