

# Three Rivers Health District Newsletter



## APRIL 1-7 IS NATIONAL PUBLIC HEALTH WEEK!

Please join the Three Rivers Health District, Virginia Department of Health, and American Public Health Association in recognizing National Public Health Week for 2024. This year, the focus of this recognition is “Protecting, Connecting and Thriving: We Are All Public Health”. Public health is more than hospitals, clinics, and medicine. From keeping our environment clean to ensuring that food is safe to eat, it takes a community to achieve the goals of public health. To highlight the goals we can accomplish by supporting one another, each day of Public Health Week will have a specific focus:

- [Civic Engagement](#) (Monday)
- [Healthy Neighborhoods](#) (Tuesday)
- [Climate Change](#) (Wednesday)
- [New Tools and Innovations](#) (Thursday)
- [Reproductive and Sexual Health](#) (Friday)
- [Emergency Preparedness](#) (Saturday)
- [Future of Public Health](#) (Sunday)

Please visit <https://nphw.org/Themes-and-Facts> to learn more about how we can make lasting impacts in our community!

## Back to School Vaccinations

Three Rivers Health District has again partnered with local school systems to provide back-to-school vaccinations in preparation for the 2024-2025 school year. In addition to vaccination opportunities at the local health department, public health nurses will be coming on-site in the Spring to administer vaccinations required for school admission for rising 7th & 12th graders. Please be on the lookout for more information about scheduled school clinics through social media and school outreach.



## Clinic Schedule

### FAMILY PLANNING

GLOUCESTER – 4/18  
KING WILLIAM – 4/17  
MIDDLESEX – 4/17

### IMMUNIZATION (INCLUDING COVID-19)

ESSEX – 4/1, 4/15  
GLOUCESTER – 4/5, 4/10, 4/19, 4/24  
KING & QUEEN – 4/9, 4/30  
KING WILLIAM – 4/10, 4/24  
LANCASTER – 4/2, 4/16  
MATHEWS – 4/16, 4/29  
MIDDLESEX – 4/8, 4/22  
NORTHUMBERLAND – 4/9, 4/23  
RICHMOND CO – 4/9, 4/23  
WESTMORELAND – 4/1, 4/15

### WOMEN, INFANT AND CHILDREN (WIC)

#### IN-PERSON CLINICS

ESSEX – 4/2, 4/5, 4/9, 4/12, 4/16, 4/19, 4/23, 4/30  
GLOUCESTER – 4/1, 4/2, 4/5, 4/8, 4/9, 4/12, 4/15, 4/16, 4/19, 4/22, 4/23, 4/26, 4/29, 4/30  
KING WILLIAM – 4/4, 4/11, 4/18, 4/25  
LANCASTER – 4/3, 4/10, 4/17, 4/24  
MIDDLESEX – 4/4, 4/11, 4/18, 4/25  
NORTHUMBERLAND – 4/1, 4/8, 4/15, 4/22, 4/29  
RICHMOND – 4/3, 4/10, 4/17, 4/24  
WESTMORELAND – 4/1, 4/2, 4/9, 4/15, 4/16, 4/23, 4/30



In addition to National Public Health Week, the month of April recognizes National Volunteer Month. The Medical Reserve Corps (MRC) is a national network of locally-led units of medical professionals and support volunteers. The Three Rivers Health District Medical Reserve Corps began in 2008, supporting the health district in both emergency and non-emergency situations. The MRC collaborates with local hospitals, local county governments, the American Red Cross, and community emergency response teams (CERT) to increase capacity in emergencies. The MRC also participates in education, training, and exercises. For more information or to volunteer, please contact Jonathan Matthews at [Jonathan.Matthews@vdh.virginia.gov](mailto:Jonathan.Matthews@vdh.virginia.gov). Most importantly, thank you to all of the volunteers in the community!



## 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](#).

## National Prescription Drug Take Back Day

On Saturday, April 27, from 10 a.m. to 2 p.m. the Drug Enforcement Administration will host DEA's National Prescription Drug Take Back Day at locations across the country. DEA and its partners will collect tablets, capsules, patches, and other solid forms of prescription drugs.

Take Back Day offers free and anonymous disposal of unneeded medications at close to 5,000 local drop-off locations nationwide.

Collection sites will not accept syringes, sharps, and illicit drugs. Liquid products, such as cough syrup, should remain sealed in their original container. The cap must be tightly sealed to prevent leakage. For more information and to find a collection site near you, visit [www.DEATakeBack.com](http://www.DEATakeBack.com).



## Contact Us



Three Rivers Health District

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