

Three Rivers Health District Newsletter



National Women's Health Week



National Women's Health week is celebrated each year after Mother's Day to empower women to make their health a priority and help women understand what steps they can take to improve their health.

To improve your physical and mental health, you can:

- Get regular checkups, including a **yearly well-woman exam**. Talk to a healthcare provider about any health concerns you have.
- Get **active**.
- **Eat a healthy and balanced diet**.
- **Prioritize your mental health** and learn how to cope with stress.
- Practice healthy behaviors. Daily decisions influence your overall health.

[Every Woman's Life \(EWL\)](#) is a public health program that helps uninsured, low-income women gain access to free breast and cervical cancer screening services. Screening and early detection reduces death rates, improves treatment options, and greatly increases chances of survival.

Additionally, Three Rivers' nursing team provides education and counseling about reproductive health including clinical assessment, cervical screenings, and birth control services. To schedule a family planning appointment, please [contact your local health department](#).

Hurricane Preparedness

May 5 - 11 is National Hurricane Preparedness Week. Please visit the [National Oceanic and Atmospheric Administration](#) to better understand the importance of knowing your risks, preparation, understanding forecasts, and more!



Clinic Schedule

FAMILY PLANNING

KING & QUEEN - 5/22

MIDDLESEX - 5/22

GLOUCESTER - 5/23

ESSEX - 5/29

WESTMORELAND - 5/29

LANCASTER - 5/30

IMMUNIZATION (INCLUDING COVID-19)

ESSEX - 5/6, 5/20

GLOUCESTER - 5/3, 5/10, 5/15, 5/22, 5/31

KING & QUEEN - 5/13, 5/29

KING WILLIAM - 5/7, 5/21

LANCASTER - 5/7, 5/21

MATHEWS - 5/13, 5/28

MIDDLESEX - 5/6, 5/21

NORTHUMBERLAND - 5/14, 5/28

RICHMOND CO - 5/14, 5/28

WESTMORELAND - 5/6, 5/20

WOMEN, INFANT AND CHILDREN (WIC)

IN-PERSON CLINICS

ESSEX - 5/7, 5/10, 5/14, 5/17, 5/21, 5/24, 5/28, 5/31

GLOUCESTER - 5/3, 5/6, 5/7, 5/10, 5/13, 5/14, 5/17, 5/20, 5/21, 5/24, 5/28, 5/31

KING WILLIAM - 5/2, 5/9, 5/16, 5/23, 5/30

LANCASTER - 5/1, 5/8, 5/15, 5/22, 5/29

MIDDLESEX - 5/2, 5/9, 5/16, 5/23, 5/30

NORTHUMBERLAND - 5/6, 5/13, 5/20

RICHMOND - 5/1, 5/8, 5/15, 5/22, 5/29

WESTMORELAND - 5/6, 5/7, 5/13, 5/14, 5/20, 5/21, 5/28



Lyme Disease Awareness

Did you know that May is Lyme Disease Awareness Month? Lyme disease is a tick-borne illness caused by infection with the bacteria *Borrelia burgdorferi*. It's important to take steps to keep ticks off your clothing when you are outside, especially if you go into a wooded area. Using tick-repellent, tucking your pant legs into boots or socks and tucking shirts into pants are a few ways to avoid ticks. It's always a good idea to do a tick-check as well, and remove any ticks that you find on yourself as soon as possible. Don't forget to check your pets for ticks after they have been outdoors. Dogs can bring them inside and can get sick from the diseases they carry. Do keep up to date with your vet's anti-tick, flea, and mosquito prescription to keep your animal healthy. For more information about Lyme Disease, [visit VDH's website](#).



Stroke Awareness Month

May is also Stroke Awareness Month. As stated by the CDC, stroke is a leading cause of death in the United States and is a major cause of serious disability for adults. It is also preventable and treatable. The signs of a stroke can include:

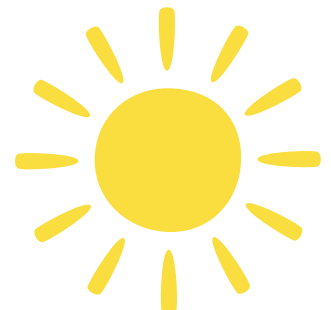
- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking, or difficulty understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination.
- Sudden severe headache with no known cause.

Call 9-1-1 right away if you think someone might be having a stroke. Getting fast treatment is important for preventing death and disability from stroke. You can help prevent stroke by making healthy choices and controlling any health conditions you may have.

Skin Cancer Awareness & Prevention

As we prepare for the summer, it is important to recognize May as Skin Cancer Awareness Month. According to the CDC, the following can help you prevent skin cancer and find it early:

- Practice sun safety;
- Avoid indoor tanning;
- Checking your skin for moles regularly;
- Tell your doctor about any unusual moles or changes in your skin; and
- Talk to your doctor if you are at increased risk of skin cancer.



More information about skin cancer prevention can be found at <https://www.cdc.gov/cancer/skin/index.html>.



Contact Us



Three Rivers Health District

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

(804) 758-2381

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