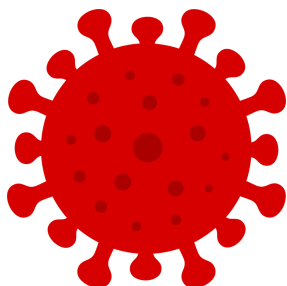


Three Rivers Health District Newsletter



COVID-19: WHERE WE ARE & WHERE WE'RE GOING

Though Three Rivers Health District's pandemic response efforts are far from over, we are all in a vastly different place than we were even six months ago. COVID-19 cases and hospitalizations are decreasing nationally and locally. Currently, Gloucester and Mathews are at a "low" community level, and the remainder of the district is at "medium". The CDC's individual-level protection steps should continue to be followed*. Even though it is still evolving, COVID-19 has taken its place with the array of flu and other respiratory viruses with which we must contend on a routine basis. As such, the Three Rivers team will continue to offer COVID-19 services to the community and is prepared to pivot as necessary. Lastly, we cannot express enough gratitude to our staff and community partners for the ongoing support over the past 3 years. It is because of you that we have gotten to where we are.

*<https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>

CHESAPEAKE BAY PRESERVATION ACT PUMP-OUT REQUIREMENTS



Did you know that Virginia law requires all private septic systems within the Chesapeake Bay Preservation Area (CBPA) to be pumped out or inspected at least once every five years? Three Rivers Health District will be developing a new program over the coming months to remind affected homeowners of this responsibility and monitor compliance across the health district.

Clinic Schedule

FAMILY PLANNING

- ESSEX – 3/9, 3/27
- GLOUCESTER – 3/2, 3/16
- KING & QUEEN – 3/1, 3/13
- KING WILLIAM – 3/1, 3/13
- LANCASTER – 3/7
- MATHEWS – 3/15
- MIDDLESEX – 3/15
- NORTHUMBERLAND – 3/14, 3/28
- RICHMOND CO – 3/14, 3/28
- WESTMORELAND – 3/8

IMMUNIZATION

- ESSEX – 3/14, 3/28
- GLOUCESTER - 3/9, 3/22, 3/31
- KING & QUEEN – 3/1, 3/21
- KING WILLIAM – 3/1, 3/13
- LANCASTER – 3/14, 3/28
- MATHEWS – 3/15, 3/27
- MIDDLESEX – 3/15, 3/20
- NORTHUMBERLAND – 3/14, 3/28
- RICHMOND CO – 3/14, 3/28
- WESTMORELAND – 3/13, 3/27

COVID-19

- ESSEX – 3/16
- GLOUCESTER – 3/21
- KING & QUEEN – 3/14
- KING WILLIAM – 3/2
- LANCASTER – 3/30
- MATHEWS – 3/9
- MIDDLESEX – 3/28
- NORTHUMBERLAND – 3/15
- RICHMOND CO – 3/7
- WESTMORELAND – 3/23

- NATIONAL BLEEDING DISORDER AWARENESS MONTH
- NATIONAL BRAIN INJURY AWARENESS MONTH
- NATIONAL COLORECTAL CANCER AWARENESS MONTH
- NATIONAL KIDNEY MONTH
- NATIONAL NUTRITION MONTH
- MARCH 10 - NATIONAL WOMEN & GIRLS HIV/AIDS AWARENESS DAY
- MARCH 20 - WORLD ORAL HEALTH DAY



PUBLIC HEALTH AWARENESS DAYS

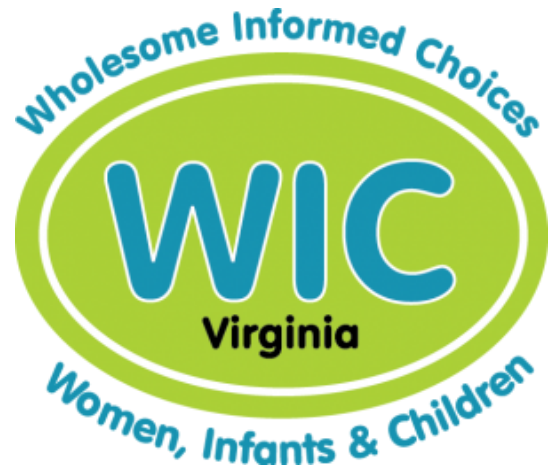
COMMUNITY HEALTH EVENTS

- MARCH 25TH: COMMUNITY HEALTH FAIR- C&F BANK WEST POINT
- APRIL 1-2 : DAFFODIL FESTIVAL - MAIN STREET GLOUCESTER
- APRIL 22: PLAY DAY IN THE PARK - KILMARNOCK TOWN PARK
- APRIL 29TH : GLOUCESTER RESOURCE FAIR - LIGHTHOUSE WORSHIP CENTER
- APRIL 29TH: NORTHUMBERLAND RESOURCE FAIR - NORTHUMBERLAND FAMILY YMCA



SUPPLEMENTAL NUTRITION FOR WOMEN, INFANTS, AND CHILDREN

The vision and mission of the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is to provide supplemental healthy foods, health care referrals, and nutrition education for pregnant, breastfeeding, & non-breastfeeding postpartum women, and to infants and children up to age five, who qualify. Three Rivers's WIC program provides services in health departments across the district and, beginning in August, will again offer services in person. If anyone you know could benefit from WIC services, please refer them to their local health department.



Contact Us



Three Rivers Health District

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

(804) 758-2381

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