



The Portsmouth Health Department is located at:

**1701 High Street
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Portsmouth, VA 23704**

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<http://vdhweb/LHD/portsmouth/index.asp>



Our Mission:

The Portsmouth Health Department is dedicated to promoting, protecting, and preserving a healthy and safe community.

Our Vision:

We envision a community where every person living, working or visiting has the opportunity to achieve optimal health.

A Note From The Staff

The staff of PHD would like you to know that we are committed to you, the members of our community. We strive to provide professional, confidential, and quality services which are responsive to the unique needs of Portsmouth. Through teamwork and education, PHD provides innovative services to individuals, families, businesses, churches, and schools. Thank you for allowing us to work with you.

A Message From the Director...

Did you know that public health touches your life everyday? Your health department is an important resource in your life. From food and water safety to rabies and mosquito-borne disease prevention, the Portsmouth Health Department works everyday to make sure you live in a healthy city. We are fully committed to promoting, protecting, and preserving a healthy and safe community. The Portsmouth Health Department provides preventive health services to help lessen or eliminate the impact of illness and disease. Through health promotion efforts, we also provide a broad range of health information and education programs that are designed to help you learn about disease prevention and how to adopt a healthy lifestyle that will help you chart a course for good health throughout your life. We are pleased to be your health department.

Demetria M. Lindsay, M.D.



Community Programs

- ◆ **Community / Wellness Programs**
 - ~ Obesity Prevention through community classes
 - ~ Pregnancy Prevention Education
 - ~ Low Income Child Safety Seat and Installation Classes
 - ~ Child Care Health Consultations and Trainings
 - ~ Nursing Home Screenings
 - ~ Baby Care
 - ~ Infant Mortality Reduction
 - ~ Community Education Services based on need.
- ◆ **Emergency Preparedness and Response**
 - ~ Strategies and plans to protect the community
 - ~ **Medical Reserve Corps**
Recruit & train teams of local medical and public health professionals to help respond in times of community need
- ◆ **Communicable Disease Investigation / Surveillance**
 - ~ Investigate reportable communicable diseases, STD, HIV and AIDS.
 - ~ Investigate disease outbreaks
 - ~ Monitor and analyze disease patterns in the community.

Clinic Services

The Clinic offers the following services:

- ◆ **Immunizations**
 - ~ Immunizations are provided to help prevent disease in children & adults.
 - ~ Overseas Travel Immunization
- ◆ **Sexually Transmitted Diseases & HIV**
 - ~ The clinic offers STD & HIV screening, education, treatment and counseling services.
- ◆ **School Physicals** (excluding college entry physicals).
- ◆ **Tuberculosis (TB) screening and testing**
- ◆ **Pregnancy Testing**
- ◆ **Family Planning**
- ◆ **Child Health**
- ◆ **Sports Physicals**
- ◆ **Laboratory Services provided for clinic patients.**
- ◆ **Folic Acid Distribution**
- ◆ **Medication Services**
 - ~ AIDS Drug Assistance Program
- ◆ **Other Services**
- ◆ **Pre-natal Care (provided by EVMS)**
- ◆ **Ryan White HIV Clinic (provided by EVMS)**

WIC

Nutrition Program for Women, Infants, and Children

WIC provides the following services for eligible pregnant and breastfeeding women and children from birth to 5 years old:

- ◆ Healthy eating tips and nutrition counseling.
- ◆ Breastfeeding information, support and equipment.
- ◆ Vouchers to purchase milk, cheese, eggs, juice, cereal, dried beans and peas, peanut butter, tuna fish and carrots. Iron fortified infant formula is also available for infants who require formula.
- ◆ Extended hours for working families.



Other Services

- ◆ **Vital Records**
 - ~ Applications for Birth Certificates
 - ~ Death Certificates for deaths occurring in Portsmouth for a fee.
 - ~ Establishing Paternity
 - ~ Notarizing Services for a fee

Environmental Health

Environmental Health provides the following services:

- ◆ Investigation of animal bites for potential rabies exposure.
- ◆ Surveillance and inspection of restaurants, grocery stores, day care facilities, and other food facilities.
- ◆ Provides consultations regarding environmental issues impacting public health.
- ◆ Surveillance and inspection of tattoo and body piercing studios.
- ◆ Surveillance and inspection of hotels and motels.
- ◆ Issuance of permits for wells (irrigation only)
- ◆ Indoor air quality information.
- ◆ Surveillance of marinas.
- ◆ Food Handlers Classes

