

PORTSMOUTH
Health Department

Charting a Course for Good Health

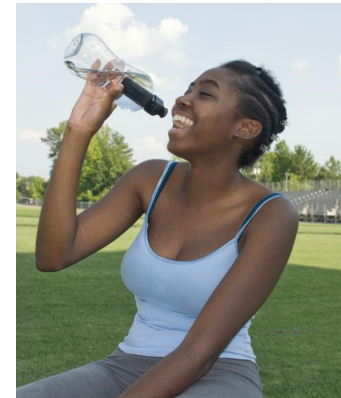
A Message From the Director:

What would a healthy Portsmouth look like? If you search images of “healthy city”, the most common ones that appear include adults biking along a waterfront, children playing on swings in a lush green park, retired citizens walking down wide sidewalks lined with trees, and friends planting a community garden together.

But good health is oftentimes also not seen – it also means having access to clean drinking water, knowing when you walk into a restaurant that the food you eat is safe, going outside and trusting that you won’t be exposed to diseases such as tuberculosis.

Your health department works every day to make sure everyone who lives, works, plays, studies, and worships in Portsmouth has an equal opportunity to live a healthy life. Through programs that range from food safety, disease control, car seat safety, immunizations, nutrition education, pandemic response, and increasing opportunities for physical activity, our team works together with city, civic, business, academic, and faith partners to improve the health of our city. Thank you for working with us to build a healthier Portsmouth.

Lauren James, MD
Health Director



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@PortsHealthDept



Portsmouth Health Department

Our Mission

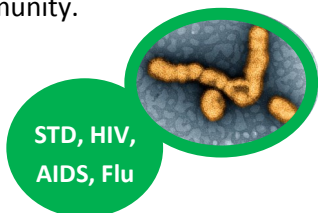
The Portsmouth Health Department is committed to the promotion, protection, and preservation of a healthy and environmentally safe community.



Community Programs

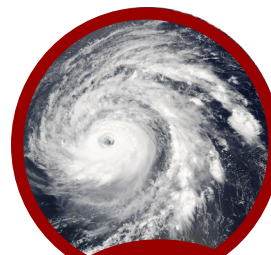
Communicable Disease Program

- Investigation, surveillance, follow-up, and prevention of contagious diseases that pose a risk to the community.



Emergency Preparedness and Response

- Implements plans to protect the community during natural or man-made disasters.
- Recruits and trains Medical Reserve Corps—a team of local medical and public health professionals who help respond in times of community need.



Call us for more information!



Wellness Programs

- Health education services on topics such as obesity prevention, diabetes management, injury prevention, STD awareness, and teen pregnancy prevention.
- Baby Care—case management and prenatal services for pregnant women and infants up to two years old.
- Infant Safe Sleep Education Class—educates families on how to sleep infant's safely and provides pack 'n' play to eligible families.
- Child Safety Seat Installation Class—provides a free child safety seat to eligible families.

Clinical Services

- Immunizations
- STD and HIV screening and treatment
- tuberculosis screening and testing
- Pregnancy testing and family planning
- Child health and pre-natal care

Nutrition Program for Women, Infants, and Children (WIC)

WIC provides services to eligible pregnant and breastfeeding women and children from birth to 5 years. Services include:

- Nutrition counseling
- Breastfeeding information and equipment
- Vouchers to purchase healthy foods such as milk, cheese, eggs, juice, and infant formula.

Environmental Health

- Surveillance and inspection of restaurants, grocery stores, day care facilities, and other food facilities.
- Food Handler Classes for individuals who work in the food industry.
- Investigation of animal bites for potential rabies exposure.
- Surveillance and inspection of swimming pools, tattoo and body piercing studios, and hotels and motels.



Other Services

- Birth, death certificates and vital records.