

Three Rivers Health District Newsletter



APRIL 3-9 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 2023. This year, the focus of this recognition is “Centering and Celebrating Cultures in Health” to ensure everyone, in all cultural communities, has a chance at a long and healthy life. To highlight opportunities to accomplish this goal, each day of Public Health Week will have a specific focus:

- [Community](#) (Monday)
- [Violence Prevention](#) (Tuesday)
- [Reproductive and Sexual Health](#) (Wednesday)
- [Mental Health](#) (Thursday)
- [Rural Health](#) (Friday)
- [Accessibility](#) (Saturday)
- [Food and Nutrition](#) (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 2023-2024 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

- ESSEX – 4/13, 4/27
- GLOUCESTER – 4/6, 4/10
- KING & QUEEN – 4/5, 4/17
- KING WILLIAM – 4/5, 4/17
- LANCASTER – 4/4, 4/18
- MATHEWS – 4/19
- MIDDLESEX – 4/19
- NORTHUMBERLAND – 4/11, 4/25
- RICHMOND CO – 4/11, 4/25
- WESTMORELAND – 4/12, 4/26

IMMUNIZATION

- ESSEX – 4/11, 4/25
- GLOUCESTER – 4/14, 4/20, 4/28
- KING & QUEEN – 4/11, 4/24
- KING WILLIAM – 4/5, 4/17
- LANCASTER – 4/11, 4/25
- MATHEWS – 4/19
- MIDDLESEX – 4/10, 4/19
- NORTHUMBERLAND – 4/11, 4/25
- RICHMOND CO – 4/11, 4/25
- WESTMORELAND – 4/10, 4/24

COVID-19

- MATHEWS – 4/13
- MIDDLESEX – 4/27
- NORTHUMBERLAND – 4/20
- RICHMOND CO – 4/6
- WESTMORELAND – 4/18

SCHOOL IMMUNIZATION CLINICS

- WESTMORELAND HIGH SCHOOL - 4/14
- RICHMOND CO MIDDLE & HIGH SCHOOL - 4/14
- LANCASTER HIGH SCHOOL - 4/14
- LANCASTER MIDDLE SCHOOL - 4/17
- WEST POINT MIDDLE & HIGH SCHOOL - 4/19
- MATHEWS MIDDLE & HIGH SCHOOL - 4/20
- MONTROSS MIDDLE SCHOOL - 4/20
- MATHEWS MIDDLE & HIGH SCHOOL - 4/20
- KING WILLIAM MIDDLE & HIGH SCHOOL - 4/26

BLOOD PRESSURE SCREENING



Did you know that nearly half of the American population over age 20 has high blood pressure (HBP) and may not know it?

HBP has no signs or symptoms but can be dangerous when undiagnosed.

The Three Rivers Health District offers a free blood pressure program that includes blood pressure screening and education. We come to you with resources to promote blood pressure conversations with your health care provider and education to manage a diagnosis.

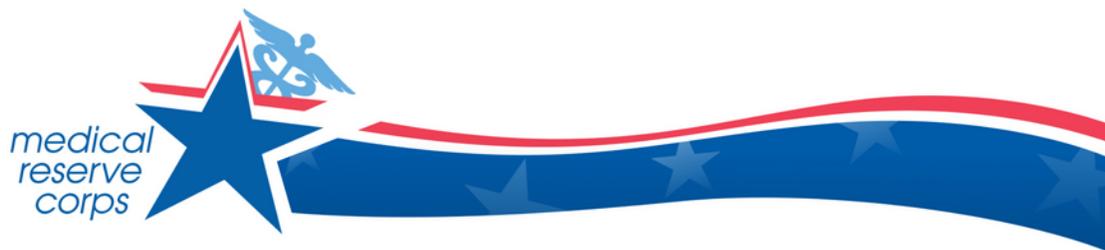
Contact Alexis Burrell at alexis.burrell@vdh.virginia.gov for more information and to schedule today!

- 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



COMMUNITY CALENDAR

VIRGINIA



In addition to National Public Health Week, the month of April recognizes National Volunteer Week. 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. Most importantly, thank you to all of the volunteers in the community!



Contact Us



Three Rivers Health District

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

(804) 758-2381

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