

# Three Rivers Health District Newsletter



## FAMILY PLANNING CLINICS

Three Rivers' nursing team provides education and counseling about reproductive health including clinical assessment, cervical screenings, and birth control services to male and female clients. The clinic offers a variety of birth control options and education to ensure the best individualized plan for each client. Sexually Transmitted Infections (STI) education, counseling, screening and assessment in prevention and treatment is also available at family planning clinics. We also offer PrEP (pre-exposure prophylaxis) for the prevention of HIV.

Multiple clinics are held in each county monthly to meet the needs of the community. To schedule a family planning appointment, please [contact your local health department](#).



## SAFE SUMMER SWIMMING

*Vibrio* bacteria thrive in waters that are warm, salt or brackish and tend to cause more infections during the summer months. Anyone can get vibriosis, but infection is more likely when someone goes swimming in waters with an open wound like a cut, puncture or a scrape. Don't swim in salt or brackish water if you have an open wound. Water shoes can help protect you from sharp rocks, barnacles, crabs, and other hazards while in and around the water. Learn more healthy swimming tips with [Swim Healthy VA](#).

## Clinic Schedule

### FAMILY PLANNING

- ESSEX – 5/11, 5/25
- GLOUCESTER – 5/4, 5/18
- KING & QUEEN – 5/3, 5/15
- KING WILLIAM – 5/3, 5/15
- LANCASTER – 5/2, 5/16
- MATHEWS – 5/17
- MIDDLESEX – 5/17
- NORTHUMBERLAND – 5/9, 5/23
- RICHMOND CO – 5/9, 5/23
- WESTMORELAND – 5/10, 5/24

### IMMUNIZATION

- ESSEX – 5/23
- GLOUCESTER – 5/5, 5/19, 5/24, 5/31
- KING & QUEEN – 5/3, 5/22
- KING WILLIAM – 5/3, 5/23
- LANCASTER – 5/16,
- MATHEWS – 5/8, 5/17
- MIDDLESEX – 5/1, 5/17
- NORTHUMBERLAND – 5/9, 5/23
- RICHMOND CO – 5/9, 5/23
- WESTMORELAND – 5/8, 5/22

### COVID-19

- GLOUCESTER – 5/9
- KING WILLIAM – 5/16
- MIDDLESEX – 5/30
- NORTHUMBERLAND – 5/11
- RICHMOND – 5/4
- WESTMORELAND – 5/23

### SCHOOL IMMUNIZATION CLINICS

- ST. CLAIRE WALKER MIDDLE SCHOOL – 5/2
- MIDDLESEX HIGH SCHOOL – 5/2
- JAMES CAREY INTERMEDIATE SCHOOL – 5/10
- COLONIAL BEACH MIDDLE SCHOOL – 5/15
- COLONIAL BEACH HIGH SCHOOL – 5/15
- LAWSON MARRIOTT ELEMENTARY SCHOOL – 5/18
- KING AND QUEEN ELEMENTARY SCHOOL – 5/18
- CENTRAL HIGH SCHOOL – 5/18

## COVID-19 VACCINE UPDATE

On April 19, 2023, the Centers for Disease Control and Prevention (CDC) recommended that all COVID-19 vaccine administrations will use the bivalent vaccine and simplified vaccination schedule.

- Monovalent mRNA vaccines are no longer authorized for use in the United States.
- Individuals that have not yet done so may now get a bivalent booster and those who have had a bivalent booster because they are either over 65 or have compromised immunity may get another bivalent booster.
- Individuals wishing to get the primary monovalent J&J or Novavax may still do so to complete their primary series and receive the Pfizer or Moderna bivalent boosters afterwards.

If you have any questions or would like to make an appointment for a booster please call our covid line at 804-815-4191

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!](#)



## LYME DISEASE AWARENESS

### National Women's Health Week is May 14th-20th

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. The theme for this year is, "Women's Health, Whole Health: Prevention, Care and Wellbeing."

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 survival.

To be eligible, women must be a Virginia resident between the ages of 18-64, meet federal income guidelines and be uninsured. Services provided by the program include a clinical breast exam, mammogram, pelvic exam, Pap test, and any diagnostics needed to reach a final diagnosis.

Call 1-866-EWL-4YOU or 1-866-395-4968 to be referred to the screening site nearest you.



## Contact Us



Three Rivers Health District

[www.vdh.virginia.gov/three-rivers/](http://www.vdh.virginia.gov/three-rivers/)

(804) 758-2381

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