

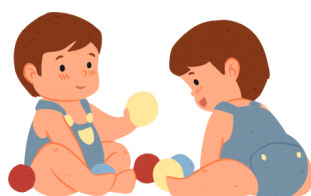
# Three Rivers Health District Newsletter



## Maternal Health Awareness

Despite the numerous strides in the field of women's health and improvements in maternal health outcomes over the past half century, about 287,000 women died during and following pregnancy and childbirth in 2020. Maternal health refers to the health of women during pregnancy, childbirth and the postnatal period. Each stage should be a positive experience, ensuring a healthy life for women and babies.

Three Rivers Health District has several programs that support maternal health. Family planning clinics provide women with reproductive health education and counseling. The Resource Mothers program is tailored to the health and well-being of teens and their babies. WIC (Women, infant, and children) program provides supplemental healthy foods, health care referrals, and nutrition education for pregnant, breastfeeding, and non-breastfeeding postpartum women, infants and children up to age five. For more information on any of these services, contact your local health department.



## Health Education and Literacy (HEAL) Classes

Did you know low health literacy affects more adults than obesity, diabetes, HIV/AIDS and breast cancer combined? Health literacy is the ability to understand basic health information and services to make appropriate health decisions. Low health literacy affects the patient, the economy, and the healthcare system due to additional and lengthier hospital and ER visits, higher readmission rates and more tests and procedures.

The Three Rivers Health District now offers health education and literacy classes that provide adults the opportunity to increase their knowledge of current healthcare topics, medical terminology, and standard processes and practices. Contact us at 804-758-2381 if you're interested in having a class in your community.

## Clinic Schedule

### FAMILY PLANNING

ESSEX – 7/13, 7/27

GLOUCESTER – 7/5

KING & QUEEN – 7/10

KING WILLIAM – 7/10

LANCASTER – 7/25

MATHEWS – 7/26

MIDDLESEX – 7/26

NORTHUMBERLAND – 7/11

RICHMOND CO – 7/11

WESTMORELAND – 7/12

### IMMUNIZATION

ESSEX – 7/11

GLOUCESTER - 7/7, 7/12, 7/14, 7/21

KING & QUEEN – 7/5, 7/19

KING WILLIAM – 7/13, 7/28

LANCASTER – 7/6, 7/25

MATHEWS – 7/12, 7/21, 7/26

MIDDLESEX - 7/18, 7/26

NORTHUMBERLAND – 7/11

RICHMOND CO – 7/11, 7/19

WESTMORELAND – 7/17

### COVID-19

GLOUCESTER - 7/11

MIDDLESEX - 7/25

RICHMOND - 7/20

### WOMEN, INFANT AND CHILDREN (WIC)

#### IN-PERSON CLINICS

LANCASTER - 7/19

MIDDLESEX - 7/20

NORTHUMBERLAND - 7/17

RICHMOND - 7/12

## Hepatitis Awareness

July 28th is World Hepatitis Day. Every year more than a million lives are lost to Hepatitis. With existing prevention, testing, and treatment services that are available hepatitis related death is preventable. Hepatitis is an inflammation of the liver, caused by a viral infection. There are 5 main hepatitis viruses known as type A, B, C, D, and E.

There are vaccines for Hep A, B, and C viruses.

Hepatitis A and B vaccines are available at Three Rivers Immunization clinics.

For more information about each virus and treatment visit <https://www.vdh.virginia.gov/disease-prevention/disease-prevention/viral-hepatitis/>



## Grilling Safety

Food poisoning peaks in the summer months when warmer temperatures cause foodborne germs to flourish. Below are some grilling safety tips:

- **Chill:** Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep 40°F or below in an insulated cooler.
- **Clean:** Wash your hands with soap before and after handling raw meat, poultry, and seafood.
- **Cook:** Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs.
  - 145°F beef, pork, lamb, veal (then let rest 3 minutes before serving)
  - 145°F fish 160°F hamburgers and other ground meat
  - 165°F poultry

## Upcoming Free Community Training

Three Rivers Health District has a couple of training classes being provided this summer. CPR classes are offered every 2nd Thursday of the month. REVIVE classes are offered every 3rd Thursday of the month. We also offer free private CPR and REVIVE classes to community organizations. If you would like to request a class for your organization, contact us at 804-758-2381.

To register, click the date of the upcoming class.

[Thursday, July 13th:](#) CPR Class

[Thursday, July 20th:](#) REVIVE Class



## 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/>