

Three Rivers Health District Newsletter



Remote Area Medical (RAM) Clinic

Over the past 35 years, Remote Area Medical has provided free medical, dental, vision, and veterinary care to hundreds of thousands of people through the operation of pop-up clinics. RAM operates its clinics in communities large and small, both in the United States and abroad. This year's clinic in our district will be in Westmoreland County on **September 16th and 17th** at **Westmoreland High School**. Every clinic is free, open to the public on a first come first serve basis with no ID required to receive services. Some services offered include HIV testing, Hepatitis A vaccine, Tetanus (Tdap) vaccine, Covid-19 vaccine, and many more listed below. Volunteer medical, dental, vision, and general support are needed. For more information or to become a volunteer visit <https://www.ramusa.org/>.

Medical services offered

- Physical exams
- Women's Health exams
- RX consultations
- Sports Physicals

Dental services offered

- Cleanings
- Fillings
- Extractions
- X-rays

Vision services offered

- Eye Exams
- Eye Health evaluations
- Glasses made on site

Back to School Immunization Clinics

It's that time again! Summer is almost over and back-to-school preparation has begun. Three Rivers Health District will be partnering with schools to offer back-to-school immunizations. We will offer vaccines to rising 7th and 12 graders that are required for school entry. For rising 7th graders these vaccines include Tdap, Meningococcal ACWY, and HPV. For rising 12th graders it includes Meningococcal ACWY. In addition to the school clinics, these vaccines are also available at health department immunization clinics. Locations for clinics can be found under the clinic schedule in the newsletter and on our website.



Clinic Schedule

FAMILY PLANNING

- ESSEX - 8/10;
- GLOUCESTER - 8/3; 8/17
- KING & QUEEN - 8/2; 8/14
- KING WILLIAM - 8/2; 8/14
- LANCASTER - 8/15
- MATHEWS - 8/16; 8/24
- MIDDLESEX - 8/16
- NORTHUMBERLAND - 8/8; 8/22
- RICHMOND CO - 8/8; 8/22
- WESTMORELAND - 8/9; 8/23

IMMUNIZATION

- ESSEX - 8/22
- GLOUCESTER - 8/4; 8/11; 8/16; 8/23; 8/28
- KING & QUEEN - 8/2; 8/14
- KING WILLIAM - 8/2; 8/14; 8/21
- LANCASTER - 8/15
- MATHEWS - 8/4; 8/16; 8/24
- MIDDLESEX - 8/3; 8/16
- NORTHUMBERLAND - 8/8; 8/22
- RICHMOND CO - 8/8; 8/22
- WESTMORELAND - 8/7; 8/21

COVID-19

- GLOUCESTER - 8/24
- MIDDLESEX - 8/29
- RICHMOND - 8/17

WOMEN, INFANT AND CHILDREN (WIC)

IN-PERSON CLINICS

- ESSEX - 8/8; 8/11; 8/15; 8/17; 8/18; 8/25
- GLOUCESTER - 8/11; 8/14; 8/15; 8/18; 8/21; 8/22; 8/25; 8/28
- KING WILLIAM - 8/10; 8/17; 8/24
- LANCASTER - 8/9; 8/16; 8/23
- MIDDLESEX - 8/3; 8/10; 8/17; 8/24
- NORTHUMBERLAND - 8/7; 8/14; 8/21; 8/28
- RICHMOND - 8/9; 8/16; 8/23
- WESTMORELAND - 8/15; 8/22

World Breastfeeding Week

World Breastfeeding week is August 1st-7th. The U.S. Dietary Guidelines for Americans 2020-2025 recommend that infants be exclusively breastfed for about the first 6 months with continued breastfeeding while introducing appropriate complementary foods for 1 year or longer. Breastfeeding is one of the most effective ways to ensure child health and survival. This year's campaign is placing emphasis on supporting

mothers in the workplace with adequate time and space for breastfeeding. For breastfeeding tips and campaign details visit <https://www.who.int/campaigns/world-breastfeeding-week/2023>



Community Events

August 5th: BC United Outreach presents Back-to-School Block party and Community Resource Fair at the Abingdon Ruritan Club 8784 Guinea Rd. Hayes, VA 23072

- Providing free school supplies and bookbags
- Children's school immunizations and COVID-19 vaccines
- Inflatable bounce houses and food vendors
- Live music by Slapnation



Disability, Access, or Functional Needs Program

COVID-19 changed much of what we knew about emergency preparedness. People with disabilities often face vast challenges in order to live healthy self-reliant lives, especially during emergencies. The Disability, Access, and Functional Needs (DAFN) program seeks to provide aid in various ways to those who maybe more vulnerable than others. The district has created a Vulnerable Population directory to better assist those in need. The goal of the Vulnerable Populations directory is to help facilitate the availability of emergency

response assistance during natural and man-made disasters, and severe inclement weather. The program can potential assist with clothing, food, and transportation services; referrals for health services, family counseling, and career skills development; along with other support capabilities. For more information or to become apart of the directory reach out to Carla Minor-Blake at carla.minor-blake@vdh.virginia.gov



Contact Us



Three Rivers Health District

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

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