

# Three Rivers Health District Newsletter



## Emergency Preparedness

Do you know where the nearest shelter is in case of an hurricane or tornado? Do you know the evacuation route in your area? Do you have a bag prepared in case of an emergency? September is National Preparedness Month and seeks to raise awareness about the importance of preparing for natural disasters or emergencies. Federal Emergency Management Agency (FEMA) lists four steps to help you prepare and respond to emergencies.

### 1. Make a plan for your family

- How will I receive [emergency alerts and warnings](#)?
- What is my [shelter](#) plan?
- What is my [evacuation](#) route?
- What is my [family/household communication plan](#)?
- Do I need to update my [emergency preparedness kit](#)?

### 2. Be aware of the needs in your household

- Age appropriate needs of members in the household
- Remember to consider pet needs or service animals
- Disability, access, and/ or functional needs including medical equipment

### 3. Create a [Family Emergency Plan](#)

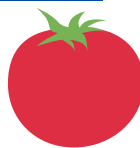
### 4. Go over the process and the plan with family

For more information on the 2023 preparedness campaign and ways to improve your plans visit <https://www.ready.gov/september#2023>



## Healthy Food Prep

It is all too common to forget the importance of healthy food preparation and storage. Over the recent months and years, there has been an increase in some foodborne illness, cyclosporiasis being one such illness. It is important to remember to always follow safe food handling recommendations, such as properly washing fruits and vegetables before eating. More information on foodborne illness, including prevention recommendations, can be found at <https://www.vdh.virginia.gov/environmental-health/food-safety-in-virginia/foodborne-diseases-and-outbreaks/foodborne-disease-data/>.



## Clinic Schedule

### FAMILY PLANNING

ESSEX – 9/14; 9/28  
 GLOUCESTER – 9/7; 9/21  
 KING & QUEEN – 9/6; 9/18  
 KING WILLIAM – 9/6; 9/18  
 LANCASTER – 9/5; 9/19  
 MATHEWS – 9/20  
 MIDDLESEX – 9/20  
 NORTHUMBERLAND – 9/12  
 RICHMOND CO – 9/12  
 WESTMORELAND – 9/13

### IMMUNIZATION

ESSEX – 9/12; 9/26  
 GLOUCESTER – 9/1; 9/13; 9/22; 9/29  
 KING & QUEEN – 9/6; 9/18  
 KING WILLIAM – 9/6; 9/19  
 LANCASTER –  
 MATHEWS – 9/12; 9/20  
 MIDDLESEX – 9/11; 9/20  
 NORTHUMBERLAND – 9/12  
 RICHMOND CO – 9/12  
 WESTMORELAND – 9/11; 9/27

### COVID-19

MIDDLESEX – 9/14  
 RICHMOND – 9/7

### WOMEN, INFANT AND CHILDREN (WIC)

#### IN-PERSON CLINICS

ESSEX – 9/1; 9/8; 9/15; 9/22; 9/29  
 GLOUCESTER – 9/5; 9/12; 9/19; 9/26  
 KING WILLIAM – 9/7; 9/14; 9/21; 9/28  
 LANCASTER – 9/6; 9/13; 9/20; 9/27  
 MIDDLESEX – 9/7; 9/14; 9/21; 9/28  
 NORTHUMBERLAND – 9/11; 9/18; 9/25  
 RICHMOND – 9/6; 9/13; 9/20; 9/27  
 WESTMORELAND – 9/5; 9/12; 9/19; 9/26

## Community Events

- September 16th -17th: Remote Area Medical (RAM) Clinic:** Free medical screening, dental and vision services as well as vaccination, HIV testing, and pharmacy services. Located at Washington and Lee High School - 16762 Kings Hwy, Montross, VA 22520 6am-6pm (16th) 7am-2pm (17th)
- September 16th: 4th Annual Recovery Fest:** Guest speakers, live music, games, food & drinks, raffle prizes, silent auction and family activities. Located at Warsaw Recovery Center - 5097 Richmond Road Warsaw, VA 22572 from 11am-2:00pm



## GloGerm

September 17th-23rd is International Clean Hands week. Three Rivers Health District has been partnering with local elementary schools to teach how easily germs spread and the importance of proper handwashing. The program uses a special glowing solution that is invisible to the naked eye symbolizing germs, however, once a UV or black light is shined onto the hands or surface where the solution is placed, it becomes detectable. After proper handwashing the solution will disappear and represents how handwashing kills germs. This program has been successful in increasing

awareness and knowledge of proper handwashing and the spread of germs. If any schools or organization is interested in this program contact us at 804-758-2381 or [amanda.adams@vdh.virginia.gov](mailto:amanda.adams@vdh.virginia.gov)



## Infant Mortality Awareness

Infant mortality is when a infant dies within their first year of life. It is measured by Infant Mortality Rate (IMR) which is the number of infant deaths per 1,000 live births in a year. The IMR for the Three Rivers Health District is higher at 6.02% versus the state of Virginia at 5.75%. These numbers are used to rate the general well-being and healthiness of pregnant women, infants, and children. Leading causes of infant mortality include preterm births and low birth weight, birth defects, sudden infant death syndrome (SIDS), injuries such as suffocation, and maternal pregnancy complications. There is no one definitive way to prevent many of the leading causes of infant mortality. However, there are ways we can reduce risk. One of the most important ways we can improve birth outcomes is by getting women prenatal care as early as possible in the pregnancy. Lack of folic acid, drinking alcohol, smoking cigarettes, using drugs, uncontrolled diabetes, and certain infections are risk factors that can contribute to birth defects. For more information on infant mortality you can visit <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/infantmortality.htm>



### 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/>