

Three Rivers Health District Newsletter



COVID-19 Vaccine Update

On September 11, 2023, FDA announced approval and authorization of updated COVID-19 Vaccines (Moderna and Pfizer) which are comprised of a monovalent (single) component that corresponds to the Omicron variant XBB.1.5. People aged 5 years or older are recommended to receive a 2023–2024 COVID-19 vaccine regardless of previous COVID-19 vaccines they've received. If they have previously been vaccinated, they can receive the new vaccine at least two months after their last dose. Children aged 6 months through 4 years who have already completed a bivalent Moderna or Pfizer primary series should receive a 2023–2024 Moderna or Pfizer vaccine at least 2 months after their last dose. If they have not been previously vaccinated should complete a 2-dose primary series of Moderna COVID-19 vaccine OR a 3-dose primary series of Pfizer COVID-19 vaccine. If children have already started their primary series with a bivalent COVID-19 vaccine(s), at least one dose should be a 2023–2024 vaccine. COVID-19 vaccines will now be available through the commercial market, which means the COVID-19 vaccines will go from being provided free of charge (paid for by the federal government) to being provided at a cost like other vaccines. People will pay for COVID-19 vaccination as they do with other vaccines – through their health insurance coverage or other programs. For most people nothing will change, COVID-19 vaccines will be available free of charge. Children and adults who are uninsured or underinsured can access free COVID-19 vaccinations through the [Vaccines for Children](#) program and the [Bridge Access Program](#). For more information visit our website and find vaccine providers at <https://www.vaccines.gov/search/>.

Tips to stay safe this Halloween

Every year poison control centers manage many Halloween related exposure cases. Here are a few tips to keep in mind.

- Check your child's candy. Stay away from homemade treats or items not in original factory sealed packaging. Discard candy that is unsealed or has an odor/discoloration.
- Pets like candy, too. Many candy items, including chocolate, are poisonous to pets. Use this as a chance to teach children about pet safety and the need to properly store candy.
- If you have very young children, be sure to remove any choking hazards such as gum, peanuts, hard candies, or small toys.



Clinic Schedule

FAMILY PLANNING

ESSEX – 10/12; 10/26
 GLOUCESTER – 10/5; 10/19
 KING & QUEEN – 10/4; 10/16
 KING WILLIAM – 10/4; 10/16
 LANCASTER – 10/3; 10/17
 MATHEWS -
 MIDDLESEX – 10/3; 10/18
 NORTHUMBERLAND – 10/10; 10/24
 RICHMOND CO – 10/10; 10/24
 WESTMORELAND – 10/11; 10/25

IMMUNIZATION (INCLUDING COVID-19)

ESSEX – 10/10; 10/26
 GLOUCESTER - 10/6; 10/11; 10/25
 KING & QUEEN – 10/6; 10/16
 KING WILLIAM – 10/4; 10/16
 LANCASTER – 10/3; 10/17;
 MATHEWS – 10/3
 MIDDLESEX - 10/3; 10/20
 NORTHUMBERLAND – 10/10
 RICHMOND CO – 10/10; 10/24
 WESTMORELAND – 10/2; 10/24

WOMEN, INFANT AND CHILDREN (WIC)

IN-PERSON CLINICS

ESSEX - 10/3; 10/6; 10/10; 10/13; 10/20;
 10/24; 10/31
 GLOUCESTER - 10/3; 10/10; 10/17; 10/24;
 10/31
 KING WILLIAM - 10/5; 10/12; 10/19; 10/26
 LANCASTER - 10/4; 10/11; 10/18; 10/25
 MIDDLESEX - 10/5; 10/12; 10/19; 10/26
 NORTHUMBERLAND - 10/2; 10/16; 10/23;
 10/30
 RICHMOND - 10/4; 10/11; 10/18; 10/25
 WESTMORELAND - 10/3; 10/10; 10/17;
 10/24; 10/31

Breast Cancer Awareness

National Breast Cancer Awareness month promotes regular screenings to help catch breast cancer early. Early detection is critical and can provide patients with more treatment options as well as a higher chance for treatment to be successful. Whether symptoms are experienced or not it is important to be screened especially if it is present in family history. Women ages 50-74 at average risk should be screened every other year. Women who are considered higher risk due to family history should be screened every year. For many women, insurance covers routine screening. For those who are uninsured the

Virginia Department of Health's Every Woman's Life program may help. This program provides free breast screenings. For more information about this free program visit

<https://www.vdh.virginia.gov/ever-y-womans-life/>



Stroke Awareness

Stroke is one of the leading causes of death in the United States and a leading cause of serious long-term disability. Having high blood pressure, high cholesterol, smoking or use of tobacco products, and being obese greatly increases the risk of stroke. Exercise, eating healthy, and limiting stress can help prevent stroke. Response time to during a stroke is crucial to the treatment and outcomes physically and cognitively. Recognizing the signs and symptoms of a stroke can help act quickly and lessen time for emergency care. Here is a easy way to respond to common signs of a stroke with the acronym F.A.S.T:

F = Face drooping: Ask the person to smile. Does one side droop?

A = Arm weakness: Ask the person to raise both arms. Does one arm drift downward?

S = Speech difficulty: Ask the person to repeat a simple sentence. Are the words slurred?

T = Time to call 9-1-1: If the person shows any of these signs, call 9-1-1 immediately. Stroke treatment can begin in the ambulance.

Community Events

- **October 3rd: Essex Senior Health and Safety Fair** - Free health fair providing lunch, speakers, health education vendors, health screenings and more. located at Beale Memorial Baptist Church 19622 Tidewater Trail Tappahannock, VA 22560 10am-2pm
- **October 11th: FREE Drive-Thru Flu Clinic** - Riverside Walter Reed Hospital - 7519 Hospital Drive Gloucester, VA 23061 from 9am-1pm.
- **October 12th: CPR & AED Class** - Free CPR and AED class located at the Richmond County Health Department 5591 Richmond Road Warsaw, VA 22572 (sign up on TRHD website)
- **October 19th: REVIVE Class** - Free Opioid Overdose and Naloxone Education (OONE) located at Richmond County Health Department 5591 Richmond Road Warsaw, VA 22572 (sign up on TRHD website)



Contact Us



Three Rivers Health District

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

(804) 758-2381

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