

Three Rivers Health District Newsletter



Thanksgiving Safety Tips

Thanksgiving Day is one of the biggest food days of the year. All year many families look forward to gathering together, eating good food, and some wholesome fun. However, food preparation is crucial to prevent foodborne sickness and fires. Here are some tips to ensure a happy and safe holiday.

1. Be sure you have a fire extinguisher and a working smoke alarm.
2. Never use water on a grease fire, use a fire extinguisher or pot lid instead.
3. Never leave a fryer, oven, or stove unattended while cooking.
4. Do not thaw your turkey by leaving it out on a counter. Thaw in a refrigerator, in cold water, or in a microwave.
5. Cook the turkey at a safe temperature. set the oven temperature to at least 325°F. Cooking times depend on the weight of the turkey and whether it is stuffed.

For more holiday turkey safety tips, you can visit the [CDC food safety page.](#)



National Diabetes Month

November is National Diabetes month. As communities across the nation bring awareness to this disease, this year's focus is on prevention of diabetes health problems. About 37 million youth and adult Americans suffer with diabetes. Managing your diabetes ABC's is one of the first steps to prevention of other health issues.

- A is for the A1C test that health care professionals use to measure your average blood glucose levels.
- B is for blood pressure.
- C is for cholesterol.

For more information about these steps and Diabetes prevention or maintenance visit the

[National Institute for Diabetes and Digestive and Disease](#)



Clinic Schedule

FAMILY PLANNING

- ESSEX – 11/9; 11/30
- GLOUCESTER – 11/2; 11/16
- KING & QUEEN – 11/1; 11/20
- KING WILLIAM – 11/1; 11/20
- LANCASTER – 11/21
- MATHEWS - 11/15
- MIDDLESEX – 11/15
- NORTHUMBERLAND – 11/14; 11/28
- RICHMOND CO – 11/14; 11/28
- WESTMORELAND – 11/8; 11/29

IMMUNIZATION (INCLUDING COVID-19)

- ESSEX – 11/14; 11/28
- GLOUCESTER - 11/3; 11/17; 11/29
- KING & QUEEN – 11/3; 11/20
- KING WILLIAM – 11/1; 11/20
- LANCASTER – 11/21
- MATHEWS – 11/6; 11/15
- MIDDLESEX - 11/15; 11/29
- NORTHUMBERLAND – 11/14; 11/28
- RICHMOND CO – 11/14; 11/28
- WESTMORELAND – 11/13; 11/27

WOMEN, INFANT AND CHILDREN (WIC)

IN-PERSON CLINICS

- ESSEX -11/3; 11/14; 11/17; 11/21; 11/28
- GLOUCESTER - 11/6; 11/13; 11/20; 11/27
- KING WILLIAM - 11/9; 11/16; 11/30
- LANCASTER - 11/8; 11/15; 11/29
- MIDDLESEX - 11/9; 11/16; 11/30
- NORTHUMBERLAND - 11/6; 11/13; 11/20; 11/27
- RICHMOND - 11/8; 11/15; 11/29
- WESTMORELAND - 11/14; 11/21; 11/28

One Health Day

November 3rd, the seventh annual One Health Day, is a global campaign to connect human, animal, and environmental health threats. One health's local, national, regional, and global approach allows collaboration from all to positively impact health outcomes. A One Health approach can address a wide range of public health concerns like antimicrobial resistance, environmental health, food safety, mental health, vector-borne diseases, zoonotic diseases, and much more. For instance, zoonotic diseases can be spread between animals and people. More than half of all infections that people can get are zoonotic. One health Day is a reminder that when we protect one, we protect all.



Community Events

- **November 3-4th: Urbanna Oyster Festival** - Parade, food, and hop vendors. For more information visit [Festival Details](#).
- **November 3rd, 9th, 16th, 23rd, 30th: VCU Mobile Clinic** - The Mobile clinic offers free blood pressure and blood checks; advanced care planning, health education sessions and more. It's located at the Tappahannock-Essex Volunteer Fire Department Station 1 620 Airport Rd, Tappahannock, VA 22560 from 8:30am-3:30pm.
- **November 9th: CPR Class** - CPR & AED course at the Gloucester Health Department. [Register here](#).
- **November 11th: Suicide Prevention Walk** - MPNN CSB in partnership with Alliance having a suicide prevention walk. Meeting next to the Gloucester Library (6920 Main Street Gloucester, VA 23061 from 10am-12pm.
- **November 16th: REVIVE Class** - Opioid overdose training at the Gloucester Health Department. [Register here](#).

The Great American Smokeout

Quitting smoking isn't easy. It takes time, a plan, and support to be successful. November 16th is dedicated to starting the journey of a smoke-free life during the Great American Smokeout. Cigarette smoking is the leading cause of preventable disease and death in the United States. This date is more than just a reminder but a call to action. Here are 5 steps to Improve your success in quitting smoking.

1. Set a date. Choose the Great American Smokeout or another day within the next 2 weeks.
2. Tell your family and friends about your quit plan. Share your quit date with the important people in your life and ask them for their support.
3. Be prepared for challenges. Before your quit day, make a list of healthy ways to cope.
4. Remove cigarettes and other tobacco from your home, car, and workplace.
5. Talk to your pharmacist, doctor, or quitline coach about quit options.

For more tips on quitting and free quitting resources visit [The Great American Smokeout](#).



Contact Us



Three Rivers Health District

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

(804) 758-2381

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