

Three Rivers Health District Newsletter



Holiday Decorating Safety Tips

While jumping into the holiday spirit may mean putting up trees, lights, candles, and blow-up decorations, safety should also be included in the list. Here are some key tips for safety amongst the holidays.

1. Water real trees daily. Dry trees can burn very easily.
2. Never overload electrical outlets, extension cords or power strips. Always use outdoor cord for exterior lighting.
3. Be sure to turn off or unplug holiday lights when leaving home or going to sleep.
4. Check holiday lights for fraying and excessive kinking.
5. Be careful with candle placement. Never leave candles near flammable decorations or unattended. Use battery operated candles.
6. Avoid sharp, breakable decorations in homes with small children.



Influenza Vaccination Week

Flu season is here and vaccination is the best practice of protection against the virus. December 4th-8th is National Influenza Vaccination week. Influenza (flu) is a contagious respiratory illness that infects the nose, throat, and lungs. Young children, adults 65 or older, pregnant, and/or anyone that has an underlying condition such as asthma, diabetes, heart disease are considered high risk for contracting and becoming several ill from the flu virus. For more information about the flu virus visit <https://www.cdc.gov/flu/about/keyfacts.htm>. For a flu vaccination call you primary care physician, local pharmacies, or local health department.



Clinic Schedule

FAMILY PLANNING

- ESSEX – 12/14; 12/28
- GLOUCESTER – 12/7; 12/21
- KING & QUEEN – 12/6
- KING WILLIAM – 12/6
- LANCASTER – 12/5; 12/19
- MATHEWS - 12/20
- MIDDLESEX – 12/20
- NORTHUMBERLAND – 12/12
- RICHMOND CO – 12/12
- WESTMORELAND – 12/13; 12/29

IMMUNIZATION (INCLUDING COVID-19)

- ESSEX – 12/12; 12/28
- GLOUCESTER - 12/8; 12/19; 12/29
- KING & QUEEN – 12/6; 12/18
- KING WILLIAM – 12/6; 12/19
- LANCASTER – 12/5; 12/19
- MATHEWS – 12/1; 12/20
- MIDDLESEX - 12/5; 12/20
- NORTHUMBERLAND – 12/12
- RICHMOND CO – 12/12; 12/26
- WESTMORELAND – 12/13; 12/18

WOMEN, INFANT AND CHILDREN (WIC) IN-PERSON CLINICS

- ESSEX - 12/1; 12/8; 12/15; 12/22; 12/29
- GLOUCESTER - 12/5; 12/12; 12/19; 12/26
- KING WILLIAM - 12/7; 12/14; 12/21; 12/28
- LANCASTER - 12/6; 12/13; 12/20; 12/27
- MIDDLESEX - 12/7; 12/14; 12/21; 12/28
- NORTHUMBERLAND - 12/4; 12/11; 12/18
- RICHMOND - 12/6; 12/13; 12/20; 12/27
- WESTMORELAND - 12/5; 12/12; 12/19; 12/26

World AIDS Day

December 1st is a day of global unity for people that are affected by AIDS. The day highlights personal experiences, remembers those who have been lost, and brings awareness to treatment and testing while reducing the stigma for the fight against HIV. Increasing awareness for Aids and HIV all starts with a conversation. Whether that is a conversation with family, friends or physician, it is important to discuss to for a happier, healthier community. For tips on making a challenging conversation easier, visit [Talk HIV](#).

Three Rivers offers education, counseling, screening and assessment in prevention and treatment of STIs including HIV. For early interventions services or preventive measures like PrEP call your local health department.



Community Events

December 2nd: Tappahannock WinterFest - 11am-4pm includes lazer tag, axe throwing, the Prince St Express and more. Tickets can be found at <https://tinyurl.com/bdev23dv>

December 2nd: Gloucester Christmas Parade and Tree Lighting - 3:00pm parade starts and runs through the Gloucester Courthouse on Main Street.

December 6th: Christmas on the Town - 12pm-5:30pm located at Main Street downtown West Point. Parade, Holiday Home Tour, Crafts, Photos with Santa, Shopping, and more! Tree Lighting at 5:30pm.

December 8th: Kilmarnock Nautical Christmas Parade - 7:00pm parade starts and runs through Kilmarnock Main Street.

December 9th: Mathews Christmas Parade - 1pm starting at Thomas Hunter Middle School

International Volunteer Day



December 5th is International Volunteer day. Three Rivers wants to thank the Medical Reserve Corp Volunteers who dedicate their time and skills to keep our communities healthy. Pictured are MRC volunteers at a testing and vaccination clinic and a local food bank distribution center. If you're interested in becoming a MRC volunteer visit www.vamrc.org



Contact Us



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