

# Three Rivers Health District Newsletter

## Immunization Awareness



During the month of August, we recognize National Immunization Awareness Month to highlight the importance of vaccination for people of all ages. Vaccines have greatly reduced diseases that once routinely babies, children, and adults. People all over the world—including in the United States—still become seriously ill or even die from diseases that vaccines can help prevent. It is important that you stay up to date on recommended vaccines.

Together, we can help raise awareness about the importance of vaccination and encourage people to talk to a healthcare provider they trust about staying up to date on their vaccinations. In advance of the 2025-2026 school year, the Three Rivers Health District is holding numerous back-to-school vaccination events to prepare students and their family for a healthy return to school!

### Three Rivers Health District Back-to-School Clinics:

- Westmoreland County: August 4, 2:00 PM - 7 PM
- Lancaster County: August 5, 4:30 PM - 6:30 PM
- Northumberland County: August 6, 2:00 PM - 6:30 PM
- Richmond County: August 7, 2:00 PM - 7:00 PM
- King & Queen County: August 7, 2:00 PM - 7:00 PM
- Essex County: August 7, 3:00 PM - 7:00 PM
- King William County: August 13, 2:00 PM - 7:00 PM
- Middlesex County: August 14, 2:00 PM - 7:00 PM
- Mathews County: August 20, 2:00 PM - 7:00 PM
- Gloucester County: August 20, 2:00 PM - 7:00 PM



## Clinic Schedule

### FAMILY PLANNING

ESSEX - 8/14  
 GLOUCESTER - 8/13  
 KING & QUEEN - 8/19  
 KING WILLIAM - 8/19  
 LANCASTER - 8/12  
 MATHEWS - 8/5  
 MIDDLESEX - 8/5  
 NORTHUMBERLAND - 8/20  
 RICHMOND CO - 8/20  
 WESTMORELAND - 8/6

### IMMUNIZATION

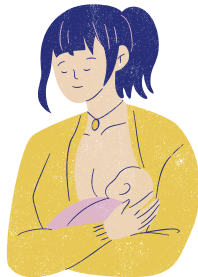
ESSEX - 8/4, 8/18  
 GLOUCESTER - 8/1, 8/8, 8/21, 8/25, 8/28  
 KING & QUEEN - 8/4, 8/12, 8/26  
 KING WILLIAM - 8/6, 8/14, 8/18  
 LANCASTER - 8/5, 8/19  
 MATHEWS - 8/5, 8/18, 8/25, 8/26  
 MIDDLESEX - 8/5, 8/18, 8/27  
 NORTHUMBERLAND - 8/5, 8/20  
 RICHMOND CO - 8/5, 8/20  
 WESTMORELAND - 8/4, 8/18,

### WOMEN, INFANT AND CHILDREN (WIC)

#### IN-PERSON CLINICS

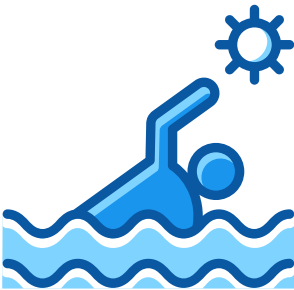
ESSEX - 8/1, 8/5, 8/8, 8/12, 8/15, 8/19, 8/22, 8/26, 8/29  
 GLOUCESTER - 8/1, 8/4, 8/5, 8/8, 8/11, 8/12, 8/15, 8/18, 8/19, 8/22, 8/25, 8/26, 8/29  
 KING WILLIAM - 8/7, 8/14  
 LANCASTER - 8/13, 8/20, 8/27  
 MIDDLESEX - 8/7, 8/14, 8/21, 8/28  
 NORTHUMBERLAND - 8/4, 8/11, 8/18, 8/25  
 RICHMOND CO - 8/6, 8/27  
 WESTMORELAND - 8/4, 8/5, 8/11, 8/12, 8/18, 8/19, 8/25, 8/26

# World Breastfeeding Week



During the month of August, we celebrate National Breastfeeding Awareness Month. 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. The 2025 National Breastfeeding Month (NBM) theme is Forward Together. This year’s theme centers unity, solidarity, and hope, and celebrates the strength and determination of the organizations and advocates committed to advancing policy, systems, and environmental change in the First Food field and improving access to human milk. For more information, please see the [U.S. Breastfeeding Committee’s website](#), or contact your local health department about breastfeeding services!

# Safe Swimming Reminders



Vibrio bacteria thrive in waters that are warm, salt or brackish and tend to cause more infections during the summer months. Anyone can get vibriosis, but infection is more likely when someone goes swimming in waters with an open wound like a cut, puncture or a scrape. Don’t swim in salt or brackish water if you have an open wound. Water shoes can help protect you from sharp rocks, barnacles, crabs, and other hazards while in and around the water. Learn more healthy swimming tips with [Swim Healthy VA](#).

# Come Work With Us!

Please join the Three Rivers Health District in working to make Virginia the healthiest state in the nation and to protect the environment of the Middle Peninsula and Northern Neck. To view jobs with the Three Rivers Health District & Virginia Department of Health, please see [Virginia Department of Health Jobs](#).



# Contact Us



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