

Three Rivers Health District Newsletter



Maternal and Child Health



While maternal health outcomes have improved in recent years, most pregnancy-related deaths still occur after childbirth. More than 60% happen within the first six weeks postpartum, with cardiovascular conditions, infections, and blood clots among the leading causes. An additional 30–40% occur between six weeks and one year after delivery, when mental health conditions, substance use, and heart disease become the greatest risks. The good news is that the CDC estimates nearly 80% of these deaths are preventable.

The Three Rivers Health District is committed to improving maternal and infant health by providing free, voluntary, and confidential support to expectant and new mothers. Through one-on-one guidance, education, referrals, and connections to community resources, our Maternal and Child Health team helps families navigate pregnancy and the postpartum period with confidence.

To learn more or make a referral, call (804) 333-4043 or visit [Three Rivers Health District Maternal & Child Health Services](#).

Clinic Schedule

FAMILY PLANNING

- ESSEX – 7/9, 7/23
- GLOUCESTER – 7/15, 7/29
- KING & QUEEN – 7/2, 7/21
- KING WILLIAM – 7/2, 7/21
- LANCASTER – 7/16, 7/30
- MATHEWS – 7/1
- MIDDLESEX – 7/1
- NORTHUMBERLAND – 7/14, 7/28
- RICHMOND CO – 7/14, 7/28
- WESTMORELAND – 7/8, 7/22

NURSING & IMMUNIZATION

- ESSEX – 7/6, 7/20, 7/31
- GLOUCESTER – 7/2, 7/10, 7/16, 7/23, 7/28, 7/31
- KING & QUEEN – 7/2, 7/21
- KING WILLIAM – 7/2, 7/21
- LANCASTER – 7/7, 7/21
- MATHEWS – 7/20
- MIDDLESEX – 7/1, 7/13, 7/27
- NORTHUMBERLAND – 7/14, 7/28
- RICHMOND CO – 7/14, 7/28
- WESTMORELAND – 7/6, 7/20

WOMEN, INFANT AND CHILDREN (WIC)

IN-PERSON CLINICS

- ESSEX – 7/7, 7/10, 7/14, 7/17, 7/21, 7/28
- GLOUCESTER – 7/6, 7/7, 7/10, 7/13, 7/14, 7/17, 7/20, 7/21, 7/24, 7/27, 7/28, 7/31
- KING WILLIAM – 7/9, 7/16, 7/23, 7/30
- LANCASTER – 7/1, 7/8, 7/15, 7/22, 7/29
- MIDDLESEX – 7/2, 7/9, 7/16, 7/23, 7/30
- NORTHUMBERLAND – 7/6, 7/13, 7/20, 7/27
- RICHMOND CO – 7/1, 7/8, 7/15, 7/29
- WESTMORELAND – 7/1, 7/7, 7/14, 7/21, 7/28

July is UV Safety Month



Summer is the perfect time to enjoy the outdoors, but it is also when exposure to harmful ultraviolet (UV) rays is at its highest. UV Safety Month, observed each July, is a reminder that practicing sun safety can help reduce your risk of skin cancer and protect your long-term health.

When spending time outside, remember these simple sun safety tips:

- Use sunscreen: Apply a broad-spectrum, water-resistant sunscreen with SPF 30 or higher at least 20 minutes before going outdoors, and reapply every two hours or after swimming or sweating.
- Cover up: Wear lightweight, tightly woven clothing, a wide-brimmed hat, and UV-blocking sunglasses to protect your skin and eyes.
- Seek shade: Whenever possible, stay in the shade, especially between 10:00 a.m. and 4:00 p.m., when the sun's rays are strongest.

Before heading outside, check the daily UV Index to plan your activities and take extra precautions on days with high UV exposure. A few simple steps today can help protect your skin for years to come.

World Hepatitis Day – July 28



Each year on July 28, World Hepatitis Day raises awareness about viral hepatitis, a disease that affects more than 300 million people worldwide and causes more than 1 million deaths annually. The good news is that many hepatitis-related illnesses and deaths can be prevented through vaccination, testing, and treatment.

Hepatitis is an inflammation of the liver caused by a viral infection. There are five main types of hepatitis viruses—A, B, C, D, and E—with hepatitis A, B, and C being the most common. [Click here to learn more.](#) Safe and effective vaccines are available to help prevent hepatitis A and hepatitis B.

The Three Rivers Health District offers hepatitis A and hepatitis B vaccinations through its Immunization Clinics. If you are unsure of your vaccination status or believe you may be at risk, talk with your healthcare provider or contact your local health department.

To learn more about viral hepatitis, prevention, testing, and treatment, visit [Virginia Department of Health – Viral Hepatitis Program](#).

Fire Up the Grill— Safely!



Cookout season is here! Backyard barbecues are a great way to enjoy the summer with family and friends, but warmer temperatures also create ideal conditions for foodborne bacteria to grow. Following a few simple food safety practices can help keep everyone healthy.

Keep it Cold: Store meat, poultry, and seafood in the refrigerator until you're ready to grill.

When traveling, keep perishable foods at 40°F or below in an insulated cooler.

Keep it Clean: Wash your hands with soap and water before and after handling raw meat, poultry, or seafood. Be sure to clean utensils, cutting boards, and surfaces to prevent cross-contamination.

Cook to the Right Temperature: Use a food thermometer to make sure foods are cooked thoroughly:

- 145°F: Beef, pork, lamb, and veal (allow to rest for 3 minutes before serving)
- 145°F: Fish
- 160°F: Hamburgers and other ground meats
- 165°F: Poultry

A few extra precautions can help ensure your summer cookout is remembered for great food and good company—not food poisoning. Have a safe and healthy grilling season!

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



Three Rivers Health District

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

(804) 758-2381

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