

Three Rivers Health District Newsletter



Holiday Decoration Safety

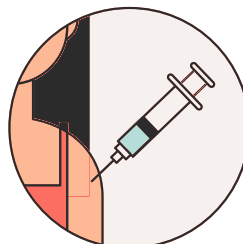
While jumping into the holiday spirit may mean putting up trees, lights, candles, and blow-up decorations, safety should also be included in the list. Here are some key tips for safety amongst the holidays.

1. Water real trees daily. Dry trees can burn very easily.
2. Never overload electrical outlets, extension cords, or power strips. Always use outdoor cords 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 excessing 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 6th-12th 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 severely 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 your local health department, primary care physician, or local pharmacy.



Clinic Schedule

FAMILY PLANNING

GLOUCESTER - 12/3, 12/16

KING WILLIAM - 12/10

NURSING & IMMUNIZATION

ESSEX - 12/1, 12/15

GLOUCESTER - 12/12, 12/19, 12/29

KING & QUEEN - 12/1, 12/17

KING WILLIAM - 12/9, 12/30

LANCASTER - 12/2, 12/16, 12/17

MATHEWS - 12/8, 12/22

MIDDLESEX - 12/9, 12/30

NORTHUMBERLAND - 12/2, 12/16

RICHMOND CO - 12/4, 12/16

WESTMORELAND - 12/1, 12/15

WOMEN, INFANT AND CHILDREN (WIC)

IN-PERSON CLINICS

ESSEX - 12/5, 12/9, 12/12, 12/16, 12/19, 12/23, 12/30

GLOUCESTER - 12/1, 12/2, 12/3, 12/5, 12/8, 12/9, 12/11, 12/12, 12/15, 12/16, 12/19, 12/22, 12/23, 12/29, 12/30

KING WILLIAM - 12/4, 12/11, 12/18

LANCASTER - 12/10, 12/24, 12/31

MIDDLESEX - 12/4, 12/11, 12/18

NORTHUMBERLAND - 12/1, 12/2, 12/3, 12/8, 12/15, 12/22, 12/29

RICHMOND CO - 12/10, 12/17, 12/24, 12/31

WESTMORELAND - 12/1, 12/2, 12/3, 12/8, 12/9, 12/15, 12/16, 12/22, 12/23, 12/29, 12/30

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 starts with a conversation. Whether that is a conversation with family, friends, or a physician, it is important to discuss for a healthier community. For tips on making a challenging conversation easier, visit the [World Health Organization](#).

Three Rivers offers education, counseling, education, screening, and assessment in prevention and treatment of STIs and HIV. For early intervention services or preventative measures, such as PrEP, call your local health department.



International Volunteer Day

December 5th is International Volunteer Day. The Three Rivers Health District wants to thank the Medical Reserve Corps (MRC) volunteers as well as the other volunteers in the community who dedicate their time and skills to keeping our community safe and connected. If you're interested in becoming an MRC volunteer, please visit <https://www.vdh.virginia.gov/mrc/>.

**VOLUNTEERS
NEEDED**

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/>