

# Three Rivers Health District Newsletter



## National Public Health Month

For more than 150 years, public health has reshaped what’s possible in the United States – adding decades to life expectancy and dramatically improving quality of life. These achievements didn’t happen by accident. They were the result of community health workers, medical professionals, scientists and advocates pushing for policies grounded in evidence and focused on equity.

This year’s theme is **READY, SET, ACTION!** As we celebrate, take a moment to recognize how public health has improved our daily lives, safeguarded our families, expanded our life spans, and strengthened our communities. This week is also a chance to honor the public health workers who show up for us every day – and to advocate for policies and practices that promote good health for all.

Good health doesn’t just happen. It takes government partnerships, scientific advancement, leadership and you.

Please visit <https://www.apha.org/initiatives/national-public-health-week/themes-and-facts#> for this years themes.

## Back to School Vaccinations

Three Rivers Health District has again partnered with local school systems to provide back-to-school vaccinations in preparation for the 2026-2027 school year. In addition to vaccination opportunities at the local health department, public health nurses will be coming on-site in the Spring to administer vaccinations required for school admission for rising 7th & 12th graders.

- 4/10/26: Northumberland Public Schools
- 4/10/26: Richmond Co, Public Schools
- 4/13/26: Gloucester Middle Schools (Peasley/Page)
- 4/16/26: Lancaster Co, Public Schools, Gloucester High School
- 4/21/26: Westmoreland Public Schools
- 4/22/26: Colonial Beach Public Schools
- 4/23/26: Middlesex Co. Public Schools
- 4/24/26: Essex Co. Public Schools
- 4/24/26: Mathews Co. Public Schools
- 4/30/26: King and Queen Public Schools
- 5/7/26: King William High School
- 5/15/26: West Point Public Schools



## Clinic Schedule

### FAMILY PLANNING

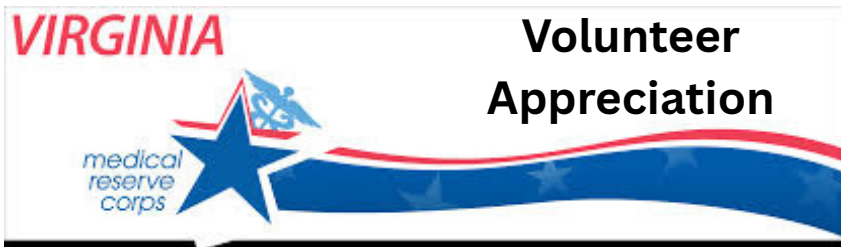
- ESSEX – 4/21, 4/30
- GLOUCESTER - 4/2/4/29
- KING & QUEEN – 4/14
- KING WILLIAM – 4/14
- LANCASTER - 4/1, 4/7, 4/28
- MATHEWS – 4/15
- MIDDLESEX - 4/15, 4/28
- NORTHUMBERLAND -
- RICHMOND CO –
- WESTMORELAND – 4/1, 4/8

### NURSING & IMMUNIZATION

- ESSEX – 4/6, 4/20
- GLOUCESTER - 4/3, 4/10, 4/21
- KING & QUEEN – 4/7, 4/12
- KING WILLIAM – 4/14, 4/29
- LANCASTER - 4/14
- MATHEWS – 6/6, 4/20
- MIDDLESEX - 4/15, 4/27
- NORTHUMBERLAND - 4/14, 4/28
- RICHMOND CO – 4/14, 4/28
- WESTMORELAND – 4/6

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

- ESSEX - 4/3, 4/7, 4/10, 4/14, 4/17, 4/24, 4/28
- GLOUCESTER - 4/3, 4/6, 4/7, 4/10, 4/13, 4/13, 4/14, 4/17, 4/20, 4/21, 4/24, 4/27, 4/28
- KING WILLIAM - 4/2, 4/16, 4/23, 4/30
- LANCASTER - 4/8, 4/15, 4/29
- MIDDLESEX - 4/9, 4/16, 4/23, 4/30
- NORTHUMBERLAND - 4/1, 4/13, 4/20, 4/27
- RICHMOND CO - 4/1, 4/8, 4/15, 4/22, 4/29
- WESTMORELAND - 4/7, 4/14, 4/28



## Volunteer Appreciation

April marks both National Public Health Week and National Volunteer Month, making it the perfect time to recognize the incredible impact of community service. The Medical Reserve Corps (MRC) is a nationwide network of locally organized medical and support volunteers dedicated to strengthening public health and emergency response efforts.

The Three Rivers Health District Medical Reserve Corps, established in 2008, plays a vital role in supporting the health district during both emergency and non-emergency situations. Through partnerships with local hospitals, county governments, the American Red Cross, and Community Emergency Response Teams (CERT), the MRC helps expand response capacity when it matters most.

Beyond emergency response, MRC volunteers are actively involved in ongoing training, education, and preparedness exercises that help keep communities safe and resilient.

Interested in making a difference? To learn more or get involved, contact Jonathan Matthews at [Jonathan.Matthews@vdh.virginia.gov](mailto:Jonathan.Matthews@vdh.virginia.gov).

Most importantly, we extend our sincere thanks to all the volunteers who give their time and energy to support the health and well-being of our communities.

## Spring Allergy & Asthma Management:

With spring allergy season in full swing, you may be experiencing some of the symptoms of seasonal allergies. Seasonal allergic rhinitis affects about 7.7% of adults and 7.2% of children, causing symptoms such as sneezing, stuffy or runny nose, red and watery eyes, itchy nose, eyes, ears, or mouth, and swelling around the eyes. Here are some helpful tips to manage your symptoms:

1. Check local pollen counts or forecasts daily.
2. Keep windows/doors closed during pollen season or peak pollen times.
3. Shower before bed to keep pollen out of your bedding.
4. Start allergy treatment. Talk with your doctor about which treatments are right for you.



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