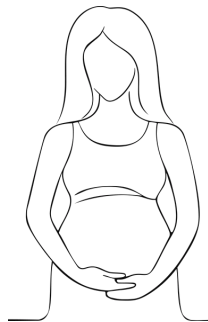


Three Rivers Health District Newsletter

New Three Rivers Health District Maternal & Child Health Programs



The Three Rivers Health District has established a new Maternal and Child Health Community Health Worker Program to support new and expecting families as they prepare for their expanding families. This program will provide medical and social support care navigation, opportunities to participate in community baby showers, and additional supports that new and expecting mothers might need. This program supplements our existing Resource Mothers program and is led by the Three Rivers Health District's nursing division and directly supported by our Maternal and Child Health Coordinator Stacey Stevens (Stacey.Stevens@vdh.virginia.gov) and Community Health Workers Carla Minor-Blake (Carla.Minor-Blake@vdh.virginia.gov) & Marley Byrock (Marley.Byorick@vdh.virginia.gov). Stacey, Carla, Marley, or any of our local health departments may be contacted directly for any inquiries regarding this exciting new program!

Cervical Cancer Awareness

January is Cervical Health Awareness month where many organizations are shining a light on prevention strategies through screening and vaccination of Human papillomavirus (HPV) and cervical cancer. Over 14,000 women in the United States get diagnosed with cervical cancer a year, but you can lower your risk by getting screened regularly starting at the age of 21. The HPV test and Pap test are screenings that detect early signs and prevent cervical cancer. HPV vaccine can also help protect against the growth of abnormal cells that most often cause cancer. A screening is still recommended even if a person is vaccinated. Every Woman's Life (EWL) is a program through VDH that offers cervical screenings for uninsured or low-income woman. For more information visit <https://www.vdh.virginia.gov/every-womans-life/>



Clinic Schedule

FAMILY PLANNING

ESSEX - 1/15,
GLOUCESTER - 1/14, 1/20, 1/29
KING & QUEEN - 1/22
KING WILLIAM - 1/22
LANCASTER - 1/13,
MATHEWS - 1/28
MIDDLESEX - 1/28
NORTHUMBERLAND - 1/27
RICHMOND CO - 1/27
WESTMORELAND - 1/21

NURSING & IMMUNIZATION

ESSEX - 1/12, 1/26
GLOUCESTER - 1/9, 1/23, 1/30
KING & QUEEN - 1/7,
KING WILLIAM - 1/6, 1/8
LANCASTER - 1/6, 1/7, 1/20,
MATHEWS - 1/13, 1/26
MIDDLESEX - 1/8, 1/12, 1/26
NORTHUMBERLAND - 1/13, 1/27
RICHMOND CO - 1/7, 1/13, 1/27
WESTMORELAND - 1/12, 1/26

WOMEN, INFANT AND CHILDREN (WIC)

IN-PERSON CLINICS

ESSEX - 1/2, 1/6, 1/9, 1/13, 1/16, 1/20, 1/23, 1/27, 1/30
GLOUCESTER - 1/2, 1/5, 1/6, 1/9, 1/12, 1/13, 1/16, 1/20, 1/23, 1/26, 1/27, 1/30
KING WILLIAM - 1/15, 1/22, 1/29
LANCASTER - 1/14, 1/21, 1/28
MIDDLESEX - 1/15, 1/22, 1/29
NORTHUMBERLAND - 1/5, 1/12, 1/26
RICHMOND CO - 1/14, 1/21, 1/28,
WESTMORELAND - 1/6, 1/13, 1/20, 1/27

National Pharmacists' Day



January 12th presents the opportunity to celebrate National Pharmacist Day and honor the incredible work pharmacists provide in the community. In addition to the active involvement in all aspects of patient care, including in hospitals, pharmacies, and healthcare settings, pharmacists are integral to community health education and outreach. Pharmacists in the Three Rivers Health District have been critical to public health efforts, from providing COVID-19 vaccinations during drive-through clinics to dispensing prescription medications and providing information to patients about the drugs and their use. Pharmacists advise physicians and other healthcare workers on the selection, dosage, interactions, and side effects of medications to treat health problems.

Save a Life, Donate Blood!

Every two seconds in the United States someone is in need of blood. National Blood Donor month is recognized in January because winter months are very difficult to maintain a sufficient blood and platelet supply. Blood and platelet are essential for severe illness, surgeries, child birth, cancer treatment and so much more. Individuals who are at least 17 years old and weigh 100 pounds are eligible to donate. For more information on blood and platelet donations visit

<https://www.redcrossblood.org>



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/>