

Three Rivers Health District Newsletter

Thanksgiving Safety Tips



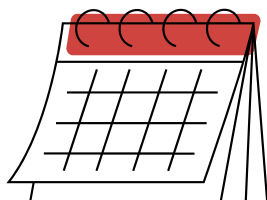
Thanksgiving Day is one of the biggest food days of the year. All year long, many families look forward to gathering together, eating good food, and some wholesome fun. However, food preparation is crucial to prevent foodborne sickness and fires. Here are some tips to ensure a happy and safe holiday.

1. Be sure you have a fire extinguisher and a working smoke alarm.
2. Never use water on a grease fire, use a fire extinguisher or pot lid instead.
3. Never leave a fryer, oven, or stove unattended while cooking.
4. Do not thaw your turkey by leaving it out on a counter. Thaw in a refrigerator, in cold water, or in a microwave.
5. Cook the turkey at a safe temperature. set the oven temperature to at least 325°F. Cooking times depend on the weight of the turkey and whether it is stuffed.

For more holiday turkey safety tips, you can visit the [CDC food safety page](#).

Three Rivers Health District Office Closure November 4th, 11th, 26th (Half-Day), 27th, & 28th

The Three Rivers Health District will be closed on November 4th for Election Day, November 11th for Veteran's Day, and November 26th (Half-Day)-November 28th for Thanksgiving. For any customer needs regarding permit applications, payment, appointment scheduling, or vital records please contact your local health department.



Clinic Schedule

FAMILY PLANNING

ESSEX - 11/13,
GLOUCESTER - 11/6, 11/20
KING & QUEEN - 11/19
KING WILLIAM - 11/19
LANCASTER - 11/5, 11/18
MATHEWS - 11/10
MIDDLESEX - 11/10
NORTHUMBERLAND - 11/3
RICHMOND CO - 11/3
WESTMORELAND - 11/12,

NURSING & IMMUNIZATION

ESSEX - 11/17
GLOUCESTER - 11/7, 11/14, 11/21
KING & QUEEN - 11/12, 11/19
KING WILLIAM - 11/5, 11/19
LANCASTER - 11/10, 11/24
MATHEWS - 11/10, 11/17
MIDDLESEX - 11/10, 11/24
NORTHUMBERLAND - 11/3, 11/18
RICHMOND CO - 11/3, 11/18
WESTMORELAND - 11/10, 11/24

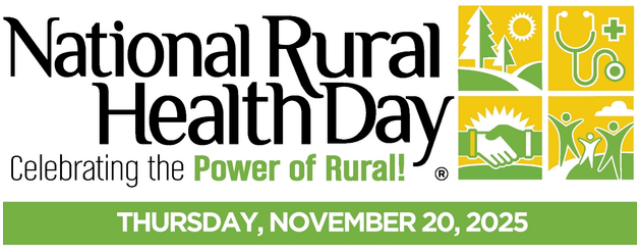
WOMEN, INFANT AND CHILDREN (WIC) IN-PERSON CLINICS

ESSEX - 11/7, 11/14, 11/18, 11/21, 11/25
GLOUCESTER - 11/3, 11/5, 11/7, 11/10, 11/14, 11/17, 11/18, 11/21, 11/24, 11/25
KING WILLIAM - 11/6, 11/13, 11/20
LANCASTER - 11/12, 11/19, 11/26
MIDDLESEX - 11/6, 11/13, 11/20
NORTHUMBERLAND - 11/17, 11/24
RICHMOND CO - 11/19, 11/26
WESTMORELAND - 11/3, 11/5, 11/10, 11/17, 11/18, 11/24, 11/25

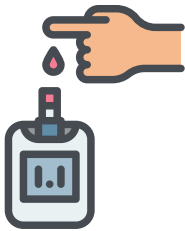
National Rural Health Day

On November 20, 2025 we recognize National Rural Health Day across rural communities nationwide. National Rural Health Day showcases the efforts of rural healthcare providers, State Offices of Rural Health, and other rural stakeholders to address the unique healthcare challenges that rural citizens face today and into the future.

Our partnerships and sense of community define the power of rural Virginia provide with us the tools to address health disparities and challenges for all rural Virginians. For more information about rural health, please see [National Rural Health Day](#).



National Diabetes Month



November is National Diabetes month. As communities across the nation bring awareness to this disease, this year's focus is on prevention of diabetes health problems. About 37 million youth and adult Americans suffer with diabetes. Managing your diabetes ABC's is one of the first steps to prevention of other health issues.

- A is for the A1C test that health care professionals use to measure your average blood glucose levels.
- B is for blood pressure.
- C is for cholesterol.

For more information about these steps and Diabetes prevention or maintenance visit the [National Institute for Diabetes and Digestive and Disease](#).

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