

Three Rivers Health District Newsletter

Emergency Preparedness

Reminders

Do you know where the nearest shelter is in case of a hurricane or tornado? Do you know the evacuation route in your area? Do you have a bag prepared in case of an emergency? September is National Preparedness Month and seeks to raise awareness about the importance of preparing for natural disasters or emergencies. Federal Emergency Management Agency (FEMA) lists four steps to help you prepare and respond to emergencies.

- **Make a plan for your family**
 - How will I receive [emergency alerts and warnings](#)?
 - What is my [shelter plan](#)?
 - What is my [evacuation route](#)?
 - What is my [family/household communication plan](#)?
 - Do I need to update my [emergency preparedness kit](#)?
- **Be aware of the needs in your household**
 - Age appropriate needs of members in the household
 - Remember to consider pet needs or service animals
 - Disability, access, and/ or functional needs including medical equipment
- **Create a [Family Emergency Plan](#)**
- **Go over the process and the plan with family**

For more information on the 2025 preparedness campaign and ways to improve your plans visit <https://www.ready.gov/>.

Rabies Awareness

In preparation of Rabies Awareness Day in September, the Three Rivers Health District wishes to remind all that rabies infection is almost always fatal for humans and animals once symptoms appear. If we protect the animals that have the most contact with from rabies, we protect ourselves.

There are several ways to reduce the likelihood of human illness:

- Vaccinate people and pets
- Report animal bites to local officials
- Seek care from a healthcare provider after a bite
- Don't adopt wildlife or take matters into you own hands when it comes to wild animals. If you see a wild animal that appears ill, injured or orphaned, contact your closest [Department of Wildlife Resources](#) office or a licensed wildlife rehabilitator.
- Report stray animals to local animal control authorities. Contact animal control or [your local health department](#) if your pet is attacked or bitten by a wild animal. Keep pet food inside and keep garbage inside or well-secured outside to avoid attracting stray animals. Keeping your pets on your property can also help decrease the likelihood they will be injured or exposed to rabies.



Clinic Schedule

FAMILY PLANNING

ESSEX - 9/11, 9/25
 GLOUCESTER - 9/4, 9/17
 KING & QUEEN - 9/9, 9/23
 KING WILLIAM - 9/9, 9/23
 LANCASTER - 9/18, 9/30
 MATHEWS - 9/2
 MIDDLESEX - 9/2
 NORTHUMBERLAND - 9/16
 RICHMOND CO - 9/16
 WESTMORELAND - 9/3, 9/24

IMMUNIZATION

ESSEX - 9/15
 GLOUCESTER - 9/5, 9/12, 9/19
 KING & QUEEN - 9/9, 9/30
 KING WILLIAM - 9/9, 9/15
 LANCASTER - 9/3, 9/16
 MATHEWS - 9/2, 9/5, 9/29
 MIDDLESEX - 9/10, 9/24
 NORTHUMBERLAND - 9/9, 9/23
 RICHMOND CO - 9/9, 9/23
 WESTMORELAND - 9/22

WOMEN, INFANT AND CHILDREN (WIC)

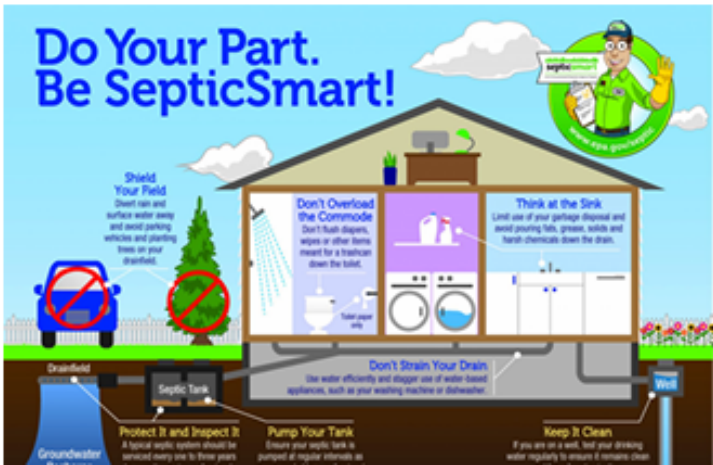
IN-PERSON CLINICS

ESSEX - 9/5, 9/9, 9/12, 9/19, 9/23, 9/26, 9/30
 GLOUCESTER - 9/2, 9/3, 9/5, 9/8, 9/9, 9/12, 9/15, 9/16, 9/19, 9/22, 9/23, 9/26, 9/26, 9/30
 KING WILLIAM - 9/11, 9/18, 9/25
 LANCASTER - 9/10, 9/17
 MIDDLESEX - 9/4, 9/18, 9/25
 NORTHUMBERLAND - 9/3, 9/8, 9/15, 9/22, 9/29
 RICHMOND CO - 9/10, 9/17, 9/24
 WESTMORELAND - 9/2, 9/8, 9/9, 9/15, 9/16, 9/22, 9/23, 9/29, 9/30

Septic Smart Week



SepticSmart Week is an annual event that occurs the third week of September. Communities, national organizations, local groups, and state governments can bring attention to the importance of caring for and maintaining septic systems by organizing homeowner education events, sponsoring workshops or sharing social media from the SepticSmart program. For more information, please see <https://www.epa.gov/septic/septicSMART-week>.



Healthy Food Preparation



It is all too common to forget the importance of healthy food preparation and storage. Over the recent months and years, there has been an increase in some foodborne illness, cyclosporiasis being one such illness. It is important to remember to always follow safe food handling recommendations, such as properly washing fruits and vegetables before eating.

More information on foodborne illness, including prevention recommendations, can be found at <https://www.vdh.virginia.gov/environmental-health/food-safety-in-virginia/foodborne-diseases-and-outbreaks/foodborne-disease-data/>.

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/
(804) 758-2381
<https://www.vdh.virginia.gov/three-rivers/health-departments/>