

Three Rivers Health District Newsletter



National Immunization Awareness Month: Protecting Health at Every Age

Each August, we recognize National Immunization Awareness Month (NIAM), an annual observance that highlights the important role vaccines play in protecting people of all ages from serious, preventable diseases. Immunizations are one of the safest and most effective public health tools available, helping to reduce the spread of infectious diseases and protect our communities.

Vaccination is not just for children. From infancy through older adulthood, recommended vaccines help protect against illnesses such as measles, whooping cough, influenza, shingles, COVID-19, and pneumococcal disease. Staying up to date on recommended immunizations helps safeguard individual health while also protecting those who are most vulnerable, including infants, older adults, and individuals with weakened immune systems.

National Immunization Awareness Month is a great time to review your family's vaccination records, speak with your healthcare provider about recommended vaccines, and schedule any immunizations that may be due. As students prepare to return to school and families return to busy routines, ensuring everyone is up to date on recommended vaccines can help support a healthy school year and community.

For information about recommended immunizations, contact your local health department or healthcare provider, or visit the Centers for Disease Control and Prevention ([CDC](https://www.cdc.gov)) [website](https://www.cdc.gov) to learn more about vaccines recommended for every stage of life.

Clinic Schedule

FAMILY PLANNING

ESSEX – 8/13
 GLOUCESTER – 8/5, 8/25
 KING & QUEEN – 8/4
 KING WILLIAM – 8/4
 LANCASTER – 8/11, 8/20
 MATHEWS – 8/19
 MIDDLESEX – 8/19
 NORTHUMBERLAND – 8/18
 RICHMOND CO – 8/18
 WESTMORELAND – 8/12

NURSING & IMMUNIZATION

ESSEX – 8/3, 8/17
 GLOUCESTER – 8/11, 8/28
 KING & QUEEN – 8/4, 8/17, 8/28
 KING WILLIAM – 8/4, 8/17, 8/24
 LANCASTER – 8/4, 8/25
 MATHEWS – 8/10, 8/19, 8/24
 MIDDLESEX – 8/19, 8/26
 NORTHUMBERLAND – 8/18, 8/25
 RICHMOND CO – 8/11, 8/18
 WESTMORELAND – 8/3, 8/17

WOMEN, INFANT AND CHILDREN (WIC)

IN-PERSON CLINICS

ESSEX – 8/4, 8/7, 8/11, 8/14, 8/18, 8/21, 8/25, 8/28
 GLOUCESTER – 8/3, 8/4, 8/7, 8/10, 8/11, 8/14, 8/17, 8/18, 8/21, 8/24, 8/25, 8/28, 8/31
 KING WILLIAM – 8/6, 8/13, 8/20, 8/27
 LANCASTER – 8/5, 8/12, 8/19, 8/26
 MIDDLESEX – 8/6, 8/13, 8/20, 8/27
 NORTHUMBERLAND – 8/3, 8/10, 8/24, 8/31
 RICHMOND CO – 8/5, 8/12, 8/19, 8/26
 WESTMORELAND – 8/4, 8/5, 8/11, 8/18, 8/25

August 31st: International Overdose Awareness Day



Observed each year on August 31, International Overdose Awareness Day is a global campaign dedicated to remembering those who have died from overdose, supporting individuals and families affected by substance use, and reducing the stigma surrounding addiction. The 2026 observance marks the campaign's 25th anniversary, highlighting the importance of education, prevention, and evidence-based harm reduction strategies. Communities are encouraged to learn the signs of an overdose, become familiar with life-saving resources such as naloxone, and help foster compassionate conversations that support recovery and save lives. Visit the [SAMSHA](https://www.samhsa.gov) website to discover ways to get involved.

World Breast Feeding Week: August 1st-7th



World Breastfeeding Week is celebrated each year from August 1–7 to raise awareness about the many health benefits of breastfeeding and the importance of creating supportive environments for nursing families. Coordinated by the World Alliance for Breastfeeding Action (WABA) with support from the World Health Organization (WHO) and UNICEF, this global campaign promotes exclusive breastfeeding during the first six months of life to help give infants the healthiest possible start.

The 2026 theme, "Breastfeeding for a Sustainable Start in Life: Strengthen What Works," encourages communities, healthcare organizations, employers, and policymakers to build on proven strategies that support breastfeeding success while learning from effective programs around the world.

To learn more or get involved, explore educational resources and campaign materials through [WABA](#), visit the [WHO World Breastfeeding Week hub](#), or connect with local healthcare professionals and organizations such as [AWHONN](#) for breastfeeding support and workplace resources.

Protect Yourself from Vibrio Infections This Summer



As coastal waters warm during the summer months, *Vibrio* bacteria become more common in saltwater and brackish water, increasing the risk of infection. Anyone can become ill, but the risk is higher if bacteria enter the body through an open cut, scrape, or puncture wound. If you have an open wound, avoid swimming in salt or brackish water until it has healed. Wearing water shoes can also help prevent cuts from rocks, shells, barnacles, and other sharp objects. Enjoy the water safely this summer by taking a few simple precautions and learn more healthy swimming tips through [Swim Safe Virginia](#).

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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