

Three Rivers Health District Newsletter



♥ October is Breast Cancer Awareness Month

Breast Cancer Awareness Month is an opportunity to learn about breast cancer, understand your personal risk, and talk with your healthcare provider about recommended screenings. While there is no way to prevent every case of breast cancer, finding cancer early can make it easier to treat.

Know Your Health. Know Your Risk.

Your age, family history, genetics, and other factors can affect your risk for breast and other cancers. Talk with your healthcare provider about your individual health history and which screenings are appropriate for you. And remember—breast health is only one part of women's preventive health.

♥ Don't Forget About Cervical Cancer Screening

Our Local Health Department is proud to offer cervical cancer screening through **Every Woman's Life**, a program designed to help eligible women access important preventive health services.

Regular cervical cancer screening can help identify changes before they become cancer or detect cervical cancer at an earlier stage. If you have been putting off your screening, October is a great time to schedule an appointment and take an important step toward protecting your health.

Take Charge of Your Health

This October, make preventive care part of your self-care:

- ♥ Talk with your healthcare provider about your breast cancer risk.
- ♥ Stay up to date with recommended cancer screenings.
- ♥ Don't ignore changes or concerns about your health.
- ♥ Ask questions if you aren't sure which screenings you need.
- ♥ If you are due for cervical cancer screening, ask us about Every Woman's Life.

Your health is worth making time for.

Global Handwashing Day – October 15th



CDC observes Global Handwashing Day on October 15 and emphasizes handwashing as one of the simplest ways to reduce the spread of respiratory and diarrheal illnesses.

20 SECONDS CAN MAKE A DIFFERENCE

Wash your hands:

- Before eating or preparing food
- After using the bathroom
- After coughing, sneezing, or blowing your nose
- After caring for someone who is sick
- After touching animals



Clinic Schedule

FAMILY PLANNING

ESSEX – 10/5, 10/22
 GLOUCESTER – 10/15, 10/28
 KING & QUEEN – 10/14, 10/27
 KING WILLIAM – 10/14, 10/27
 LANCASTER – 10/13, 10/29
 MATHEWS – 10/6
 MIDDLESEX – 10/6
 NORTHUMBERLAND – 10/1
 RICHMOND CO – 10/1
 WESTMORELAND – 10/5, 10/7, 10/21

NURSING & IMMUNIZATION

ESSEX – 10/5, 10/19
 GLOUCESTER – 10/1, 10/9, 10/21, 10/30
 KING & QUEEN – 10/1, 10/16, 10/27
 KING WILLIAM – 10/14, 10/26
 LANCASTER – 10/6, 10/27
 MATHEWS – 10/6, 10/19
 MIDDLESEX – 10/6, 10/19
 NORTHUMBERLAND – 10/6, 10/27
 RICHMOND CO – 10/14, 10/27
 WESTMORELAND – 10/5, 10/19

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

ESSEX – 10/2, 10/9, 10/13, 10/16, 10/20, 10/23, 10/27, 10/30
 GLOUCESTER – 10/2, 10/5, 10/9, 10/16, 10/19, 10/23, 10/26, 10/30
 KING WILLIAM – 10/1, 10/8, 10/15, 10/22, 10/29
 LANCASTER – 10/7, 10/14, 10/21, 10/28
 MIDDLESEX – 10/1, 10/8, 10/15, 10/22, 10/29
 NORTHUMBERLAND – 10/5, 10/19, 10/26
 RICHMOND CO – 10/7, 10/14, 10/21, 10/28
 WESTMORELAND – 10/13, 10/20, 10/27

Learn to Spot A Stroke



October 29 is World Stroke Day, a reminder that knowing the warning signs of a stroke can help save a life. Stroke is a medical emergency, and every minute matters.

Learn to recognize **B.E. F.A.S.T.:**

B – Balance: Sudden loss of balance or coordination

E – Eyes: Sudden vision changes

F – Face: Does one side of the face droop?

A – Arms: Is one arm weak or numb?

S – Speech: Is speech slurred or difficult to understand?

T – Time: Call 911 immediately!

If you notice these symptoms in yourself or someone else, don't wait to see if they go away. Call 911 and note the time symptoms began.

♥ Want to know more?

Our Health Department's Emergency Preparedness team offers Stroke Smart training to community members and organizations.

Interested in Stroke Smart training for your group or organization?

Contact Tatiana.Pedroza@vdh.virginia.gov to learn more or schedule a training.

Halloween Safety: Keep the Frights Fun!



Halloween is a favorite fall tradition for children and families, but a few simple precautions can help keep the evening safe and enjoyable for everyone.

 **Be Seen:** Use reflective tape or glow sticks and remind children to look both ways before crossing the street.

 **Choose Safe Costumes:** Make sure costumes fit properly, don't drag on the ground, and don't block vision. Use face paint labeled for use on skin.

 **Check Treats:** Examine candy for opened or damaged packaging and remove choking hazards for young children. Wait until children get home before enjoying their treats.

 **Protect Pets:** Keep pets away from candy and provide them with a quiet, secure place during trick-or-treating. Chocolate can be dangerous for pets.

 **Prevent Fires:** Keep candles and open flames away from costumes and decorations. Battery-operated candles are a safer alternative. Have a safe, happy, and spooky Halloween from your Local Health Department! 

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/>