

Three Rivers Health District Newsletter



September is National Hurricane Month. Are you Ready?

If an emergency happened tonight, would your household know what to do? September is National Preparedness Month, a time to make sure you and your loved ones are ready for hurricanes, tornadoes, power outages, and other emergencies.

FEMA recommends four important steps to help you prepare:

- **Make a plan:** Know how you will receive emergency alerts, where you will shelter, your evacuation route, and how your household will communicate if you become separated.
- **Plan for everyone in your household:** Consider the needs of children, older adults, people with disabilities or access and functional needs, and anyone who relies on medications or medical equipment. Don't forget your pets and service animals!
- **Build or update your emergency kit:** Keep essential supplies ready to go, including water, food, medications, important documents, flashlights, batteries, and other items your household may need.
- **Practice your plan:** Talk through your emergency plan with everyone in your household. Make sure family members know where to go, how to get there, and how to reconnect if you are separated.

A few minutes of preparation today can make a big difference during an emergency.

For preparedness information, emergency planning resources, and tips for getting your household ready, visit [Ready.gov](https://www.ready.gov).

SepticSmart Week: Love Your Septic System!



September 21-25 is SepticSmart Week! Septic systems play an important role in protecting our homes, health, and local waterways—but they need regular care to keep working properly.

SepticSmart Week is an opportunity to learn how simple steps like **regular inspections, proper pumping, and being mindful of what goes down your drains** can help prevent costly problems and protect your community's water.

Whether you're a longtime septic system owner or new to rural living, a little knowledge can go a long way!

Want to become SepticSmart? Visit [EPA's SepticSmart resources](https://www.epa.gov/septic-smart) for helpful tips and information on caring for your septic system.



Clinic Schedule

FAMILY PLANNING

ESSEX – 9/10
 GLOUCESTER – 9/9, 9/30
 KING & QUEEN –
 KING WILLIAM –
 LANCASTER – 9/17, 9/29
 MATHEWS – 9/15
 MIDDLESEX – 9/15
 NORTHUMBERLAND – 9/22
 RICHMOND CO – 9/22
 WESTMORELAND – 9/16

NURSING & IMMUNIZATION

ESSEX – 9/2, 9/21
 GLOUCESTER – 9/8, 9/16, 9/23
 KING & QUEEN – 9/8, 9/23
 KING WILLIAM – 9/8, 9/22
 LANCASTER – 9/8, 9/22
 MATHEWS – 9/1, 9/15
 MIDDLESEX – 9/2, 9/15
 NORTHUMBERLAND – 9/1, 9/22
 RICHMOND CO – 9/1, 9/22
 WESTMORELAND – 9/14, 9/28

WOMEN, INFANT AND CHILDREN (WIC)

IN-PERSON CLINICS

ESSEX – 9/1, 9/4, 9/8, 9/11, 9/15, 9/18, 9/22, 9/25, 9/29
 GLOUCESTER – 9/4, 9/11, 9/14, 9/18, 9/21, 9/25, 9/28
 KING WILLIAM – 9/3, 9/10, 9/17, 9/24
 LANCASTER – 9/2, 9/9, 9/16, 9/30
 MIDDLESEX – 9/3, 9/10, 9/17, 9/24
 NORTHUMBERLAND – 9/14, 9/21, 9/28
 RICHMOND CO – 9/2, 9/9, 9/16, 9/30
 WESTMORELAND – 9/1, 9/8, 9/15, 9/22T, 9/29



Suicide Prevention Week: Start the Conversation

September 6–12 is **National Suicide Prevention Week**, with **World Suicide Prevention Day** observed on **September 10**.

This year's message, "Changing the Narrative on Suicide," encourages us to move from silence and stigma toward open, compassionate conversations.

Suicide prevention starts with connection. If someone you care about seems to be struggling, don't be afraid to check in. A simple "How are you really doing?" or "I'm here if you want to talk" can open the door to an important conversation.

Know how you can help:

- **Ask.** If you are concerned about someone, ask how they are doing and listen without judgment.
- **Be present.** Let them know they are not alone and that you care about what they are going through.
- **Connect.** Encourage them to reach out to a trusted person or mental health professional.
- **Know the 988 Suicide & Crisis Lifeline.** Call or text 988 for free, confidential support 24 hours a day, 7 days a week. You can also contact 988 if you are concerned about someone else.

You don't have to have the perfect words. You just have to start the conversation.

If you or someone you know is in immediate danger, call 911 or go to the nearest emergency department.

HIV Prevention & Care: Three Rivers Health District Can Help

Know your status. Know your options. Know that help is available.

Three Rivers Health District provides confidential HIV prevention, testing, treatment, and support services. PrEP (pre-exposure prophylaxis) can help prevent HIV for people who are at risk, while those living with HIV can receive connections to treatment and supportive services through the Ryan White Program.

Through the **Ryan White Program**, eligible individuals living with HIV can access medical case management and a range of supportive services, including assistance with medications, insurance navigation, transportation, dental care, mental health services, nutrition, and other resources. In 2025, Three Rivers Health District served 73 Ryan White clients and achieved 99% viral suppression and 100% linkage to care—helping people living with HIV stay healthy while reducing the risk of transmission.

For more information about HIV testing, PrEP, or Ryan White services, contact the Gloucester Health Department at **804-693-2445 or 804-693-2194**.

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](https://www.vdh.virginia.gov/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/>