

Department of Health

A governmental agency focusing on health promotion, disease prevention, emergency preparedness, pandemic response, and environmental protection.

Article

Extreme Heat and Your Health

Take steps to protect yourself from extreme heat. Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average.

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[Centers for Disease Control \(CDC\)](#)

Links

AirNow: Get Local Air Quality Data

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[AirNow: Get Local Air Quality Data](#)

Article

How Extreme Heat Affects the Body After 50

Heat waves are dangerous to everyone, but they pose an even greater risk to older adults.

Source

[AARP](#)

Article

Long COVID or Post-COVID Conditions

Some people who have been infected with the virus that causes COVID-19 can experience long-term effects from their infection, known as post-COVID conditions (PCC) or long COVID.

Source

[Centers for Disease Control \(CDC\)](#)

Article

Latest Virginia COVID-19 Vaccine, Booster Shot & Flu Vaccine Information

Get the latest Virginia COVID-19 vaccination and booster information!

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Virginia Department of Health COVID-19 Vaccination Response

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[Virginia Department of Health COVID-19 Vaccination Response](#)

Article

The VirginiaNavigator Guide: What to Do in a Financial Emergency

VirginiaNavigator can help connect you to resources during a financial emergency.

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Article

How Tech Tools Can Help Caregivers During Pandemics and Social Distancing

Caregiving for your loved one is especially challenging during COVID-19.

The Caregiver Tech Tool Finder can help you find the best apps and tech tools for your needs.

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