

## [Health Care Settings and Providers](#)

Health care services are vital to ensure that you maintain good health and find treatment for various medical concerns. Learn about and find health care providers and services including community health centers, free clinics, community services boards, health departments, and home health agencies.



[View PDF](#)

Books & Guides

## [You Can BREAKFREE from Tobacco](#)

The Virginia Department of Health (VDH) Quit Now Virginia program has created a BREAKFREE guide to help you develop a plan to quit and prepare for what to expect, how to be successful and how to prevent relapse.

Source

[Virginia Department of Health](#)

Links

## **[Start Your Recovery ~ Virginia Drug and Alcohol Rehab Centers](#)**

Source

[Start Your Recovery ~ Virginia Drug and Alcohol Rehab Centers](#)

Article

## **[10 Tips for Finding the Right Home Care Agency](#)**

If you are pursuing home care options for your family, explore these 10 valuable tips for making informed decisions when it comes to finding the perfect home care agency for your loved ones.

Source

[Today's Caregiver](#)

Links

## **[CDC Plain Language Materials and Resources | Health Literacy](#)**

Source

[CDC Plain Language Materials and Resources | Health Literacy](#)

Links

## **[Disability Information and Access Line \(DIAL\)](#)**

Source

[Disability Information and Access Line \(DIAL\)](#)

Article

## **[What You Need to Know About Mpox \(Monkeypox\)](#)**

Monkeypox is a rare disease caused by infection with the monkeypox virus. Monkeypox symptoms are similar to smallpox symptoms, but milder, and

monkeypox is rarely fatal.

Source

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

Links

## **HEAT.Gov - National Integrated Heat Health Information System**

Source

[HEAT.Gov - National Integrated Heat Health Information System](#)

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 \(CDC\)](#)

Links

## **Kakana: Adaptive Fitness and Accessible Workouts**

Source

## Pagination

- [Current page 1](#)
- [Page 2](#)
- [Page 3](#)
- [Page 4](#)
- [Page 5](#)
- [Page 6](#)
- [Next page >>](#)
- [Last page Last »](#)

Showing 1-10 of 55 Results