

## Emergency Care During the COVID19 Public Health Emergency

By Addie Spencer, MD

Everyone is doing a great job staying home and staying healthy. When we cover coughs, wash hands and maintain safe distances, we all work together to stop the spread of COVID19, but sometimes it is necessary to go out. Emergencies can still happen even when we are staying home. And sometimes a trip to the emergency room is absolutely necessary.

### Reasons to go to the emergency room include:

- Discomfort or tightness in the chest (call 911)
- Weakness on one side of the face or one arm (call 911)
- More than usual shortness of breath
- A baby under six months with a fever of 100.4°F or higher
- A major crisis that causes you to feel suicidal or hopeless

It is best to call 911 for symptoms such as chest pain or facial droop that may be signs of a heart attack or stroke. Quick treatment can make a huge difference, even save a life.

Rest assured that the EMTs and hospitals are doing everything possible to reduce the risk of spreading coronavirus. Don't delay needed emergency care for heart attack or stroke due to fear of contracting COVID19.

When the Nisqually Tribal Health Clinic is closed and you need medical care, you may want to consider if you could use an urgent care center. Reasons to go to urgent care include:

- Sports injury or sprain
- Ear infection
- Minor burn or cut
- Eye or sinus infection
- Routine migraine headache

The Providence Immediate care in West Olympia and on College Street can evaluate and people with non-respiratory illnesses. The Providence Immediate Care in Hawks Prairie is the best place to go if you think you might have COVID19. Remember to call CHS for notification if you do visit an urgent care center.

Whenever you have questions about your health, please feel free to call the Nisqually Tribal Health Clinic 360-459-5312.

#### Mary Bridge Urgent Care

(children only)

3504 12th Avenue NE

Olympia, WA 98506

360-252-3801

Mon - Fri: 5pm - 9pm

Sat & Sun: Noon - 8pm

#### Hawks Prairie Immediate Care

2555 Marvin Road NE

Lacey, WA 98516

Phone: 360-493-4450

Mon-Fri: 8 a.m. - 7:30 p.m.

Sat & Sun: 9 a.m. - 4:30 p.m.

#### College Street Immediate Care

4800 College Street SE

Lacey, WA 98503

Phone: 360-486-2900

Mon-Fri: 8 a.m. - 7:30 p.m.

Sat & Sun: 9 a.m. - 4:30 p.m.

#### West Olympia Immediate Care

1620 Cooper Point Rd SW

Olympia, WA 98502

Phone: (360) 486-6710

Monday - Friday: 8am - 8pm

Sat & Sun: 9am - 5pm