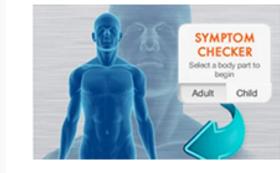
Managing Cold, Flu and RSV Symptoms at Home & When to Seek Medical Care



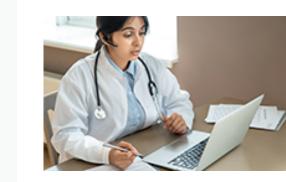
Valley Medical Center and hospitals across our region are caring for an unusually high number of patients with respiratory illness. With limited beds for pediatric and adult ICU care and long wait times for emergency and urgent care, our goal is to keep you as healthy as possible, while sharing information about what to do at home if illness strikes and when to seek medical attention.

Not Sure if You Need to See a Provider? **Use Valley's Online Symptom Checker**



Use our interactive symptom checker to decide whether your symptoms can be taken care of at home or need medical attention.

Urgent Care Virtual Visits Expanded to Help Ease Long Wait Times



More on-demand Urgent Care virtual video visits are now available daily for those ages 18 +. Make an appointment through your MyChart account to get help for your nonemergency medical concern. Because respiratory illnesses are soaring in our community, please be prepared for a long wait for walk-in urgent care and emergency care. We thank you ahead of time for your patience as we work hard to get everyone the care they need. **Get information about** virtual visits/telehealth and Urgent Care wait times here.

Our Top 3 Tips for Preventing



Help keep your family healthy this season. To prevent illness, we encourage

Flu

you to please:

• Stay up to date on your COVID & flu vaccinations. Wash your hands often. Stay away from others who are sick, or if

The Time is Now—Get Your Flu **Shot**

you or your child are sick.



hospitalizations have nearly doubled and are at the highest rate for this time of year in a decade, reports the CDC. For everyone 6 months and older, there's still time to protect yourselves and loved ones by getting an annual flu vaccine if you haven't already. Nine out of 10 adults hospitalized with flu have at least one underlying medical condition like heart disease, asthma or diabetes. Find a convenient place to get your flu vaccination.

COVID Primary Series Vaccines & Boosters Now Moderna Only



Valley has transitioned to providing only Moderna COVID-19 primary and booster vaccines. If

you prefer Pfizer vaccine or if your 5-year old needs a booster, you will be able to get that from a community resource. The Moderna booster is not yet approved for 5-year-olds. Please know that it's acceptable for people who previously received Pfizer to get a Moderna booster. Find community locations with COVID-19 vaccines, including Pfizer, Novavax and Johnson & Johnson.

Latest Options for Diagnosing, Prevention & Treatment While

Neurologist Explains Headaches +



attention. Watch the video.

many medical conditions, headaches side effect, or with certain toxins. Valley neurologist Alexey Shikuev, MD, shares advances in migraine prevention, how apps are a new tool for tracking

headaches can be a symptom of

Charcuterie boards are definitely trending—

Build a Better Charcuterie Board

headaches, as well as basics about headache types and serious symptoms needing immediate

and for good



reason. These fun and easy platters offer infinite opportunities for flavor, texture and visual appeal. Check out these ideas to help keep your creation on the healthy side.

Exercise During Chemotherapy— Any Amount is Beneficial and





Michelle Zhang, MD, explains why she recommends staying active during chemo and the studies that show how even a little exercise can help in so many ways. Find out the ways exercise can help people feel better during chemo. Recognizing 75 Years of Service— Join us in Caring for Our

chemotherapy treatment can be life-prolonging and

even life-saving, it may also cause many physical and psychological side effects. Medical oncologist

Community Like Family Over the last two and half years, we've



seen some of the toughest times we've ever experienced, but we've come together in ways we never could have imagined. We are incredibly proud of our team and the care they have provided our community. **Learn**

more about the generosity, dedication and resilience of our community in our 2021-22 **Gratitude Report.** From horseback, to helicopter to e-health, Valley has continually evolved to meet the needs of our community—get a quick Valley history. Watch our 75th Anniversary celebration video.

Patients Are Helps Valley Provide Better Care Starting in 2023,

Learning More About Who Our



hospitals to collect more information

regulatory agencies are requiring

community like family. This information will be part of a patient's confidential medical record and answering the questions is voluntary. Find out more. **Valley's Valet Parking Program is Discontinued, But Plentiful Free Parking Remains**

better understand the needs of our diverse

community members, to better care for our

UW Medicine made the difficult decision to end all valet parking on



buildings.

off zones in front of all buildings. If you or your

decision was

Valley has

loved one needs a little extra help getting to or from the car, Valley also has a free campus shuttle operated by our Volunteers in Action, available by calling 425.690.4560. See Valley's campus map with suggested parking zones for the various

Valley's Health Coach Program

Looking for Volunteer Coaches to



Train—Apply Now

you may be eligible to

Complete a

online

free, 12-week

Growing Valley Family! At Valley, we

serve a critical role in helping



joining our team!

maintain and improve the health of our community. We share core values such as compassion, respect, trust, teamwork and an honest passion for helping others. If this excites and motivates you, consider

Signing incentives for: RNs, Behavioral Health Specialists, CT Technologists, Echo Tech, Medical Assistants, MRI Technologist, Patient Resource Rep, Patient Service Rep, Psychotherapist, Surgical Technicians.



For these job openings and more, visit valleymed.org/careers.

House Calls Happen Here

Virtual urgent care

appointments from the most comfortable waiting room ever - your bedroom.

Urgent Care

Clinics

SCHEDULE VIDEO VISIT

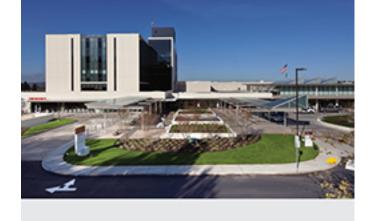
UW Medicine VALLEY MEDICAL CENTER

From Head



UW Medicine

VALLEY MEDICAL CENTER



community's HEALTH.

Caring for your

Public Hospital District No. 1, also known as Valley Medical Center, has proudly cared for our South King County neighbors for 75 YEARS. Including Valley in your estate planning will allow us to continue to care for our community like family for generations to come.

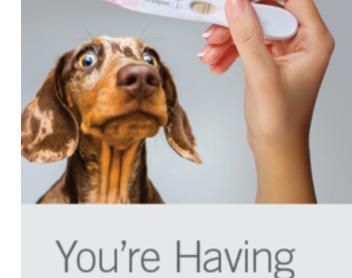
WEValley

SUPPORT VALLEY

valleymed.org/vmccares

For more information

contact Carrie Murayama carrie_murayama@valleymed.org or 425.690.5956 Valley Medical Center - Public Hospital District No.1 is a 501(c)(3) nonprofit organization.



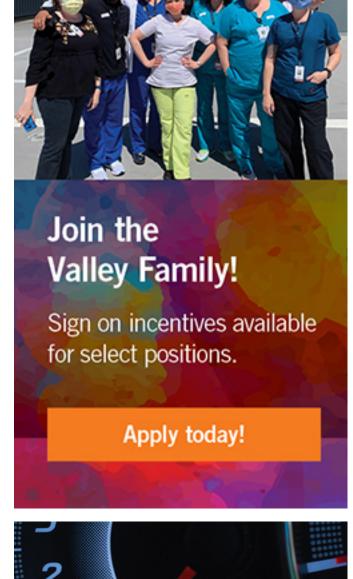
a Baby?!?! We're here for your

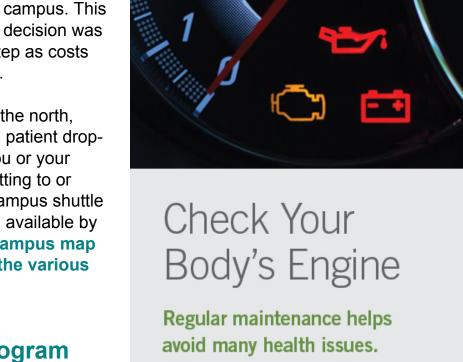
growing family. **MEET THE BIRTH TEAM**

> **Birth Center Neonatal ICU Pediatrics**

> > **UW Medicine**

VALLEY MEDICAL CENTER





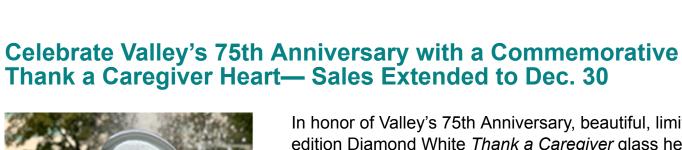
Primary care, preventive screenings, lifestyle medicine and mental health—we're here to help you live your best life!

SCHEDULE Y:OU TIME



most clinics after your first visit.

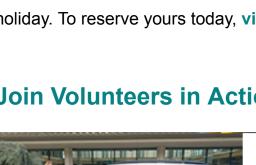
LEARN MORE



In honor of Valley's 75th Anniversary, beautiful, limitededition Diamond White Thank a Caregiver glass hearts are available for \$30 each (regularly \$50) so you can give thanks to caregivers, staff, and loved ones at Valley for all

30. Recipients will be notified of their recognition as orders are submitted: All orders will be filled after the Christmas holiday. To reserve yours today, visit valleymed.org/givethanks.

COVID.



Join Volunteers in Action—Doing Good for Others! Consider joining Valley's Volunteers in Action, or VIA, by giving a few hours of your time, talent, love and concern for people in our community. Must be 18+ years and available for one 4-hour shift per week, successfully pass a background check and be fully vaccinated against flu and

that they do each day to care for our community like family. By popular demand, orders will be accepted through Dec.

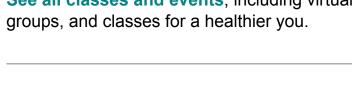
Valley is looking to fill the following positions:

Present Place Gift Shop: Gift shop sales fund local philanthropic projects. Skills include customer service, sales and merchandising. • Courtesy Shuttle Driver: Transport patients and visitors throughout campus and neighboring clinics. Need current Washington driver's license and clean driving record.

BLOG

Community Events See all classes and events, including virtual birth center tours, birth and parenting classes, support

Apply today!



Connect with Valley

• **Information Desk:** Just inside the hospital main entry, be the welcoming face of Valley! Greet and escort patients and visitors. Answer phones. Deliver flowers and gift items to

PROVIDERS | SERVICES | LOCATIONS | CAREERS

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