

## Get Your Flu Shot—Be Prepared for An Early and Potentially More Severe Flu Season



Because the United States had a lack of flu virus activity in 2020, we may have an earlier and more severe flu season in 2021-22, says the Centers for Disease Control, the CDC, who [recommends a yearly flu vaccination for most everyone 6 months and older](#). The flu vaccine is now widely available at local pharmacies, or if you have an appointment with your VMC primary care provider, you can receive it there. The CDC says the flu shot is safe to get at the same time as a COVID-19 vaccine.

## Need a COVID-19 Test? Know Where to Go

**What if I don't have symptoms of COVID-19, but need a test?** Those who do not have symptoms of COVID-19 but are concerned they may have been exposed to or may test positive for COVID-19, or need a COVID-19 test for another purpose, must be tested at a community testing site. Valley Medical Center does not offer testing for people without COVID-19 symptoms unless ordered for clearance before a medical procedure. [Please visit a COVID-19 community testing site for a free test regardless of health insurance or immigration status.](#)

**What if I have symptoms of COVID-19 and need a test?** Patients with severe shortness of breath should go to the Emergency Department or call 9-1-1. If you have symptoms that could be caused by COVID-19—including fever over 100 degrees, new cough, new shortness of breath, sore throat, loss of taste or smell, chills with or without shaking, muscle or body aches, new headache, runny nose, nasal or sinus congestion, or gastrointestinal issues such as nausea, vomiting, or diarrhea—please contact your Valley primary care provider or visit any of our Urgent Care clinic locations to be seen by a provider. [Learn more.](#)

## ED Visitors Not Allowed Except to Support Certain Patients

Due to our ongoing COVID-19 response, no visitors are currently allowed in the Emergency Department. However, one support person is allowed in the ED for:

- Patients with physical, developmental or emotional disability
- Patients who have altered mental status due to injury
- Minors under age 18

[See current visitor policy.](#)

## Looking for COVID-19 Vaccine Safety Info?

If you, your family or friends are concerned about COVID-19 vaccine safety, the Centers for Disease Control and Prevention, the CDC, have [helpful data on their website](#) for anyone interested in learning more about the scientific evidence gathered to date. All three vaccines available in the U.S. have proven to be effective and very safe.

## Coping at Home with a Recent COVID-19 Diagnosis?

For patients with a recent COVID-19 diagnosis who are at high risk of severe disease from COVID-19, Regeneron treatment lowers the chance of a hospital stay by up to 70%. Most have no major side effects from this medication. Contact your primary care provider for a treatment referral. [Learn more about Regeneron treatment.](#)

## Preventing Falls and What to Do If You Have a Fall



A fall can lead to a loss of one's ability to do things for themselves. After a major fall, many who had been living alone will go to an assisted living or nursing care facility because they are no longer able to care for themselves. Preventing falls is important to help maintain a person's ability to live independently. [Get tips for avoiding falls and how to care for yourself if you do.](#)

Valley's stroke team rose to the challenge by continuing to provide exceptional stroke treatment times while navigating our COVID-19 response. [Learn more about Valley's advanced, nationally-recognized stroke care.](#)

## Valley's Stroke Program Achieves the American Heart Association 2021 Gold Plus Quality Achievement Award for the 6th Year in a Row!



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## Valley Midwives: Providing Lifetime Women's Wellness Care



Midwifery care includes wellness from teen to menopause and specializes in prenatal care, labor and delivery, and postpartum care for those with a low-risk pregnancy. But did you know their services also include wellness checks, Pap smears, sexually transmitted infection testing, all types of birth control, pre-pregnancy evaluations, as well as help with menopause-related hormone changes? [Learn more, including what makes midwifery care different from OB/GYN care.](#)

When playing with your child, do you feel the urge to fill the silence, or ask directed questions to try to teach new words and check for understanding? There's nothing wrong with these questions, but too much of this, and you may find yourself directing the play and the activity while your child passively comes along. [Check out the 10-minute challenge and how it can enrich your time together.](#)

## The "No Questions for 10 Minutes" Challenge—Improve Your Playtime with Your Young Child



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## Does Your Child or Teen Need Some Extra Help with Self Care as They Return to School?

The [COVID-19 Back-to-Classroom THINK Toolbox](#) is a family resource to help children and teens adjust to going back to school in-person. THINK, which stands for Teaching with Healthcare Informed Neurological strategies for Kids, is a toolbox from the Washington Department of Health with information to help school-age children and teens, including those with autism spectrum disorder, deal with the emotional impacts of COVID-19, and tips on how to build and maintain resilience and practice self-care during a disaster.

## Valley Celebrates National Hispanic Heritage Month



Hispanic Heritage Month takes place September 15 to October 15 every year as a time to recognize and celebrate the many contributions, diverse cultures, and extensive histories of the American Latino community. [Read what Valley employees have to say about their traditions, personal journeys and the importance of heritage.](#)

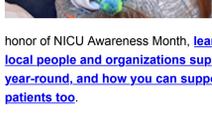
Valley Medical Center has the only Level III Neonatal Intensive Care Unit between Seattle and Tacoma, caring for newborns whose needs require more advanced care. In honor of NICU Awareness Month, [learn more about how local people and organizations support Valley's NICU year-round, and how you can support our most fragile patients too.](#)

## What Do Hats, Quilts and Books Have in Common? They're Community Gifts of Love for Our Littlest Patients



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## Looking for a New Partner in Your Healthcare?



Find a primary care provider at a clinic near you. Cascade Clinic, Fairwood Clinic and Highlands Clinic in Renton, as well as Covington

Clinic South, are welcoming new primary care providers board-certified in either family medicine or internal medicine. [Learn more about our new primary care providers.](#)

## New Specialists Joining the Valley Team

Specialists have arrived to the care for our community in oncology, gastroenterology, neurology, neurosurgery, cardiology & hematology, palliative & supportive care, pulmonology, and urology and men's health. [Check out these new caregivers!](#)

## Thank Sponsors & Golfers FORE Your Support!



Valley's inaugural virtual golf tournament—Golf FORE Health—is drawing to a close this weekend and we wish to thank our sponsors and all of our golfers who came together to support Valley's Greatest Needs Fund! Virtual Happy Hour Sponsors: Proliance Orthopedic Associates, Vantage Radiology & Diagnostic Services; Interactive Technology Sponsors: Pacific Medical, Inc.; Hole Sponsors: Associated Emergency Physicians, Chateau at Valley Center, FUJIFILM Medical Systems U.S.A., Marvella Southcenter, Nuance Healthcare, VIET-WAH.

[Valley's Greatest Needs fund](#) provides vital resources, including patient assistance funds (nearly \$25M disbursed annually to help those in need) and critical projects not covered by other funding sources. Through your support, we may increase our impact as we work to ensure South King County neighbors have access to high-quality health care. Thank you for partnering with us to care for our community like family!

## Get Moving Toward a Healthier You



Lifestyle Medicine is an evidence-based approach to preventing, treating, and even reversing disease by replacing unhealthy behaviors with positive ones—such as eating healthfully, being physically active, managing stress, avoiding risky substance abuse, getting adequate sleep and having a strong support system. [Learn more about how Lifestyle Medicine can help you during a free 60-minute, online information session you can use to improve your health and be a thoughtful, proactive healthcare consumer.](#)

## Community Events

- **Community Conversations: Straight Talk about COVID-19.** Sept 17, 12 – 12:30 PM & Sept. 22, 12 – 12:45 PM. Get current and reliable COVID-19 info from UW Medicine experts. Trouble joining? Contact [hcesched@uw.edu](mailto:hcesched@uw.edu). [Zoom link](#)

**Vacunas contra el COVID-19: Verdades, mitos y preguntas.** Viernes, 24 de sept., 12 – 12:30 PM. ¿Dificultades para unirse? Contacte al: [hcesched@uw.edu](mailto:hcesched@uw.edu). [Español — Enlace de Zoom](#)

- **Kent East Hill Farmers Market.** Sept. 18, 9 AM – 2 PM.
- **HealthyCare Session: Improve Your Health and Be a Thoughtful, Proactive Healthcare Consumer.** Dates and times vary. Register for this free 60-minute session and get moving toward a healthier you!

- **Free 10+week for Your Personal Finances.** Wednesdays, Sept. 22 – Nov. 24, 10:30 AM – 12:30 PM Free 10+week online group about money matters for women who have experienced an abusive or controlling relationship. Registration required. Contact Kevin at 425.229.5305 or email [kevin@lifewire.org](mailto:kevin@lifewire.org).

- **Black Love Market.** Sept. 26, 2 – 7 PM. Shop, support and celebrate black-owned business. Vendors, artists, entertainers and more. Jewelry, honey, clothing, soaps, lotions, candles, music, art, and delicious food. 625 S 4th Street, Renton.

- **It's All in the Delivery — Virtual Birth Center Tour.** On-demand video.

- **Cardiac Rehab Support Group.** Sept. 29. Free class for current or former cardiac rehab participants. Last Wednesday of the month, 6 – 7 PM. In person group class at Valley limited to 12.

- **Stroke Survivor? Attend the Most Active Online Stroke Support Group in the Area.** Oct. 12. Stroke survivors and caregivers, help lay the foundation for recovery and transition into life after a stroke.

We try our best to only send content you're interested in receiving. Use the link below to set your preferences.

To update your email preferences, [click here.](#)

Valley Medical Center  
400 S. 43rd Street Renton, WA 98055  
425.228.3450

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**HELP US** make valleymed.org better.

We're updating our website. Please let us know how it could work better for you by answering 11 quick questions.

[CLICK HERE](#)

**Boost Immunity**

- Mind Your Stress
- Healthy Eating
- Activity
- Quality Sleep
- No Smoking
- Stay Connected

Valley's Lifestyle Medicine can help improve your COVID-19 immunity through healthier lifestyle choices. Appointments via telehealth or in-person.

Covington Maple Valley Renton

Call 425.690.3520  
[valleymed.org/LifestyleMed](http://valleymed.org/LifestyleMed)

Care Near Home & Work

Choose a primary care provider in your neighborhood.

[FIND A DOC](#)

Might be More than just Playtime Weighing Your Legs Down

Heavy, stiff and tired legs affecting your daily activities? Our providers are here to get you back on your feet. Call Valley's Vascular Surgery Clinic to set up an appointment today. 425.690.3498

**Vascular Surgery Clinic**  
UW Medicine  
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[valleymed.org/vmccares](http://valleymed.org/vmccares)

For more information contact Carrie Murayama [carrie\\_murayama@valleymed.org](mailto:carrie_murayama@valleymed.org) or 425.690.5956

Valley Medical Center – Public Hospital District No.1 is a 501(c)(3) nonprofit organization.

You Got The +, We've Got Your Provider

Whether you choose a family medicine doc, a midwife, or an OB/GYN for your birth journey, Valley is with you every step of the way. Find a provider at [valleymed.org/valleybaby](http://valleymed.org/valleybaby).

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