



### Everyone is Urged to Wear a Mask in Indoor Public Settings, Even if Fully Vaccinated



For your best protection against the COVID-19 Delta variant, the [Centers for Disease Control—CDC](#) and [Public Health—Seattle & King County](#) recommend that everyone, even those fully vaccinated,

wear masks in indoor public settings where the vaccination status of those around you is unknown. As in all healthcare facilities nationwide, masks continue to be required in all Valley Medical Center facilities, even for those who are fully-vaccinated, to protect vulnerable people in our care.

### Vaccination Recommended During Pregnancy & Breastfeeding



COVID-19 vaccination is recommended for all people ages 12 years and older, including people

who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future, as well as their partners. Pregnant and recently pregnant people are more likely to get severely ill with COVID-19 compared with non-pregnant people. Getting a COVID-19 vaccine protects from severe illness from COVID-19.

Evidence about the safety and effectiveness of COVID-19 vaccination during pregnancy has been growing—the benefits of receiving the vaccine outweigh any known or potential risks of vaccination during pregnancy. There is currently no evidence that the COVID-19 vaccine causes fertility problems in women or men. [Get more details and data about the vaccine's safety and effectiveness.](#)

### Where to Get Vaccinated

In King County, the COVID-19 vaccine is always free and you can get it even if you don't have health insurance, are not a US citizen, and without having to tell your immigration status. Everyone ages 12 and older can get a vaccine. Ages 12-17 can get Pfizer ONLY, ages 18+ can get Pfizer, Moderna or J&J.

[Learn more about vaccination for kids & teens.](#) No appointment needed: most pharmacies, clinics, and Public Health centers offer drop-in COVID-19 vaccination. Use the [Vaccine Locator](#) to see locations convenient to you and to make appointments, if you'd like a set time.

### When Should You Get Tested for COVID-19?

To help prevent the spread of the highly contagious COVID-19 Delta variant, please get tested if you have [COVID-19 symptoms](#) OR you think you have been exposed to COVID-19 through close contacts or in an outbreak situation. [Click here for free King County COVID-19 testing locations](#)—all tests are free, regardless of immigration or insurance status. They are open for drive-thru and walk-ups/wheel-ups to anyone who cannot get a COVID-19 test through their regular healthcare provider.

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

If you or someone you know is at home with a recent COVID-19 diagnosis, but have a condition that increases the chance of a hospital stay, there is a treatment called Regeneron. For patients at high risk of severe disease from COVID-19, Regeneron lowers the chance of a hospital stay by up to 70% and is available at Valley Medical Center's Emergency Department. Most people have no major side effects from this medication. [Learn more about Regeneron treatment.](#)

### Top Safety Tips for Severe Hot Weather



Severe heat may cause illness or even death. Lower your risk of heat illness with these tips:

- Stay indoors and in an air-conditioned place if you can, unless you're sure your body handles heat well. If no air conditioning, stay on the lowest floor out of the sunshine. Cover windows that get morning or afternoon sun to lower heat entering home by up to 80%.
- Wear a wide-brimmed hat, high SPF sunscreen and light-colored, loose-fitting clothes when outdoors. Try not to get sunburned: it slows the skin's ability to cool itself.
- Drink plenty of fluids, but avoid alcohol, caffeine or a lot of sugar.
- Eat more often, but make sure meals are balanced and light.
- At first signs of heat illness (dizziness, nausea, headaches, muscle cramps), move to a cooler place, rest for a few minutes and slowly sip a cool drink. Seek medical help right away if you don't feel better soon.
- Keep a few bottles of water in the freezer: if power goes out, move them to your refrigerator to keep it cooler and keep the doors shut.

[Learn more about heat safety from the Department of Health, where these tips and more are available in seven other languages.](#)

### DocTalk: Have Psoriasis? Know the Symptoms of Psoriatic Arthritis and How to Get Help to Manage the Pain



Up to 30% of people with psoriasis develop psoriatic arthritis, which can cause severe pain, swollen joints and nail changes. [Learn the symptoms and how to get help from rheumatologist Daniel Moon, MD.](#)

### Make Your Healthcare Wishes Known by Uploading Advance Directives into Your Valley MyChart



There's nothing like a pandemic to underscore the importance of advance care planning. Share your healthcare wishes by completing advance directives so your loved ones and healthcare providers can honor those wishes if you are unable to speak for yourself. Please start this work early, before a crisis. And for those who have completed your Health Care Directive and Durable Power of Attorney, you can upload them to your Valley MyChart medical record. For help, visit [Advanced Planning on valleymed.org](#), under "What To Do With Advance Directive Forms."

### DocTalk: Lactation Consultants—Your Breastfeeding Support Team



Get your breastfeeding questions answered by Megan Stevens, DNP, RN-BC, IBCLC. Learn what makes chest or breastfeeding the perfect meal for babies and a good thing for their lactating parent too; how to get ready to breastfeed; how to boost milk supply and more. [Watch the video.](#)

### Cultural, Personal, Professional Challenges, Barriers and Successes of Breastfeeding



Breastfeeding can be one of the most empowering experiences families can share with many health benefits for both child and the chest or breastfeeding parent. But breast or chest feeding is not always a glamorous or easy task. Community and family support is often needed for its success. Find out what Valley caregivers have to say about breastfeeding's cultural aspects, personal challenges, professional successes and more.

- [Celebrating National Breastfeeding Awareness Month](#) by Sarah Davis, Clinic Supervisor, Kent Primary Care
- [Overcoming the Challenges of Breastfeeding](#) by Kathrina Chow, RN, IBCLC, a member of the Filipino community
- [Breastfeeding Empowerment](#) by Memorie Gladstone, IMH-E@ CD, CLC Lead Outreach Doula, a member of the Blackfeet tribe
- [Celebrating Breastfeeding Success at Valley](#) by lactation consultant Megan Stevens, DNP, RN-BC, IBCLC

### Getting Ready to Go Back to School



The new school year is starting soon and there's so much for parents to think about and plan for. Valley's Children's Therapy team has some tips and ideas to consider as your kids head back to the classroom.

- [Social Stories Can Help with the Return to School](#)
- [Good Posture Tips to Teach your Child While Sitting at School](#)
- [It's Backpack Time Again! Make Sure Your Child's Pack Fits Well](#)
- [Supporting the Sensory Needs of Children as They Return to School](#)



**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](#).

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**Family Care Close to Home**

Choose a primary care provider in your neighborhood.

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Primary Care  
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**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.  
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Vascular Surgery Clinic  
UW Medicine  
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**Make your swing count for good!**

**Valley's Virtual Golf Tournament**  
**September 1 – 18, 2021**

Supporting Our Greatest Needs Fund

[Register Today!](#)

[valleymed.org/golfforehealth](#)  
**Questions? Contact Carrie Murayama**  
Development Officer  
[carrie\\_murayama@valleymed.org](#)  
or 425.690.5956

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



**JOIN THE VALLEY FAMILY!**

Sign on incentives available for select positions.

[Apply today!](#)

## Community Events

- **"COVID-19: Facts vs. Fiction," Aug. 13, 3 – 4 PM**  
Free online presentation with Q & A session; in English, also translated in Mandarin, Vietnamese, Hindi and American Sign Language. By Public Health—Seattle & King County in partnership with King County Library System. [Get info and the Zoom link here.](#)
- **Free Weekly Art Activities at Children's Therapy, Mondays 12 – 1 PM.**
- **The Kent Market at Kent Station, Wednesdays through Aug. 25, 4 – 8:30 PM.**
- **Kent East Hill Farmers Market, 1st & 3rd Saturdays through Sept. 21, 9 AM – 2 PM**
- **HealthYCare Session: Improve Your Health and Be a Thoughtful, Proactive Healthcare Consumer**  
[Register for this free 60-minute session and get moving toward a healthier you!](#)
- **Lifestyle Medicine Cooking Class, Aug. 16, 4 – 5 PM, 3rd Monday of the month**  
Whether you're new to cooking, or a seasoned cook looking for inspiration on health-focused, delicious meals, learn from VMC's dietitians in this monthly, online cooking class via Zoom. Classes and recipes focus on lowering inflammation, enhancing health and working with seasonal ingredients. [Learn more and sign up!](#)
- **Cut Your Risk of Type 2 Diabetes by 50%—Diabetes Prevention Program**  
This proven program with trained lifestyle coach and group support can help you make modest lifestyle changes to greatly reduce your risk of type 2 diabetes. [Get the details.](#)
- **It's All in the Delivery—Virtual Birth Center Tour**
- [Take a virtual tour and learn more about Valley's state-of-the-art Birth Center.](#)
- **How Not to Get Hit by a Car: Easy Tips to Keep It From Happening to You or Your Child by SafeKids.**
- **Overdose Prevention, Harm Reduction and Treatment education series by Washington Poison Center, Aug. 23 – Sept. 2.**
- **Stroke Survivor? Attend the Most Active Online Stroke Support Group in the Area on Sept. 14**  
Stroke survivors and caregivers, help lay the foundation for recovery and transition into life after a stroke. [Learn more here.](#)
- **Cardiac Rehab Support Group, Aug. 25**  
Free group for current or former cardiac rehab participants. Last Wednesday of the month, 6 – 7 PM. In-person class at Valley limited to 12—[register here.](#)

**Miss the July Issue of the Community Care Update newsletter?**  
[Read it here.](#)

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

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