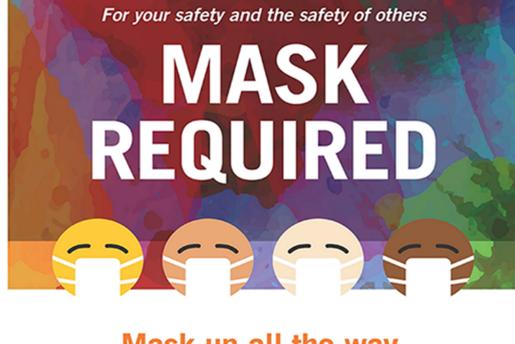




July 15, 2021

When Visiting Valley, Remember to Wear Your Mask

Even though the state has fully reopened, masks are still required in healthcare settings for patients, visitors and staff—even for those who are fully vaccinated. Masking up in healthcare settings helps protect fragile infants, patients with weakened immune systems, and many others at high risk of severe illness from COVID-19. [Learn more.](#)



Mask up all the way, ALL the time at Valley. Cover nose, mouth & chin.

2 Visitors May Now Visit a Hospitalized Patient

Two visitors per day are now allowed for each patient admitted to the hospital. The patient must not have COVID-19 and visitors must be free of all symptoms of COVID-19 and wear masks the entire visit.

For ED Visits, Hospital/Clinic Appointments or Surgical Procedures, Only 1 Support Person May Come with a Patient

Due to space limitations during emergency department visits, hospital/clinic appointments, and surgical procedures, patients are still limited to one person visiting or accompanying them.

For more information about visitors, including exceptions for Birth Center stays, end of life care and more, please [see our visitor policy.](#)

Valley's Onsite Vaccine Clinic Closes July 21

Valley's Vaccine Clinic is now giving second dose Pfizer and Moderna vaccines ONLY. The clinic will close on July 21, 2021. Call 425.690.3630 between 7 AM - 4 PM, Monday - Friday to make an appointment for a second vaccine dose. COVID-19 vaccinations are now easily available at most pharmacies, either by walking-in or scheduling an appointment. Valley will continue vaccinating at pop-up clinics throughout the community. [Learn more.](#)

Pro Advice About COVID-19 Vaccine Safety and Pregnancy, Fertility, Birth Control & Breastfeeding



How will the vaccine impact my breastfed newborn? Some are not vaccinating because of fertility concerns—is this valid? How safe is

the vaccine for pregnant folks? [Get answers to these questions and more.](#)

Sizzling Temps Fire Up Valley's Emergency Response



The pandemic has proved beyond a doubt that Valley Medical Center is capable of just about anything we put our minds, energy and focus behind. The recent record-scorching heat wave demonstrated once again just how committed our team is to our community. As temperatures surged, so did our Emergency Department and hospital rooms with critical, hyperthermic patients. [Find out how Valley's teams came together with all-hands-on-deck to help where needed, caring for our community like family.](#)

Injured, In Training or Getting Back to Pre-Pandemic Exercise? Sports Medicine Expert Shares Tips for Reducing Pain & Preventing Injury



Whether you're training for an Ironman Triathlon, wanting to walk your dog without knee pain, or trying to recover from an injury, [get tips from sports medicine physician, Andrew Ashbaugh](#) to increase your activity safely and reduce pain in muscles, tendons and joints.

Understanding and Supporting the Unique Mental Health Needs of Black, Indigenous and People of Color (BIPOC)



Underrepresented racial and ethnic groups face distinct mental health struggles in the United States. Why? Experiencing a broad spectrum of ongoing discrimination, oppression, and inequity can often lead to both group and individual trauma.

Mental health advocate Bebe Moore Campbell described the experience like this: "No one wants to say, 'The person I love is not in control of [their] mind.' But people of color really don't want to say it because we already feel stigmatized by virtue of skin color or eye shape or accent and we don't want any more reasons for anyone to say, 'You're not good enough.'" [Learn more and find BIPOC mental health resources here.](#)

Lung Cancer Screening Could Save Your Life—Screening Now Recommended at Age 50



Screening is key to early detection—if lung cancer is found at an earlier stage, it is more likely to be successfully treated. No insurance? Financial help is available. [Find out if you should be screened.](#)

Should You Give Your Child Acetaminophen or Ibuprofen Before a Vaccine to Reduce Fever and Pain?



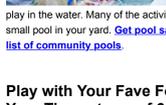
Should you give your child a pain reliever before they get their age-appropriate vaccinations? Does one medication work better than the other? A review of the evidence gives clear answers—[find out what our Valley Family Medicine Residency Program team recommends.](#)

22 Pool Play Tips for Building Children's Strength & Motor Skills



Rings, pool noodles, beach balls, squirt bottles and more—keep your kids entertained and watch them build new skills as they play in the water. Many of the activities can be done in a small pool in your yard. [Get pool safety tips, along with a list of community pools.](#)

Play with Your Fave Foursome, On Your Time, at any of 6 Local Courses—Valley's Golf FORE Health Virtual Tournament, Sept. 1 – 18



Help support Valley's Greatest Needs Fund, which 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. Register with a \$100 donation. [Learn more, including participating courses.](#)

Valley Needs a Breastfeeding Pod—Support Our Employee Giving Committee Quest!



Valley employees are currently raising money to purchase a Mamava Original Breastfeeding Pod for Valley's main campus. [Learn more about how you can help.](#)

Move With Mindfulness with Donna Stephens



Video 8: In the final video of this series, Donna leads you through a popular mindfulness activity, the raisin exercise. Grab a raisin or other small piece of dried fruit and [release your tension.](#)

Interested in Learning to Help Others Achieve their Health Goals? Now Accepting Applications for our FREE Volunteer Health Coach Training Program



In this FREE 12-week course, you'll gain knowledge about chronic illnesses, active listening and communication skills, including motivational interviewing; local community resources; serving on a Primary Health Care team; and skills for empowering patients. All training and coaching is virtual. After course completion, you may be qualified to serve as a volunteer Health Coach through a VMCs primary care clinic. Our Health Coaches serve for six months and work one-on-one with their assigned patient. [Learn more here.](#)

JOIN THE VALLEY FAMILY! Sign on incentives available for select positions. Apply today!

Need a Doctor Urgently? When you can't wait days for an appointment, our urgent care docs are here for you. CHECK WAIT TIMES. Urgent Care. UW Medicine VALLEY MEDICAL CENTER

Personalized Care for Each Phase of Life Choose VFM for your obstetric care and beyond! Valley Family Medicine Clinic. UW Medicine VALLEY MEDICAL CENTER

Family Care Close to Home Choose a primary care provider in your neighborhood. FIND A DOC. Primary Care. UW Medicine VALLEY MEDICAL CENTER

THANK a Caregiver Show your support for our healthcare heroes. Donate or pledge today!

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.

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 VALLEY MEDICAL CENTER

PROTECT ALL THE SKIN YOU'RE IN. Use a Layered Approach for Sun Protection. Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off. Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin. Wear a hat, sunglasses, and protective clothing to shield skin. Seek shade, especially during midday hours.

Work and play outside without raising your skin cancer risk by protecting your skin from the sun. [Get more tips about avoiding the sun's harmful rays.](#)

Community Events • BeTheHOPE Walk—July 17, Summit Park, Maple Valley • Renton-Tukwila Community in Schools Backpack Drive, July 15 – Aug. 15 • Washington Poison Center Free Virtual Workshop, July 22, 6 PM • Paddle Safe Week, July 18 – 24 • HealthCare Session: Improve Your Health and Be a Thoughtful, Proactive Healthcare Consumer • Cut Your Risk of Type 2 Diabetes by 50%—Diabetes Prevention Program • It's All in the Delivery—Virtual Birth Center Tour • Hate Has No Home Here • Stroke Survivor? Attend the Most Active Online Stroke Support Group in the Area on August 10 • Help Prevent Firearm Injury and Death—Free Firearm Interventions Toolkit