



VASHONHEALTHCARE.ORG
 INFO@VASHONHEALTHCARE.ORG
 PO Box 213 Vashon, WA 98070



MAY 12TH, 2025

Primary Care Individual choice of provider	Urgent Care DispatchHealth	Emergency Care – EMS 911 Vashon Island Fire & Rescue (VIFR)	Mobile Integrated Health (MIH) VIFR program	Vashon Pharmacy Clinical Services Vashon Pharmacy
Entry point for healthcare Long- term relationship with provider --Sea Mar Vashon Medical Clinic --Vashon Natural Medicine Usually seen in clinic or office Physician, Nurse Practitioner (ARNP) or Physician Assistant (PA)	Prompt care for non-life-threatening injuries and illnesses needing care same day or within 2 days for patients over 3 months old Mobile van comes to the home Nurse Practitioner (ARNP) or Physician Assistant (PA) with EMT/Med Tech	Life threatening or serious injuries that need immediate care or transport to hospital ER Paramedics and Emergency Medical Technicians (EMT)	Nursing care, referrals and resources Mobile van comes to the home Registered Nurse (RN) and EMT	Treatment of uncomplicated acute conditions, vaccinations and assistance with management of chronic conditions Seen in the pharmacy by appointment Treatment by clinical pharmacists
<ul style="list-style-type: none"> • Management of chronic and common illnesses • Care for minor injuries • Preventive care • Diagnostic exams • Management of chronic illness and referrals to specialists • Health education • Labs • Prescriptions for medications • X-rays (check for availability) 	<ul style="list-style-type: none"> • Muscle sprains, strains, and broken bones • Wound care • Foreign bodies in skin or eye • Lacerations needing stitches • Severe sore throat • Ear, nose and throat infections • Urinary tract infections • Fevers • Persistent cough/asthma • Exacerbations • Diarrhea, vomiting, dehydration • Services available <ul style="list-style-type: none"> ○ EKG ○ Labs ○ IV fluids ○ Medications ○ X-rays 	<ul style="list-style-type: none"> • Signs of heart attack---chest pain • Signs of stroke--- sudden weakness • Serious injuries or trauma • Difficulty breathing • Loss of consciousness • Seizures • Poisoning • Sudden severe new headaches • Sudden vision change • Severe abdominal pain • Any new, sudden or serious symptoms • If in doubt, call 911 	<ul style="list-style-type: none"> • Establish primary care services • Fall prevention services • Non-emergency medical care by an RN • Medication management • Home safety checks • Connection to mental health and substance abuse support • Connection to senior services in King County • Assistance with transition from hospital to home • Immunizations • Foley catheter assistance • Suture removal • Social worker aid/assistance • Wound care 	<ul style="list-style-type: none"> • Vaccinations, including travel vaccines • Treatment of uncomplicated acute ailments (urinary tract Infection, stings, bites, burns, yeast Infection, strep, Covid, flu) • Point-of-care testing (Covid, flu, RSV, strep) • Chronic disease consultation and management (diabetes, cholesterol, asthma, blood pressure) • Collaboration with primary provider • Medication review and education • Tobacco cessation • Hormonal birth control consults • Lab draws (may be limited) • Toenail fungus treatment • Treatment of conjunctivitis (pink eye)
Hours vary by site	11 am to 7pm 7 days a week, 365 days a year	24 hours, 7 days a week, 365 days a year	Monday, Wednesday, Friday	By appointment
Sea Mar Clinic- 206- 463-3671 Vashon Natural Medicine 206-463-4778	Call 253-617-4010 or make an appointment at dispatchhealth.com/locations/wa/vashon-maury-island/	Call 911	Call 206-463-2405 or make an appointment at vifr.org/mih	Call 206-463-9118 or make an appointment at vashonpharmacy.com/clinical-services

