

vashonhealthcare.org

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PO Box 213 Vashon, WA 98070

Primary Care

Individual choice of provider

Sea Mar Vashon Medical Clinic or Vashon Natural Medicine

Entry point for healthcare. Long- term relationship with provider

Usually seen in clinic or office

Physician, Nurse Practitioner (ARNP) or

Physician Assistant (PA)

- 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)

Hours vary by site

Sea Mar Clinic- 206- 463-3671

Vashon Natural Medicine- 206- 463-4778

Urgent Care

DispatchHealth

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

- 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
 - EKG
 - Labs
 - IV fluids
 - Medications
 - X-rays

11 am to 7pm 7 days a week, 365 days a year

Call 253-617-4010 or make an appointment
dispatchhealth.com/locations/wa/vashon-mary-island/

Emergency Care - EMS 911

Vashon Island Fire & Rescue (VIFR)

Life threatening or serious injuries that need immediate care or

transport to hospital ER

Paramedics and Emergency Medical Technicians (EMT)

- 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

24 hours, 7 days a week, 365 days a year

Call 911

Mobile Integrated Health (MIH)

VIFR program

Nursing care, referrals and resources

Mobile van comes to the home

Registered Nurse (RN) and EMT

- 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

Monday, Wednesday, Friday

Call 206-463-240S or make an appointment at vifr.org/mih

Vashon Pharmacy Clinical Service

Treatment of uncomplicated acute conditions, vaccinations and assistance with management of chronic conditions. Treatment by clinical pharmacists

- 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 (limited) Toenail fungus treatment
- Treatment of conjunctivitis (pink eye)

By appointment

Call 206-463-9118 or make an appointment at
vashonpharmacy.com/clinical-services