

## **5-Part Care Continuum**

### **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

Free transport via ambulance

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### **Primary Care Individual choice of Provider**

Entry point for healthcare. Long- term relationship with provider

- Sea Mar Vashon Medical Clinic
- Vashon Natural Medicine

Usually seen in clinic or office by a 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

Accepts most Insurance. Sliding scale options and reduced fee for self-pay available, respectively.

### **Community-Based Care**

Vashon Mobile Integrated Health (MIH)

Mobile medical care with broadened capabilities under the supervision of a Physician Assistant (PA)

- Prescription medications (short term)
- Medical treatment for common injuries and illnesses
- Mental health and substance abuse referrals
- Follow-up care post-hospitalization
- Sutures and removal
- Transportation coordination
- Fall risk assessment
- Medication management
- Immunizations for homebound residents
- Home safety check
- Wound and catheter care

Monday- Friday 8:00 AM- 4:30 PM

Call 206-463-2405 or make an appointment at [vifr.org/mih](http://vifr.org/mih)  
Free program from King County, through Vashon Fire & Rescue  
(VIFR) with funding from Vashon Health Care District (VHCD).

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## **Urgent Care**

### **Dispatch-Health**

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 with Nurse Practitioner (ARNP) or Physician Assistant (PA)

- 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

Accepts most insurance. Cash payment available. Low-income options available via Compassionate Care Program through VHCD.

Call 253-617-4010 or make an appointment at  
[dispatchhealth.com/locations/wa/vashon-maury-island/](https://dispatchhealth.com/locations/wa/vashon-maury-island/)

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### **Vashon Pharmacy Clinical Services Vashon**

Treatment of uncomplicated acute conditions, vaccinations, and assistance with management of chronic conditions

Seen in the pharmacy by appointment. 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)

Service by appointment.

Accepts some insurance. Cash payment options available

Call 206-463-9118 or make an appointment at  
[vashonpharmacy.com/clinical-services](https://vashonpharmacy.com/clinical-services)