



# Vashon Health Care How-To

Use this 5-part continuum of care as a reference for who to call for health care needs on Vashon.

December 2025

Emergency Care – EMS 911 Vashon Island Fire & Rescue (VIFR )	Primary Care Sea Mar Clinic or Vashon Natural Medicine	Community-Based Care Vashon Mobile Integrated Health (MIH)	Urgent Care DispatchHealth	Clinical Services Vashon Pharmacy
Life-threatening or serious injuries that need immediate care or transport to the hospital ER	Entry point for healthcare Long-term relationship with provider	Mobile medical care with broadened capabilities under the supervision of a Physician Assistant (PA)	Prompt care for non-life-threatening injuries and illnesses needing care within 24-48 hours for patients over 3 months old	Treatment of uncomplicated acute conditions, vaccinations, and assistance with management of chronic conditions
Paramedics and Emergency Medical Technicians (EMT)	Seen in clinic or office Physician, Nurse Practitioner (ARNP), Physician Assistant (PA)	Mobile van comes to the home Registered Nurse (RN), EMT, Physician Assistant, Social Worker	Mobile van comes to the home with Nurse Practitioner (ARNP) or Physician Assistant (PA)	Seen in the pharmacy by appointment. Treatment by clinical pharmacists
<ul style="list-style-type: none"> <li>Signs of heart attack--- chest pain</li> <li>Signs of stroke--- sudden weakness</li> <li>Serious injuries or trauma</li> <li>Difficulty breathing</li> <li>Loss of consciousness</li> <li>Seizures</li> <li>Poisoning</li> <li>Sudden severe new headaches</li> <li>Sudden vision change</li> <li>Severe abdominal pain</li> <li>Any new, sudden or serious symptoms</li> </ul> <ul style="list-style-type: none"> <li>If in doubt, call 911</li> </ul>	<ul style="list-style-type: none"> <li>Management of chronic and common illnesses</li> <li>Care for minor injuries</li> <li>Preventive care</li> <li>Diagnostic exams</li> <li>Management of chronic illness and referrals to specialists</li> <li>Health education</li> <li>Labs</li> <li>Prescriptions for medications</li> <li>X-rays (check for availability)</li> </ul>	<ul style="list-style-type: none"> <li>Prescription medications (short term)</li> <li>Medical treatment for common injuries and illnesses</li> <li>Mental health and substance abuse referrals</li> <li>Follow-up care post-hospitalization</li> <li>Sutures and removal</li> <li>Transportation coordination</li> <li>Fall risk assessment</li> <li>Medication management</li> <li>Immunizations for homebound residents</li> <li>Home safety check</li> <li>Wound and catheter care</li> <li>Social service coordination</li> </ul>	<ul style="list-style-type: none"> <li>Muscle sprains, strains, and broken bones</li> <li>Wound care</li> <li>Foreign bodies in skin or eyes</li> <li>Lacerations needing stitches</li> <li>Severe sore throat</li> <li>Ear, nose, and throat infections</li> <li>Urinary tract infections</li> <li>Fevers</li> <li>Persistent cough/asthma</li> <li>Diarrhea, vomiting, dehydration</li> <li>Services available <ul style="list-style-type: none"> <li>EKG</li> <li>Labs</li> <li>IV Fluids</li> <li>Medications</li> <li>X-rays</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Vaccinations, including travel vaccines</li> <li>Treatment of uncomplicated acute ailments (urinary tract Infection, stings, bites, burns, yeast Infection, strep, Covid, flu)</li> <li>Point-of-care testing (Covid, flu, RSV, strep)</li> <li>Chronic disease consultation and management (diabetes, cholesterol, asthma, blood pressure)</li> <li>Collaboration with primary provider</li> <li>Medication review and education</li> <li>Tobacco cessation</li> <li>Hormonal birth control consults</li> <li>Lab draws (may be limited)</li> <li>Toenail fungus treatment</li> <li>Treatment of conjunctivitis (pink eye)</li> </ul>
24 hours, 7 days a week, 365 days a year	Hours vary by site	Monday- Friday, 8 am-4:30 pm	11 am to 7 pm, 7 days a week 365 days a year, including holidays	By appointment
Call 911!	Sea Mar Clinic- 206-463-3671 Vashon Natural Medicine- 206-463-4778	Call 206-463-2405 or make an appointment at <a href="http://vifr.org/mih">vifr.org/mih</a>	Make an appointment <a href="tel:253-617-4010">253-617-4010</a> or <a href="http://dispatchhealth.com/locations/wa/vashon-maury-island/">dispatchhealth.com/locations/wa/vashon-maury-island/</a>	Call 206-463-9118 or make an appointment at <a href="http://vashonpharmacy.com/clinical-services">vashonpharmacy.com/clinical-services</a>
No out-of-pocket charge for transport via ambulance	Accepts most Insurance. Sliding scale options and reduced fees for self-pay are available, respectively.	Free program from King County, through Vashon Fire & Rescue (VIFR) with funding from Vashon Health Care District (VHCD). Labs billed separately.	Accepts most insurance. \$375 self-pay. X-ray billed separately. Low-income options available via the Compassionate Care Program through VHCD.	Accepts some insurance. Cash payment options available.



# Your Key Medical Care Providers on Vashon

## Primary Care

Primary care is generally the first point of contact for health services. Primary care provides preventive care, such as annual checkups, screenings, and vaccines, as well as treating common illnesses and helping manage long-term conditions like diabetes or high blood pressure. It's usually your first stop for non-emergency health concerns, and these providers help you navigate the healthcare system by coordinating your care and referrals. Primary care supports your overall health, including physical, mental, and some social needs.

Our local primary care providers are **Sea Mar Clinic** and **Vashon Natural Medicine**. Both accept most insurances. Sliding scale options and reduced fees for self-pay are available, respectively.

## Community-Based Care

Community-based care is a model of healthcare and social support that delivers services within an individual's own community rather than in a clinic or hospital setting. Community-based care assists those who have trouble getting regular medical care, those who have mobility and transportation challenges, and those who need extra support. It fills gaps where other services might not reach and collaborates with other healthcare services.

Our local community-based care program through **Vashon Mobile Integrated Health (MIH)** is mobile and designed to support the overall well-being of individuals, particularly vulnerable or underserved populations, including the uninsured, by addressing both their medical and social needs and ensuring ongoing, coordinated support. They provide a broad range of services, including care for minor illness and injury, mental health referrals, social service navigation, home safety and wellness checks, and preventive care—delivered within the patient's own setting.

## Urgent Care

Urgent care is for illnesses or injuries that are not life-threatening but can't wait for a regular doctor's appointment and require prompt medical attention within 24-48 hours. This includes conditions such as lacerations, respiratory infections, sore throats, minor cuts or burns, sprains, and infections. Urgent care is an option when you have an acute injury or illness but don't need to go to the emergency room. Urgent care does not replace your regular doctor for ongoing health needs.

Our local urgent care is mobile and delivered via **DispatchHealth**. A list of in-network insurance providers can be found at [vashonhealthcare.org](http://vashonhealthcare.org). Low-income options are available through the Vashon Health Care District's (VHCD) Compassionate Care Program. Visit the website for details.