

# SPOKANE COUNTY COVID-19 RESOURCES



You have chosen not to be transported to the hospital after being evaluated by EMS for symptoms consistent with COVID-19. While most people with COVID-19 are able to recover without hospital care, the infection can also progress rapidly to respiratory distress and failure. We recommend evaluation by a medical provider at the hospital, especially if you are concerned about managing your health at home. If you stay at home today, we recommend contacting your healthcare provider or nurse triage line.

There are several resources in the community that can assist you.

**If your symptoms worsen, call 911.**

## CHAS CLINICS

<b>Online</b> <a href="https://chas.org/health-alerts">chas.org/health-alerts</a>	<b>By Text</b> Text "COVID" to (424) 354-4956	<b>By Phone</b> (509) 444-8200
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## KAISER PERMANENTE

<b>Online</b> <a href="https://kp.org/wa/getcare">kp.org/wa/getcare</a>	<b>By Phone</b> (888) 901-4636
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## MULTICARE

<b>Virtual Care</b> <a href="https://multicare.org/virtualcare">multicare.org/virtualcare</a>	<b>Respiratory Clinics</b> Mon – Fri: Appointment line (509) 233-5102 Sat & Sun: Contact the clinic directly <ul style="list-style-type: none"><li>➤ Liberty Lake [1326 N Stanford Ln] 7 days/week 8am-8pm (509) 755-6760</li><li>➤ Moran Prairie [3016 E 57th Ave] Mon-Sat: 7am-5pm (509) 724-4150</li><li>➤ Cheney [19 N 7th St] Mon-Sat: 8am-5pm (509) 235-6151</li></ul>
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## PROVIDENCE HEALTH & SERVICES

<b>Virtual Care</b> <a href="https://virtual.providence.org">virtual.providence.org</a>	<b>Walk-in Urgent Care</b> Dedicated to patients with COVID-19 symptoms <ul style="list-style-type: none"><li>➤ 421 S. Division St., Spokane, (509) 474-2100</li><li>➤ 551 E. Hawthorne Rd., Spokane, (509) 489-2369</li></ul>
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## SPOKANE REGIONAL HEALTH DISTRICT

<b>Online</b> <a href="https://srhd.org/covid19">srhd.org/covid19</a>	<b>By Phone</b> General questions about COVID-19 or screening sites (509) 324-1500
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# 10 things you can do to manage your health at home

## If you have possible or confirmed COVID-19:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



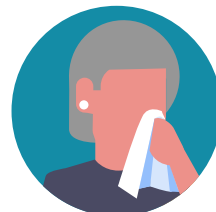
4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



Please go to [www.cdc.gov/covid19-symptoms](https://www.cdc.gov/covid19-symptoms) for information on COVID-19 symptoms.

