



## IT'S SAFE TO GET CARE AT MASON HEALTH

### Current COVID-19 & Vaccination Updates



The Cat in the Hat (**Stephanie Gunter**, PharmD, Pharmacy Manager) administers the COVID vaccine booster to Thing 2 (**Tracey Fredrick**, Development Specialist) at a vaccine event Jan. 7, at the Shelton Family YMCA.

Check the Mason Health website for other Mason County vaccination clinic opportunities.

#### Vaccinations

##### Who is eligible for a COVID vaccine?

- All Washingtonians ages 5 years and older are eligible to receive a COVID-19 vaccination.
- Vaccinations are offered at the vaccine clinic (**Red Square on map below**) (for those 12 and older) or with your primary care or pediatric provider at Mason Clinic.
- Parental consent/permission and completed consent forms will be required prior to vaccination.

##### Who can receive a COVID booster?

- Everyone ages 12 years and older may get a booster COVID-19 vaccine if they choose.

##### When to get a booster:

- At least 5 months after completing your primary COVID-19 vaccination series if you received Pfizer or Moderna shot.
- At least 2 months after your Johnson & Johnson shot.
- If you are a child, 5-11, who is immunocompromised, you can receive a third dose of Pfizer 1 month after your second dose.

#### COVID Treatment

Your safety and well-being are important to us. COVID treatment is located at a separate clinic on Professional Way (**Red triangle on map**).

**If you are seen at Mason Clinic or Hoodspport Primary Care, please allow for us to plan properly for your appointment by answering our screening questions when you check in.**

The clinical team will prepare and wear protective gear based on whether you have COVID-related symptoms.

#### No Visitors Allowed – All Patients

(Limited Exceptions for Special Circumstances)

Cafeteria Open to Authorized Visitors Only

All Subject to change.

**All patients and visitors must wear a mask provided by Mason Health. Upon entry a mask will be provided for you.**

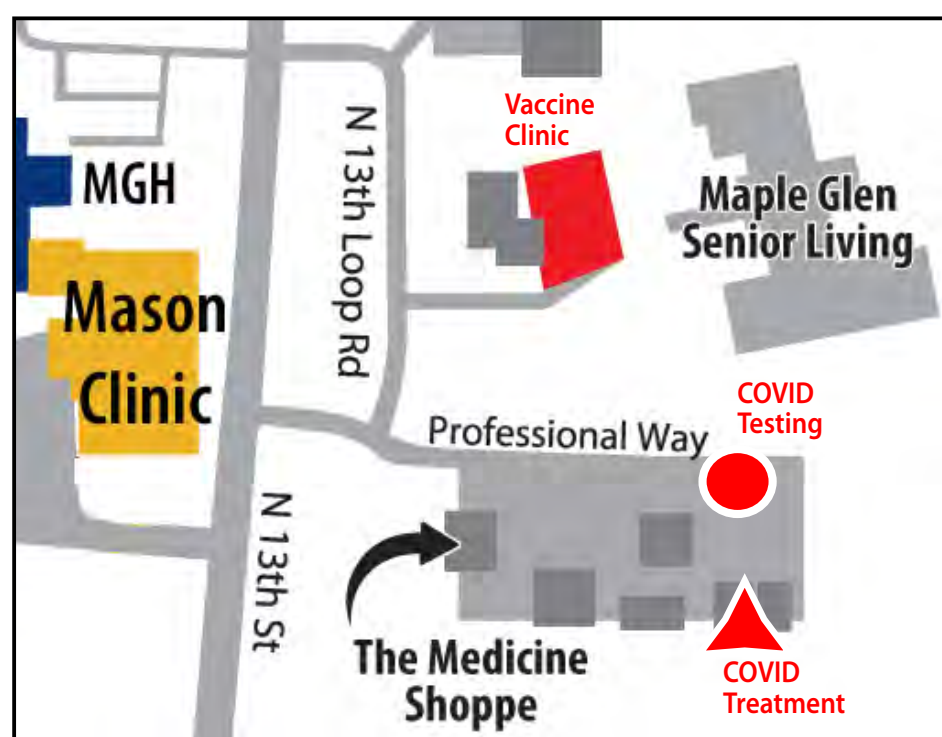
The following safety measures continue to be in place:

- Masking required in all facilities, with limited patient exceptions.
- Maintain 6 feet of distance from other patients.
- Everyone must frequently perform hand hygiene.
- Alternate care sites are in place for high-risk patients.
- Plexiglass barriers are in place to protect patients and staff.
- Gateway Center locations have restricted community access: **Medical Records & Business Offices** are open; patients are encouraged to call first and adhere to all safety precautions. **MGH Foundation/Development Office** is open by appointment only.
- Visit our website and social media for information.

Policy and practice does not change regardless of vaccination status.

Thank you for choosing Mason Health for your care!

Schedule a COVID Vaccine or Flu Shot at <https://calendly.com/masonhealth>



#### Testing

Shallow, nasal COVID testing is available at the Curative kiosk at Mason Health (**Red circle on map**).

- Appointments may be limited due to high demand and severe weather conditions.
- Testing is available by walk-up or appointment. Test results are delivered electronically within 24-48 hours.
- Book your test at: <https://book.curative.com/sites/31254>
- For more information on Curative, visit Curative's FAQ section at [curative.com](https://www.curative.com).

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#### Nationwide blood shortage impacts local health care – Code Red

Local blood banks are sounding the alarm on the nationwide blood shortage. The local blood supply has hit emergency levels. **Bloodworks Northwest** is asking everyone who is feeling healthy, especially type O donors, to please schedule a donation as soon as possible.

Bloodworks Northwest will hold a series of pop-up blood donation events in Shelton in March. To schedule your appointment, or to find an appointment sooner, visit [schedule.bloodworksnw.org](https://schedule.bloodworksnw.org).



#### News Briefs

##### Mason Health welcomes two new providers

**Amanda Proctor**, ARNP, joins the team at Hoodspport Family Clinic, while **Francis Prince**, ARNP, will begin to see patients at the Walk-In Clinic. Welcome Amanda and Francis!

**Amanda Proctor** completed a Doctor of Nursing Practice degree from Gonzaga University in Spokane in 2021, where she focused on Family Practice and completed a practicum in gastroenterology. Proctor finds it rewarding to help people navigate their chronic conditions and improve their quality of life. She enjoys teaching about preventive care, such as nutrition and exercise.



Amanda Proctor, ARNP



Francis Prince, ARNP

##### Francis Prince

worked as an emergency department nurse while obtaining her Master of Science in Nursing with a Family Nurse Practitioner degree in the summer of 2019 from Simmons University. She enjoys getting to know her patients and sharing her view on health including the use of supportive therapies such as a massage, meditation, chiropractic therapies and acupuncture.

Learn more about these providers at [www.masongeneral.com](https://www.masongeneral.com).

#### DO A PROVIDER SEARCH

Go to [www.masongeneral.com](https://www.masongeneral.com) and click on FIND A PROVIDER in the top menu. Enter a Provider's Name or Specialty for a list of providers.

#### MGH Foundation News



Jennifer Capps, Chief Development & Communications Officer, accepts a check from Jennifer Baria, Executive Director, Economic Development Council of Mason County.

#### MGH Foundation receives \$2,500 grant

Mason General Hospital Foundation was a proud recipient of a \$2,500 small business grant, facilitated by the Economic Development Council of Mason County.

MGHF is grateful for the opportunity to continue to raise funds for quality health care in Mason County!

#### Mason Health welcomes new volunteer coordinator



Iris Hilburger

**Iris Hilburger** joined the Mason Health team in November 2021 as the new Volunteer Coordinator for the District. Hilburger grew up in Hillsboro, Ore., and has an extensive background in the environmental and health care fields. She graduated in 2008 from Lewis & Clark College in Portland, Ore., with a major in Environmental Studies and a concentration in Conservation Biology.

Her prior work and volunteer experience includes helping to install medical equipment in Nicaragua, working with immigrant and refugee families to de-toxify homes, teaching sixth-grade students about plants and working as a backpacking and sea kayaking instructor. She most recently lead the volunteer program at The Olympia Free Clinic.

To learn more about Mason Health's volunteer opportunities, email Iris at [ihilburger@masongeneral.com](mailto:ihilburger@masongeneral.com) or visit <https://www.masongeneral.com/community/volunteering>.

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**Mission**  
United Community, Empowered People, Exceptional Health

**Vision**  
Provide the best patient-centered care in the Pacific Northwest.

**Values**  
Service & Relationships