



IT'S SAFE TO GET CARE AT MASON HEALTH

Current COVID-19 & Vaccination Updates



From left, Mason Health's **Lavee Arnold**, Certified-Medical Assistant, and Shelton School District's **Robert Herron**, Director of Facilities Management & Construction, sit at the Mason Health vaccine clinic at Shelton High School, Friday, Sept. 10.

Mason Health COVID Vaccine Clinic Updates

COVID vaccines are now available by **appointment only** at the MGH Anticoagulation and COVID Vaccine Clinic (red square on map below). All Washingtonians ages 12 and older are eligible for COVID-19 vaccination.

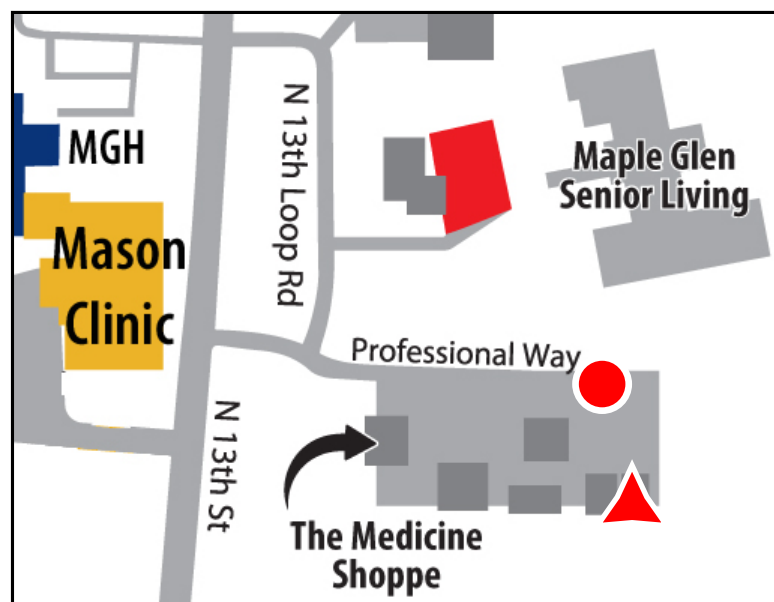


Mason Health is closely following the latest updates regarding eligibility for booster vaccines. Please talk to your health care provider about your medical condition and whether getting an additional dose is appropriate for you.

COVID Testing Kiosk Available

COVID-19 testing is available at the Curative testing site (red dot on map), by **walk-up or appointment**, Monday-Friday, from 8 a.m. to 2 p.m.

Results are delivered electronically within 24-48 hours. The testing kiosk is located next to the COVID treatment clinic at 237 Professional Way in Shelton.



COVID Treatment Clinic Re-Opens

Due to the rise of COVID-19 cases in the community, Mason Health has reopened our COVID-19 treatment clinic on Professional Way, next to the Curative testing site, in the former Oakland Bay Pediatrics building (red triangle on map below).



If you believe you have symptoms of COVID-19, call Mason Clinic **360-426-2653** to be scheduled.

If you have a medical emergency, please visit the Emergency Department, which is open 24/7.

Mason Health offers a variety of services at the COVID treatment clinic, so that patients do not have to travel to Mason General Hospital or Mason Clinic.

Providers are able to offer X-rays, lab draws, blood cultures, EKG tests, throat swabs for strep or RSV, urine analysis and blood sugar checks.

Interpreter services are also available, and providers can treat children as well.

Most importantly, providers can assess whether the patient has COVID-19 and can send them right next door to receive a COVID test if necessary.

For more COVID-19 vaccine information, visit www.masongeneral.com/about/covid-19.

All Subject to change.

Phase 2 – Healthy Washington: Roadmap to Recovery

No Visitors Allowed – All Patients
(Limited Exceptions for Special Circumstances)
Cafeteria Open to Authorized Visitors Only

To protect your health, the following safety measures are 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.
- For COVID-19 Testing and Vaccination Information, please go to our website or contact your provider.
- 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 and Business Offices are open; patients are encouraged to call first and adhere to all safety precautions. 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!

October is Breast Cancer Awareness Month

These past couple of years have been a powerful reminder that we are all in this together, and our choices and actions have the power to protect the most vulnerable among us in a big way. The same holds true when it comes to breast cancer.



October is Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease. Mason Health still has funding available for people to get their free mammogram screenings.

Funding is available through the Breast, Cervical, Colon Health program through the State of Washington and also the Karen Hilburn Cancer Fund.

Recommendations for all women:

- Women 40 and older should have mammograms every 1 or 2 years.
- Women who are younger than 40 and have risk factors for breast cancer should ask their health care provider whether mammograms are advisable and how often to have them.
- Even women who have no symptoms and no known risks for breast cancer should have regularly scheduled mammograms to help detect potential breast cancer at the earliest possible time.

News Briefs

Mason Health Earns Environmental Excellence Award From Practice Greenhealth

Mason Health's leadership, ingenuity and hard work has earned the District a **2021 Environmental Excellence Award** from Practice Greenhealth.



This recognizes our organization's ongoing commitment to improving our environmental performance and our efforts to build sustainability into the operations of our institution.

Congratulations to the team members involved in securing this recognition – Thank you for your impactful sustainability work pursued over the past year!



Mason Health is planning the second annual drive-through **Trunk-or-Treat** for Friday, Oct. 29, between 2 and 5 p.m. at the MGH Emergency Department entrance. Masks and social distancing will be required.

Classes and Workshops

Cancer Wellness Workshop

Mason Health, in partnership with Harmony Hill Retreat Center, is hosting virtual cancer support groups. For more information, call **360-432-7706** or email patientnavigator@masongeneral.com.
Time: 4 to 6:30 p.m., second Wednesday of the month
Location: ZOOM or conference call
Register: <https://harmonyhill.z2systems.com/np/clients/harmonyhill/eventRegistration.jsp?event=728&Cost:Free>

Diabetes Wellness Groups

Mason Health's Diabetes Wellness support groups and Diabetes Prevention classes are still on hold, as of press time. For help managing your diabetes or to inquire about current information, call the Diabetes Wellness Center at **360-427-7332**.
Note: All of the other Mason Health classes, workshops and support groups are currently still on hold due to COVID-19 restrictions. We are looking forward to when we can offer them again.

Special Kudos

Congratulations

to **Candi Hilyard**, EVS Technician, for being selected as the September 2021 *Employee of the Month*.



Follow us on social media



MGH Foundation News

Event Cancellation Notice



The MGH Foundation will not be hosting **Fantasy Forest** this year, due to ongoing concerns with COVID-19. The Board of Directors would like to express their heartfelt appreciation for your

continued support of quality care in Mason County. Please follow us on social media or visit us at www.masongeneral.com for the latest updates.



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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