

## Need further support?

Mason Health's Community Health Worker can help you find services and support: 360-432-3296.

Cascade Pacific Action Alliance's Community Care Port can also provide resources. Call 800-662-2499.

## Where can I get more accurate information about COVID-19?

Mason Health has resources and information at [www.masongeneral.com/about/covid-19](http://www.masongeneral.com/about/covid-19).

You can also call the Washington DOH Corona Virus Hotline at (800) 525-0127 and press #.

More COVID-19 Wellness Resources can be found at [www.masongeneral.com/services/behavioral-health](http://www.masongeneral.com/services/behavioral-health)

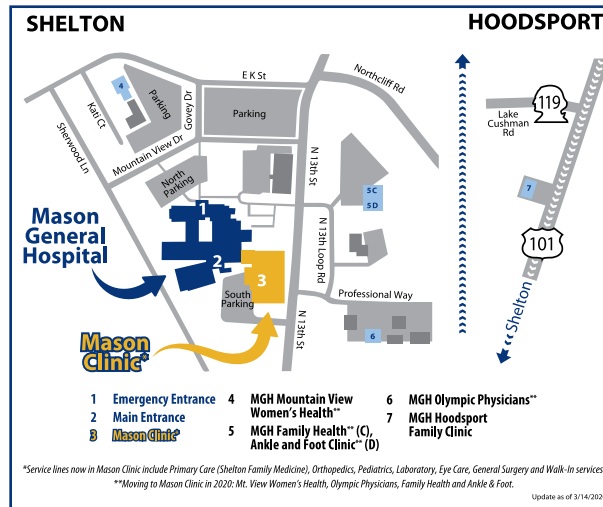
Additional resources and information can be reached at 800-662-2499.



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

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

**Values**  
Service & Relationships



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On the cover: Mason Health Behavioral Health provider Erin Martinache, LICSW, Clinic Manager Rosa Gonzalez Gonzales and Director of Patient Access Shannon Barnhart in Mason Clinic.  
Photo by Arla Shephard Bull

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# COVID – 19 Information and Wellness



# Now that I've been tested for COVID-19, what should I expect?

## Stay Home Except to Get Medical Care:

Now that you have been tested for COVID-19 or the novel coronavirus, you must restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis. Separate yourself from other people and animals in your home.

## Quarantine at Home to Prevent the Spread of the Virus:

As much as possible, you should stay in a specific room and away from other people in your home. Also, use a separate bathroom, if available.

## Monitor Your Symptoms and Call Ahead to Access Prompt Medical Attention:

Monitor your symptoms. Seek prompt medical attention if your illness worsens (e.g., difficulty breathing). Before seeking care, call your health care provider and tell them that you have, or are being evaluated for, COVID-19.

## Masking is Required:

Put on a mask before you enter any building or business where you may be in contact with other people, e.g. the grocery store, clinic, etc. These steps will help others from being infected or exposed.

Mason Health has put significant safety measures in place to protect patients and keep you safe and healthy while visiting us for your health needs.

## In the Case of a Medical Emergency, Call 911 Immediately:

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have or may have COVID-19. If possible, put on a mask before emergency medical services arrive.

## How can I get my groceries?\*

**Instacart.com** will deliver groceries from **Fred Meyer** (360-427-2979) and **Safeway** (360-426-9978) in Shelton for a fee.

**Patty Wagon** (360-427-0202) will pick up and deliver groceries.

## How can I get my medicine?\*

**Fred Meyer** (360-432-5373) and **Medicine Shoppe** (360-426-4272) have drive-up windows.

**Neil's Pharmacy** (360-426-3327) has delivery service.

**Shelton Pharmacy** (360-545-4333) will mail medication and has a walk-up window.

**Safeway Pharmacy** (360-426-0718) delivers (for a fee).

## Special resources for seniors, age 60 and older:

- **Senior Services for South Sound** is expanding their Meals on Wheels program: 360-586-6181
- **Mason County Senior Activities Center** is available by phone for local questions and concerns: 360-426-7374

## How can I connect with others in a safe manner?

- **Explore online support communities**, such as those at [emotionsanonymous.org](https://emotionsanonymous.org), [supportgroupscentral.com](https://supportgroupscentral.com) or the Tribe Wellness Community at [support.therapytribe.com](https://support.therapytribe.com)
- **Find free or low-cost virtual support groups** on various mental health conditions or situations, including those on addiction, anxiety, depression, LGBTQ and family/marital issues. Search online or ask your health care provider for resources.
- **Stay in touch with family and friends** via video apps, such as ZOOM, Facebook Messenger, Marco Polo and more.

*\*\*All resources listed on this page are subject to change, call ahead to verify service.*



## What can I do to reduce my stress and anxiety about this situation?

- Self-manage by taking slow, steady deep breaths. Simply sitting still and breathing deeply can help slow your heart rate. Repeat a phrase to keep your mind from racing, such as "Live in the now."
- Find tools such as anxiety screenings, meditations and more at [www.virusanxiety.com](https://www.virusanxiety.com)
- Develop a personal strategy to enhance your ability to adapt during stress through the American Psychological Association's Road to Resilience guide: [www.apa.org/topics/resilience](https://www.apa.org/topics/resilience)

## I do not feel safe at home and quarantined.

While staying at home is critical to slowing the spread and severity of COVID-19, not everyone feels safe in their home. Various organizations can provide confidential support for people who feel unsafe or for people who are concerned about someone else's safety.

- Call the National Domestic Violence Hotline 24/7 for confidential support at 800-799-SAFE (7233). Online chat is available at [www.thehotline.org](https://www.thehotline.org) or text LOVEIS or AMORES (Español) to 22522.
- RAINN has a 24/7 safe and confidential sexual assault hotline at 800-656-HOPE (4673). Chat online at [www.rainn.org](https://www.rainn.org).