

The City of Spokane

Weekly News Update for March 22

Information about COVID-19 is evolving rapidly, and our important work as a City is continuing. We want to make sure our City employees have up-to-date information on both COVID and employee news. We will provide this update, as needed, to communicate what you need to know, while we work to reduce the spread of this disease in our community and continue to provide critical public services.

Caps, Jackets, Polo Shirts...oh my!

TOMORROW is the last day to order from the City's [online employee store](#). Check it out for items you would like to purchase and have the City's logo embroidered on it. Completed orders will be distributed from City Hall and other City facilities as needed April 11 – 15. For specific questions like sizing, color, etc., please contact our coordinator Lori Humphrey at lulupromotion@aol.com or (509) 534-7477.



Say Yes! COVID Tests

The Say Yes! COVID Test portal now allows up to two orders per household every month, while supplies last. Visit SayYesCovidHomeTest.org to order.

Each order/kit contains five tests. That's 10 tests per month for people in Washington!

If you already ordered from Say Yes! COVID Test, you can order again. Each free kit must be ordered individually - order once for five tests, order a second time for five more.

Spokane COVID-19 Testing Sites

Drive-up and walk-up [COVID-19 testing sites](#) are open to the community. These testing sites offer free testing and are open to anyone who is experiencing COVID-19 symptoms or has recently been exposed to someone with COVID-19.

Spokane Falls Community College

3410 W. Whistalks Way, Spokane, WA 99224

Hours: Mon – Sun, 8:30 a.m. – 6 p.m.

[Appointments are recommended](#) but not required.

Ashley HomeStore Outlet parking lot

13414 E. Sprague Ave., Spokane Valley, WA 99216

Hours: Mon – Fri, 8 a.m. – 5:30 p.m.

[Appointments are recommended](#) but not required.

Mead Union Stadium

12509 N. Market St., Mead, WA 99021

(testing trailer is in the parking lot)

Hours: Sat & Sun, 9 a.m. – 4 p.m.

[Appointments are recommended](#) but not required.

CHAS Health Denny Murphy Clinic

1001 W. Second Ave., Spokane, WA 99201

Hours: Tue – Fri, 9 a.m. – 5 p.m.

Sat, 9 a.m. – 12 p.m.

[Appointments are recommended](#) but not required.

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

- [Diabetes and Mental Health](#)

Is mental health pretty low on your list of priorities for managing diabetes? This may change your mind. Mental health affects so many aspects of daily life—how you think and feel, handle stress, relate to others, and make choices. You can see how having a mental health problem could make it harder to stick to your diabetes care plan.

- [Stress and Your Health](#)

Studies show that women are more likely than men to experience symptoms of stress. Women who are stressed are more likely than men who are stressed to experience depression and anxiety. Experts do not fully know the reason for the differences, but it may be related to how men's and women's bodies process stress hormones. Long-term stress especially is more likely to cause problems with moods and anxiety in women. To learn more [click here](#).

Employee Information Portal (covid19.spokanecity.org/)

Remember, this Employee Information Portal is a great resource for employees to stay current on what's happening with the COVID-19 response. The [Employee Information Portal](#) can be accessed from work or home, using a computer or mobile device. All of the emailed information we have sent to employees is archived here.