

The City of Spokane

Weekly News Update for March 9

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!

The City's [online employee store](#) is open NOW through Wednesday, **MARCH 23**. 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 Test

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, Tue, Thur, & Fri, 8:30 a.m. – 6 p.m.

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

Ashley HomeStore Outlet parking lot

12414 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

Hours: Wed – Fri, 4 – 8 p.m.

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. – 4 p.m.

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

As of January 15, 2022, your insurance will cover the purchase of at-home COVID-19 tests. Make sure to keep your receipt! If you are a **Premiera member** [click here to be reimbursed](#). If you are a **Kaiser member** [login to the Member Portal](#) then click on COVID-19 Resources and “Submit a Claim.”

Masking Update

State masking guidance is evolving quickly in recent days. Changes and implementation dates have been announced for both outdoor and indoor mandates and both have workplace implications. Each of those situations as they relate to you as an employee in City facilities, worksites, and vehicles is summarized below for clarity.

- State indoor mask mandate ends **Saturday, March 12**. The governor announced that masks will no longer be required in most public places, which includes City facilities, beginning on March 12. It is important to note that further definition and guidance is anticipated soon from state Labor & Industries and potentially the state Department of Health regarding updated workplace rules. New information will be communicated as City policy is updated to reflect state workplace regulations. Until then, masking remains a requirement that will be strictly enforced in the workplace except when you are alone in your immediate workstation or assigned work vehicle. Remote working options, where practical, remain available if arranged through your supervisor.
- State outdoor mask mandate. The mandate, which covered large outdoor gatherings, has ended. However, masks are still required in the workplace, which includes field worksites, unless physical distancing is possible.

The only constant through the pandemic has been change, which has added to the challenge for each of us as City employees and individuals in managing the disruptions to our daily lives and routines. Thank you for your continued attention and understanding as we continue to communicate the latest information.

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

- [Depression \(Major Depressive Disorder\)](#)
Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living. Depression may require long-term treatment. But don't get discouraged. Most people with depression feel better with medication, psychotherapy or both.

- [Alzheimer's or Depression: Could it be both?](#)

Early Alzheimer's disease and depression share many symptoms, so it can be hard to distinguish between the disorders. Plus, many people with Alzheimer's disease also are depressed. Just as treatment is important for people with depression alone, it's equally crucial for people with Alzheimer's disease and depression to get treatment for their depression.

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.