

The City of Spokane

## Weekly News Update for Oct. 10

*Stay up-to-date on City of Spokane and employee news with our weekly Employee Update.*

### **Crosswalk to Crosswalk Walk Against Hate**

The City of Spokane is walking against hate, following recent and repeated vandalism to the crosswalk and Odyssey building in the Perry District along with the mural at Spokane Falls Blvd. and Howard.

The Crosswalk to Crosswalk Walk is **Thursday, Oct. 12 and will begin at 12:50 p.m.** on the edge of Grant Park at 10<sup>th</sup> & Perry with a few brief remarks, followed by the walk to downtown at about 1 p.m. The walk should take about an hour and is between 2.5 and 3 miles long. City staff leaders will guide the group on the route.

People can get to the walk from downtown by taking the STA Bus #45 at 12:35 p.m. from the Plaza. STA will have an additional bus available for that route. People who drive to the Perry District can take the #45 Bus back to Perry.

City employees can use their badges to get on the bus. Others can use their monthly passes or buy a pass on the STA's web site for \$2.

Wear comfortable walking shoes and dress for cool weather.

### **Free Flu Shots and COVID Immunizations**

Whether you have Premera Blue Cross medical insurance or Kaiser Permanente medical insurance through the City of Spokane, each plan will cover enrolled employees and dependents for flu shots and COVID Immunizations at no cost. Be sure to use a participating provider or participating pharmacy to receive this care. If you have questions about either, please contact [Premera Blue Cross](#) Customer Service at 1-800-722-1471 or [Kaiser Permanente](#) Customer Service at 1-888-901-4636.

### **Free COVID Tests**

Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home. Visit [www.covid.gov/tests](http://www.covid.gov/tests) to get your tests. People without internet access can call 1-800-232-0233 (TTY 1-888-720-7489).

Before you throw out "expired" tests check the [FDA's website](#) to see if your COVID-19 tests' expiration dates have been extended.

When should you take a COVID-19 test

- US Centers for Disease Control and Prevention recommend that people test if they have any COVID-19 like symptoms, including: a sore throat, runny nose, loss of smell or taste, or a fever.
- You should test at least five full days after your last exposure to someone who has tested positive for COVID-19, even if you are asymptomatic.
- You should consider testing before taking part in a large event, such as a concert or a conference.

### **Strike Update From Kaiser Permanente**

Organized labor is key to who we are, where we have been, and where we are going, and Kaiser Permanente has a long, proud history of working with labor unions. Kaiser Permanente is committed to bargaining in good faith to reach a fair and equitable agreement that supports our employees and patients and furthers our mission of providing high-quality, affordable care.

While our Coalition-represented staff have not yet issued news of a strike authorization vote in Washington, we take any threat to disrupt care for our members seriously. We have comprehensive plans to ensure continued access to needed health care services, should a strike occur. Headlines about strike authorization votes do not reflect any breakdown in bargaining, nor do they indicate a strike is imminent or will happen at all.

The contracts for Coalition-represented regions outside of Washington expired on September 30. **Our Coalition-represented staff in Washington have a contract expiration of October 31, and they cannot strike while under contract.**

We greatly respect and value our employees who deliver on our mission every day and look forward to continuing our conversation at the bargaining table.

Kaiser Permanente is committed to supporting our clients and members in any way possible to navigate these discussions and maintain productive relationships and will keep you posted on any new updates.

Additionally, you can click on the following Kaiser site for additional/ongoing communication.  
[Custom Care & Coverage Just For You | Kaiser Permanente](#)

**Kaiser Permanente Washington clinics and pharmacies remain open: Although strike activity has commenced in other Kaiser Permanente Regions, it is not occurring in Kaiser Permanente Washington.**

**All our facilities, including pharmacies remain open as usual, and patients should plan to keep their appointments.**

**Employee Information Portal** ([covid19.spokanecity.org/](https://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.