

The City of Spokane

Weekly News Update for March 15

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.

Masking at City Facilities

The state has lifted the indoor mask mandate in most public places, including City facilities. The City's masking policy has been updated to be consistent with current public health guidance. Here's what that means for you:

- Employees and visitors are no longer required to wear masks inside City facilities.
- Social distancing remains in effect in the workplace.
- Employees and visitors who prefer to wear a mask are encouraged to continue that practice. We will continue to respect the individual needs, comforts, and choices of our team members. As a reminder, there will be **zero tolerance** for any incidents of hazing, shaming, or other harassment related to mask wearing.
- Additional guidance from the state Department of Labor and Industries and potentially the state Department of Health could cause future adjustments to the policy.

For additional guidance visit, [L&I Requirements and Guidance for Preventing COVID-19](#).

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.

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.

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

The City's [online employee store](#) is open 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.



More Information to Assist You

Here are some more resources from our Employee Assistance Program:

- [Anxiety Disorders](#)
Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks). Sometimes anxiety results from a medical condition that needs treatment.
- [Depression and Anxiety: Exercise Eases Symptoms](#)
When you have depression or anxiety, exercise often seems like the last thing you want to do. But once you get motivated, exercise can make a big difference. Research on depression, anxiety and exercise shows that the psychological and physical benefits of exercise can also help improve mood and reduce anxiety.

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.