

The City of Spokane

Weekly News Update for March 29

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.

April Is Spokane Gives Month

This April marks the ninth annual Spokane Gives month! Spokane Gives offers a wide variety of projects and giving opportunities so that everyone can find ways to contribute tailored to their schedules, abilities, and interests. We invite you to Give Your Way, whether it is volunteering your time, your talents, or financial support of an organization in need. It all starts by visiting VolunteerSpokane.org, where you can browse volunteer opportunities.

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 parking lot

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:

- [Mental Health is Real](#)

Good mental health, like good physical health, is important to human wellbeing. As the World Health Organization (WHO) puts it, "Mental health is an integral part of health; indeed, there is no health without mental health." And the mental health of employees is a critical element in the success of any organization.

- [Anxiety Disorders at Work](#)

Anxiety disorders are highly treatable, yet only one-third of those who suffer from an anxiety disorder receive treatment. Anxiety disorders are medical illnesses. They are chronic, relentless, and can grow if left untreated.

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.