

WHAT WE CAN DO FOR YOU

In addition to consistent, professional emergency response, we also provide the following free services to our community.

BLOOD PRESSURE CHECKS

Stop by our main South Bay Station 8-1 (*located at 3506 Shincke Road NE*), any time and receive a blood pressure check.

SMOKE ALARMS

Free smoke alarms are available to our community. Prevention is the best way to keep your home and your family safe from fire. To get a free alarm, you can call our front office at (360) 491-5320; request one through our website, or stop by the main South Bay Station to pick one up.

FIRE HAZARD HOME ASSESSMENT

One of our friendly responders would be happy to visit your home and provide a Fire Hazard Home Assessment. Call our front office to schedule yours today!

ADDRESS MARKER SIGNS

We can't help you if we can't find you. If you need a free home address marker, please call us or order one on our website at www.southbayfire.com.

www.southbayfire.com

ON-LINE RESOURCES

- **American Heart Association Heart Attack and Stroke Symptoms**
<https://www.heart.org/en/about-us/heart-attack-and-stroke-symptoms>
- **Medic One CPR classes**
<https://www.thurstoncountywa.gov/m1/Pages/cpr.aspx>
- **Lewis-Mason-Thurston Area Agency on Aging- services**
<https://lmtaaa.org/senior-and-disability-services>
- **Fall Prevention**
<https://nia.nih.gov/health/prevent-falls-and-fractures>
- **Outdoor Burn Information/Burn Permits**
<https://www.ORCAA.com>



Thurston County Fire Protection District 8

SOUTH BAY FIRE DEPARTMENT



FOLLOW-UP CARE & SERVICE GUIDE

3506 Shincke Rd NE Olympia, WA 98506
Phone (360) 491-5320 | Fax (360) 438-0523
www.southbayfire.com

	Facility	Address	Phone Number	Hours	Notes
HOSPITALS	Providence St. Peter's Hospital	413 Lilly Rd NE Olympia, WA 98506	(360) 491-9480	Always Open	
	Capital Medical Center	3900 Capital Mall Dr SW Olympia, WA 98502	(360) 754-5858	Always Open	
	Providence Centralia	914 S Scheuber Rd Centralia, WA 98531	(360) 736-2803	Always Open	
URGENT CARE	Kaiser Permanente	700 Lilly Rd. NE. Olympia, WA, 98506	(360) 923-7740	Always Open	Non high-acuity patients - No significant trauma
	Multicare Indigo Urgent Care	345 Cooper Point Rd NW #103 Olympia, WA 98502	(360) 763-7515	8 am - 8 pm Everyday (Excluding some holidays)	Allergies, Cold/Flu Symptoms, COVID 19 testing, Earaches, Fevers, Migraines, Headaches, Minor allergic Reactions, Minor bruising, Minor burns, Minor fractures, Rashes, Scrapes and minor cuts, Sore Throat, Sprains, UTIs
	Multicare Indigo Urgent Care	5128 Yelm Hwy SE Suite E, Lacey, WA 98503	(360) 763-7040	8 am - 8 pm Everyday (Excluding some holidays)	
	Multicare Indigo Urgent Care	704 Trosper Rd SW #118 Tumwater, WA 98512	(360) 763-7050	8 am - 8 pm Everyday (Excluding some holidays)	
	Mary Bridge Urgent Care	3504 12th Ave. NE Olympia, WA 98506	(360) 252-3801	Mon - Fri, 3 pm - 10 pm Sat & Sun, 11 am - 8 pm	Appointments preferred Cold/Flu Symptoms, Earaches, Minor burns and bruises, Skin complaints and allergies, Simple lacerations/abrasions/wounds, Sore Throat, Wheezing, Cough, Headaches, Fevers, Minor head injuries and concussions, Sprains/strains, Sports Injuries
	Concerta Urgent Care Lacey	3928 Pacific Ave. SE. Lacey, WA 98503	(360) 455-1350	Mon-Fri 8 am - 5 pm (Closed some holidays)	Workers Comp Injury Treatment, Physical Therapy, Occupational Health, Drug Screening, Physicals, Urgent Care, Immunizations
	Providence Hawks Prairie Immediate Care	2555 Marvin Rd NE Lacey, WA 98516	(360) 493-4450	8 am - 7:30 pm Everyday (Excluding some holidays)	Bone, joint or muscle complaints; COVID 19 symptoms; Cuts, puncture wounds, burns, foreign bodies, abscesses; Minor illnesses, Work-related injuries such as back strain, minor bruises, and minor cuts; Lab tests for strep throat and flu; IV hydration; IV antibiotics; Splinting; Xrays and Diagnostic Imaging
	Providence Lacey Immediate Care	4800 College St SE Lacey, WA 98503	(360) 493-4710	8 am - 7:30pm Everyday (Excluding some holidays)	Bone, joint or muscle complaints; COVID 19 symptoms; Cuts, puncture wounds, burns, foreign bodies, abscesses; Minor illnesses, Work-related injuries such as back strain, minor bruises, and minor cuts; Lab tests for strep throat and flu; IV hydration; IV antibiotics; Splinting; Xrays and Diagnostic Imaging
	Providence Express Care Lacey Marketplace	1350 Marvin Road NE, Suite D Lacey, WA 98516	(888) 227-3312	8 am - 8 pm Everyday (Excluding some holidays)	Cold, flu and allergies; Cough, congestion, and asthma; COVID- 19 Symptoms; Ear, nose, and throat issues; Eye irritations; UTIs; Skin conditions; Sprains and strains; Cuts and scrapes including stitches; Select prescription refills
	Sea Mar Thurston County Walk In Clinic	3622 Ensign Rd NE Olympia, WA 98506	(360) 742-5000	9 am - 8 pm Everyday (Excluding some holidays)	Cough, cold, flu; Sore throats and sinus infections; Cuts and scratches; Broken bones; Allergies and asthma; Sprains and strains; Headaches; UTIs; Ear and eye infections; Lab tests and X-rays
Rapid Orthopedic Care (Olyortho)	3901 Capital Mall Dr. SW. Olympia, WA 98502	(360) 754-7622	10 am - 7 pm Everyday	Musculoskeletal injuries	
AT HOME	Dispatch Health	At Home Services www.dispatchhealth.com	(360) 200-8245	By Appointment	"WILL NOT TREAT: Chest pain, confusion, hallucinations, intentional overdose or suicidal thoughts, loss of consciousness, loss of vision, moderate to severe shortness of breath, rectal bleeding, severe abdominal pain, stroke symptoms: numbness or weakness on one side, difficulty speaking, swallowing or walking, vomiting blood"