Coronavirus Overview

Jamestown Family Health Clinic leadership is coordinating daily with local public health officials in order to respond to the evolving Coronavirus outbreak. Below is a link to the Centers for Disease Control (CDC) with up to date patient care information. Our nurses are available by phone to answer your questions about any concerning respiratory symptoms. Call 360-683-5900 to reach our front desk.

Testing for Coronavirus

Testing for COVID-19 is not currently available through JFHC. Testing in Clallam County is currently limited to the seriously ill, who have been admitted to Olympic Medical Center. The current restrictions on testing are due to a limited number of test kits and lab capacity at this time. While you may have heard on the news that testing is available to all, this is not accurate. Large commercial testing labs such as LabCorp and Quest may be offering expanded testing capacity in the days to weeks ahead. Once JFHC has access to testing for the general population, we will update this site with specific instructions. We recognize it may be frustrating for our patients that testing is not more widely available. We share in that frustration and look forward to the day when we can order COVID-19 tests on our patients, as indicated. Please check back regularly for updates.

What to do if you are sick with fever and/or respiratory symptoms?

Most upper respiratory tract infections (URIs) are generally self-limited, meaning they will resolve with time, without medical interventions. As with all healthcare facilities, we are asking our patients to call ahead if you have symptoms including fever, cough, or shortness of breath, rather than presenting directly to the clinic for care. Our nurses are trained to offer a telephone assessment of patient symptoms and risks, including consideration of underlying medical conditions or recent travel. With the help of our clinic nurses, we can best direct you to the care you need. Often this will include a recommendation to stay home with self-care instructions, while monitoring for more concerning symptoms that would require a face to face visit either at JFHC or elsewhere. Testing for Coronavirus is not currently available at JFHC and coming to the clinic in the hope that you might be tested, may risk exposing staff and other patients unnecessarily. Do not hesitate to call and speak to a nurse about your symptoms and next best steps in your care. If you are experiencing a medical emergency, you should always call 911 as needed.

Please note that if you are going to Olympic Medical Center ER in the hope that you will get tested for Coronavirus, the only patients currently being tested are the seriously ill, who are admitted to the hospital, with no other explanation for their respiratory illness.

Self-care in the age of flu and coronavirus

In many ways the current virus season is no different than past cold and flu seasons. Staying home if you are experiencing cold or flu symptoms, absent worrisome symptoms such as shortness of breath or other breathing difficulties, is usually the best course of care. Most upper respiratory infections will get better on their own. Antibiotics do nothing for viral infections. There are medications for those with suspected or test positive influenza that might serve to slightly reduce the length of sick days. These medications are generally reserved for the elderly and/or those with underlying lung, heart, immune, or other chronic medical conditions that put an individual at risk for more severe illness. Infants and pregnant women are also at increased risk of severe illness. Coronavirus appears to be similar in its impact on the general population. Once testing for Coronavirus is more widely available, there will be a role for testing some. In the meantime, whether your symptoms are caused by the common cold virus, influenza, or Coronavirus, sorting out the exact etiology does not change the course of treatment for those with mild to moderate illness. For those with severe illness, further in-person evaluation is always indicated.

In the meantime, if you have not had a flu vaccine this year, it is recommended you do so now. Otherwise, careful attention to hand washing and avoiding touching one’s face, is a very effective means to avoiding transmission of a given infection. Cleaning frequently used countertops and other surfaces with cleaners designed to disinfect can be helpful. While Clallam County has not yet instituted widespread closures or event cancellations, for those at risk of severe illness, avoiding large gatherings and/or practicing social distancing, such that you remain 6 feet from others, is a reasonable response.