

## **After Hours Services**

**For life threatening emergencies, call 911**

**Should I (or my child) see a doctor for this? Use these resources to help you decide.**

- ❖ **Pediatrics:** If your child needs medical care and can't wait until our office opens, this checklist can help you decide if your child should go to the [Emergency Department or to Urgent Care](http://www.seattlechildrens.org/clinics-programs/urgent-care-clinic/emergency-or-urgent-care/).  
<http://www.seattlechildrens.org/clinics-programs/urgent-care-clinic/emergency-or-urgent-care/>
- ❖ **Adults:** Evergreen hospital Urgent care or ER check list:  
[https://www.evergreenhealth.com/documents/Redmond\\_Urgent\\_ED\\_flyer.pdf](https://www.evergreenhealth.com/documents/Redmond_Urgent_ED_flyer.pdf)

### **Online resources and nurse hotlines:**

#### **Seattle Children's Hospital**

- ❖ "Should your child see a doctor? symptom index" These guidelines (topics) are intended to help you determine how sick your child is and if you need to call your child's doctor. Their second purpose is to help you treat your child at home when it is safe to do so. <http://www.seattlechildrens.org/medical-conditions/symptom-index/>
- ❖ Children's Health Resource Line 206-987-2000, press 4. Experienced pediatric nurses staff Seattle Children's Resource Line and answer questions seven days/week

#### **Evergreen Hospital**

- ❖ Evergreen Healthline 425-899-3000. Quick, accurate answers to health questions from registered nurses 24 hours a day
- ❖ [www.evergreenhealth.com](http://www.evergreenhealth.com) Under the tab "Health Info & Classes", choose "Health Information Library"

#### **Dr. Williams Sears**

- ❖ [www.AskDrSears.com](http://www.AskDrSears.com) Loads of information about pediatric health, child development, and parenting

#### **Your insurance company's 24 hour health line**

- ❖ Premera 1-800-676-1411
- ❖ See the back of your insurance card or call your insurance company

### **Lactation Support**

Swedish Issaquah Outpatient Lactation Clinic 425-313-7000

Evergreen Health Breastfeeding Center 425.899.3494

La Leche League Regional Help Line (206) 522-1336

### **House Calls**

*For Microsoft Families Only:*

MS Mobile Medicine/ Carena

206-624-6050

Microsoft patients access services by calling Microsoft nurse advice line

**See Page 2 for list of local urgent care centers and emergency rooms.**

## URGENT CARE OPTIONS

### [Children's Bellevue After Hours Clinic](http://www.seattlechildrens.org/clinics-programs/urgent-care-clinic/)

<http://www.seattlechildrens.org/clinics-programs/urgent-care-clinic/>  
1500 116<sup>th</sup> Ave NE,  
Bellevue, WA 98004  
206-987-2211  
M-F 5pm-10:30pm  
Sat-Sun; Holidays 11am-8pm

### **Swedish Urgent Care Redmond**

18100 N.E. Union Hill Road  
Redmond, WA 98052  
Phone: 425-498-2165  
M-F 8am-8pm  
Sat-Sun 8am-4pm

### **Evergreen Urgent Care - Redmond**

8980 161<sup>st</sup> Ave NE #400  
Redmond WA 98052  
425-883-3333  
M-F 9am-6pm, Sat-Sun 9am-5pm

### **Evergreen Urgent Care - Woodinville**

16916 140th Ave NE  
Woodinville WA 98072  
425.488.2273  
M-F 8am - 8pm  
Sat-Sun 9am - 5pm

### **Overlake Urgent Care Issaquah**

5708 E Lake Sammamish Pkwy. SE  
Issaquah, WA 98029  
425-688-5777  
Daily 7am-11pm

### **Seattle Children's Mill Creek Urgent Care**

12800 Bothell-Everett Hwy  
Suite 150  
Everett, WA 98208  
206-987-2211  
M-F 5pm-10:30pm  
Sat-Sun; Holidays 11am-8pm

## EMERGENCY ROOMS

### **Seattle Children's Emergency Room**

4500 40<sup>th</sup> Ave  
Seattle, WA 98105  
206-987-2000

### **Evergreen Health ER**

12040 NE 128<sup>th</sup> Street  
Kirkland WA 98034  
425-899-1700

### **Evergreen Health- Redmond**

8980 161<sup>st</sup> Ave NE  
Redmond, WA 98052  
425-899-1111

### **Overlake Hospital Medical Center ER**

1035 116<sup>th</sup> Avenue NE  
Bellevue, WA 98004  
425-688-5000

### **Swedish Redmond ER**

18100 N.E. Union Hill Road  
Redmond, WA 98052  
425-498-2020

### **Swedish Issaquah ER**

751 N.E. Blakely Dr.  
Issaquah, WA 98029  
425-394-0610

### **Snoqualmie Valley Hospital ER**

9575 Ethan Wade Way SE,  
Snoqualmie, WA 98065  
(425) 831-2300