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WE'RE OFFERING HEALTHY VIRTUAL EXERCISE CLASSES

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Samaritan offers telehealth and other care options

Always call your primary care provider first, as Samaritan has modified its clinic operations due to coronavirus concerns.

You will be offered one of the following options based on your symptoms:



- MyChart E-Visit
- Telehealth visit online or by telephone
- Referral to separate clinic locations that have been set up for those with, or without, cold and flu-like symptoms

If you have severe symptoms or are experiencing a medical emergency, call 911.



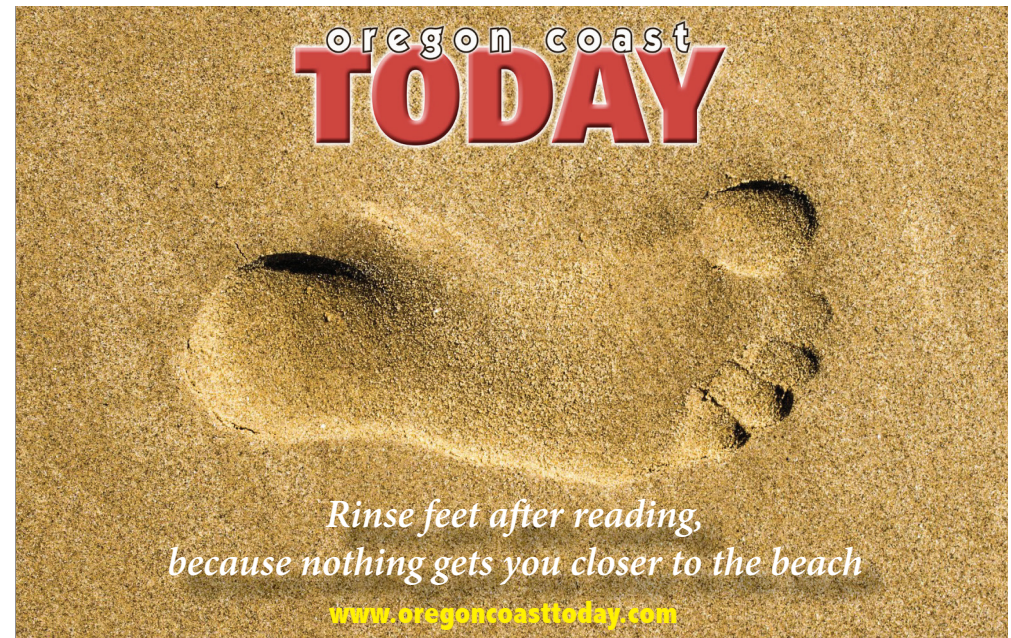
Need a MyChart account?

Set up a MyChart account by visiting samhealth.org/MyChart or by calling 541-768-7080.



Samaritan Health Services

samhealth.org/Telehealth



Tillamook Bay, Garibaldi

| Date | Low Tides | High Tides |
|----------------|---------------|--------------|
| Thurs., May 28 | 11:42 am -0.5 | 11:59 pm 3.6 |
| Fri., May 29 | 12:38 pm -0.2 | --- |
| Sat., May 30 | 1:15 am 3.2 | 1:37 pm 0.2 |
| Sun., May 31 | 2:29 am 2.4 | 2:36 pm 0.5 |
| Mon., June 1 | 3:36 am 1.4 | 3:33 pm 0.9 |
| Tues., June 2 | 4:36 am 0.4 | 4:28 pm 1.2 |
| Wed., June 3 | 5:29 am -0.6 | 5:20 pm 1.6 |
| Thurs., June 4 | 6:19 am -1.4 | 6:10 pm 2.0 |

Siletz Bay, Lincoln City

| Date | Low Tides | High Tides |
|----------------|---------------|---------------|
| Thurs., May 28 | 11:58 am -0.5 | --- |
| Fri., May 29 | 12:14 am 2.4 | 12:53 pm -0.3 |
| Sat., May 30 | 1:34 am 2.1 | 1:50 pm 0.0 |
| Sun., May 31 | 2:49 am 1.6 | 2:46 pm 0.3 |
| Mon., June 1 | 3:55 am 0.9 | 3:41 pm 0.6 |
| Tues., June 2 | 4:53 am 0.2 | 4:33 pm 0.9 |
| Wed., June 3 | 5:45 am -0.5 | 5:24 pm 1.2 |
| Thurs., June 4 | 6:34 am -1.0 | 6:14 pm 1.5 |

Yaquina Bay, Newport

| Date | Low Tides | High Tides |
|----------------|---------------|--------------|
| Thurs., May 28 | 11:20 am -0.7 | 11:36 pm 3.5 |
| Fri., May 29 | 12:15 pm -0.4 | --- |
| Sat., May 30 | 12:56 am 3.1 | 1:12 pm 0.0 |
| Sun., May 31 | 2:11 am 2.3 | 2:08 pm 0.4 |
| Mon., June 1 | 3:17 am 1.3 | 3:03 pm 0.9 |
| Tues., June 2 | 4:15 am 0.2 | 3:55 pm 1.3 |
| Wed., June 3 | 5:07 am -0.8 | 4:46 pm 1.8 |
| Thurs., June 4 | 5:56 am -1.5 | 5:36 pm 2.2 |

Alesea Bay, Waldport

| Date | Low Tides | High Tides |
|----------------|---------------|-------------|
| Thurs., May 28 | 12:06 pm -0.2 | --- |
| Fri., May 29 | 12:18 am 3.0 | 1:00 pm 0.0 |
| Sat., May 30 | 1:30 am 2.6 | 1:57 pm 0.3 |
| Sun., May 31 | 2:41 am 2.0 | 2:55 pm 0.6 |
| Mon., June 1 | 3:49 am 1.2 | 3:50 pm 0.9 |
| Tues., June 2 | 4:50 am 0.3 | 4:44 pm 1.3 |
| Wed., June 3 | 5:46 am -0.6 | 5:35 pm 1.7 |
| Thurs., June 4 | 6:38 am -1.3 | 6:26 pm 2.0 |

Bold = Minus Tides. Tide tables are for recreational use. Tide info courtesy tidesandcurrents.noaa.gov.

If you discover a seal pup or other stranded marine animal on the beach, do not approach, touch, or pour water on the animal. Instead, call 800-452-7888. Keep dogs leashed and far from all marine mammals.

Japanese Tsunami Debris Info: Information on significant marine debris sightings on the coast can be reported to the NOAA Marine Debris Program at DisasterDebris@noaa.gov.