



Thurston County Community Connections

Notes

This guide is intended to be of use to all citizens of Thurston County who need access to community resources. This guide does not guarantee the accuracy or completeness of the information found in this resource guide as changes can occur during the production process, but all efforts were made to ensure correct information. Any organization included or excluded in this guide does not imply an endorsement or disapproval.

In the event of a life-threatening emergency, please dial 9-1-1

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If you are a local community partner and would like to be included within the following community connections resource guide, please contact Thurston County Public Health and Social Services at 360-867-2500



**Family Resource Guide of
Thurston County
(ThurstonTogether.org)**



**Guía de Recursos para las
Madres y Padres de Familia y
Encargados de Menores
(ThurstonTogether.org)**

Icon Key



Showers



Food



Laundry



Medical



Gas/Propane



Rest Area



Bathrooms



Service Animals Allowed



Clothing

Shelter, Housing, & Homeless Services

Community Action Council: 360-438-1100

3020 Willamette Dr. NE, Lacey (Monday-Thursday 7am-5:30pm)

- Housing needs, weatherization, emergency energy and water assistance, eviction rental assistance. Spanish language services available. caclmt.org

Community Youth Services: 360-943-0780

711 State Ave NE, Olympia (Monday - Friday 8am-5pm)

- Serves homeless youth ages 24 and under. provides behavioral health and wellness, employment, education, and resources to essential needs. communityyouthservices.org

Drexel House (Housing Programs & Shelter): 360-753-3340

604 Devoe St SE, Olympia (24-hours)

- Emergency shelter for single adults (18+), family services, permanent supportive housing. ccsww.org

Family Support Services South Sound: 360-754-9297

3545 7th Ave SW, Suite 200 Olympia (Monday - Friday 8am-5pm)

- Emergency shelter, eviction resources, domestic violence general support, family services, permanent supportive housing. fscss.org

Housing Authority of Thurston County: 360-753-8292

1206 12th Ave SE, Olympia (Monday - Friday 8:30am-4:30pm)

- Providing safe, decent, and affordable housing and services to persons with disabilities, low income, elderly, and at-risk individuals and families.

Interfaith Works Homeless Services: 360-918-8424




Unity Commons: 161 Pattison St NE, Olympia (Monday-Thursday 9am-4pm)

- Interfaith Works Shelter & Unity Commons provides permanent supportive housing services. interfaith-works.org

Love Abounds Here (Yelm): loveaboundshere.com **info@lovaboundshere.com**

- Serves homeless individuals in Yelm area. Emergency warming center, shower trailer, clothing bank, and food bank.

Shelter, Housing, & Homeless Services

Olympia Mutual Aid Partners: 1-844-628-7343 x1   

701 Franklin St. SE, Olympia (Walk-in Thursdays 11am-3pm)

- Offers services to houseless people and communities in need of essentials like water, food, cleaned clothes and trash removal. olympa.org



Partners in Prevention Education (PiPE): 360-357-4472

1009 State Ave NE, Olympia (Tuesdays & Thursdays 10am-2pm)

- Work with houseless & street-dependent survivors of violence, with drop-ins, advocacy, therapy. Offer shower appointments. opencounseling.com

SafePlace (Shelter for Abused Women): 360-754-6300



521 Legion Way SE, Olympia (24 hours)






- Advocacy agency and confidential shelter for survivors of domestic violence and sexual assault in Thurston County. safeplaceolympia.org

St. Vincent De Paul (St. Michael's Parish): 360-745-4667

office@saintmichaelparish.org

1208 11th Ave. SE, Olympia (Monday - Thursday 9am-5pm & Friday 9am-1pm)

- A faith-based group that works to help low income and less fortunate.







The Salvation Army: 360-352-8596     

1505 4th Ave. E, Olympia (Monday-Friday 9am-4pm)

- Meals, clothing, disaster services, addressing addiction services, shelter, childcare services and more. olympia.salvationarmy.org

Thurston County Housing and Shelter Hotline: 1-844-628-7343 and press "2"

- Coordinated assistances for families with at least one child under the age of 18, pregnant, or fleeing/attempting to flee domestic violence. fscs.org/services

Union Gospel Mission: 360-709-9725      

413 Franklin Street NE, Olympia (Monday-Saturday 6:30am-6pm)

- Recovery clinics, hot meals, no-fee vision and dental clinic, tiny home resources, and more. ougum.org

Shelter, Housing, & Homeless Services

Home Share: 360-586-6181 x. 111 or rhutchinson@southsoundseniors.org

- Senior Services of South Sound offers a Home Share program to connect seniors who have a space to rent with people 18 years and older who need a room to rent. A living arrangement where Home Providers offer accommodation to Home Seekers in exchange for an agreed upon level of support in the form of combinations of financial contribution, assistance with household tasks, transportation, or companionship. southsoundseniors.org

Lacey Veterans Services Hub: 360-456-3850 4232

6th Ave SE, Suite 101, Lacey (Mon-Fri 8am-4pm)

- Veterans seeking any kind of VA service should call or visit the Lacey Veterans Services Hub to learn about all programs they may be eligible for and for help with applying. laceyveteranshub.org
- Thursdays 10am Coordinated entry appointments with Family Support Center Representative.

ROOF Community Services: 360-273-6375

10140 Highway 12 SW, Rochester (Monday – Friday 9:30am-5pm)

- Providing resources and services to children, youth and families to achieve a healthy, positive, and drug-free community in the Rochester area.

Sergio's Place: 360-706-2287 or sergios.info@iwshelter.org

3444 Martin Way, Olympia (Tuesday - Friday 1pm-5pm)

- Sergio's is a daytime resource center to connect unhoused people with hygiene services, vital social services like medical and mental health care from Valley View Clinic, and an overflow shelter during inclement hazardous weather and short-term emergencies. Services include targeted peer support, emergency clothing and supplies, day room with charging stations, water access, and Wi-Fi. iwshelter.org/sergios

Respite Care

St. Peter Hospital: 360-491-9480 x 0 (switchboard)

Multicare Hospital: 360-570-3049

- The Interfaith Works Restorative Experience for a Safer Transition (REST) program will provide beds for discharged patients meeting certain criteria, giving them a safe place to recover, and coordinating social service support, hygiene services, and meals during their stay.
- A referral for a REST bed at the Interfaith Works shelter must come from the hospital after the participant has been registered for inpatient care. Client should request a REST bed when they register for entry at the hospital.

Shelter, Housing, & Homeless Services

Clean & Sober Living

Olympia Sober Housing: 503-317-5292

olympiasoberhousing.com

5701 37th Court SE, Olympia - **Men's House**

- 37th Court House is a 2,000 sq. foot home that offers 7 private rooms, 2 bathrooms and shared kitchen and laundry facilities. Each room is fully furnished including a wall mounted flat screen TV.

643 Ranger Drive SE, Olympia - **Men's House**

- The Ranger House is a 3,200 sq. ft. home for 7 men. The house has 1 shared room which has its own private bathroom and 5 single rooms. The house sits on 1/2 acre, with a large fenced yard, 2 car garage and parking for 8 cars. The public transportation bus stop is at the corner of the property.

2406 Larch Street SE, Olympia - **Women's House**

- The Lake House is a home for 8 women. Each room has a built in mirrored vanity and electrical outlet to allow each women to do their hair and makeup in their room. The Lake house is 6 blocks from Hicks Lake park and 1 block from the public transportation bus stop.

Oxford Houses: www.oxfordhouse.org/contact_form

- Oxford Houses provide clean and sober, low cost housing for people who have at least 30 days clean/sober or who are being released from inpatient treatment programs. Search for vacancies at: www.oxfordvacancies.com

Trails End, Living Clean & Inspired: 360-850-4570

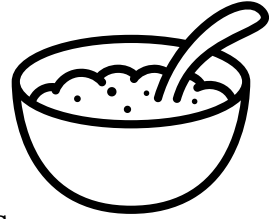
Locations across Thurston and Pierce counties. livingcleanandinspired.com

- An alcohol- and drug-free living environment for men attempting to maintain abstinence from all mind-altering, mood-changing substances. Residents are expected to participate in their recovery at all levels.



Soup Kitchens

Schedules are subject to change due to holidays and season



Capital Christian Church: 360-456-1140

4431 Martin Way E, Olympia

- Offers a hot meal, pantry shopping, clothing bank, and showers (Saturdays 10am-4pm)

First Baptist Church: 360-357-3881

- Serves dinner every Sunday to-go (4pm-5:30pm)

Olympia Senior Center: 360-586-6181

222 Columbia St. NW, Olympia

- Sign up available with a requested \$4-8 donation lunch to seniors over age 60 (Monday - Friday 11:45am-12:30pm)
- Monthly Menu Available

ROOF Community Services: 360-273-6375

10140 Highway 12 SW, Rochester

- Food distribution on Monday, Tuesday, Thursday – 2:00pm-5:00pm. Clients may use the food bank two times a month.

Salvation Army/CCS Community Kitchen: 253-642-7514

808 5th Ave. SE, Olympia

- Offers 2 meals per day/6 days a week, (Monday - Saturday 11am-12pm & 5pm-6pm)

Union Gospel Mission: 360-709-9725

413 Franklin St. NE, Olympia

- Offers meals (Monday - Friday 6:30am - 12pm, 5:00pm-6:00pm. Saturday 10am-11am. Sunday 7:30am-2pm)



Food Services

Schedules are subject to change due to holidays and season

Thurston County Food Banks:

360-352-8597 or thurstoncountyfoodbank.org

Olympia's Food Pantry

220 Thurston Ave, Olympia

- Mondays, Wednesdays, Fridays 10:30am-3pm

Lacey's Food Pantry

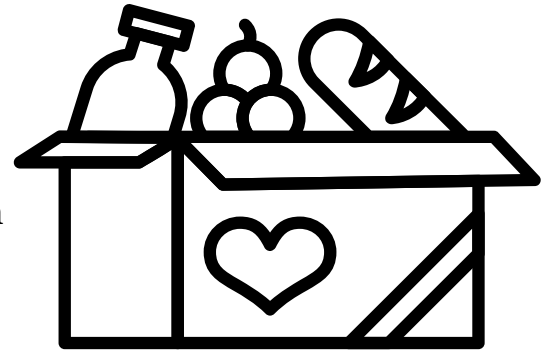
7027 Martin Way E, Olympia

- Inside Shopping: Tuesdays and Thursdays 10am-2pm
- Evening Hours: 2nd Wed of the month 4pm-6pm

Mountain View Church

901 Israel Rd. SW, Tumwater

- 2nd & 4th Thursday of each month (Drive-up and Walk up, 10am -1pm)



Capital Christian Food Pantry: 360-456-1140

4421 Martin Way E, Olympia

- Food Pantry open Monday - Wednesday (9am-1pm)

Tenino & Bucoda Foodbank Plus: 360-264-5505

224 Sussex East in Tenino, WA

- Drive-up, Tuesdays 9am-12pm

Public Assistance

Food Stamps: 1-877-501-2233 (apply by phone)

6860 Capitol Blvd. SE, Tumwater

- DSHS Community Services Office DSHS administers the EBT or Food Stamps program for low income people in Washington State.

Women Infants & Children (WIC):

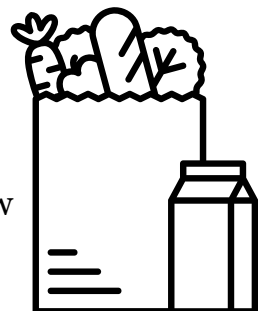
SeaMar: 360-754-2936

905 24th Way SW, Olympia

Community Action Council: 340-438-1100

3020 Willamette Dr. NE, Lacey

- WIC offers healthy food and health services for pregnant women, new and breastfeeding moms, and children under 5.



CarePort Pathways HUB: 1-800-662-2499

- Care Coordinators work individually with clients to coordinate care and identify risk factors including healthcare, housing, food insecurity, education, employment and more.

Crisis Lines

If someone is an IMMEDIATE harm to self or others, do not wait call 911

Crisis Lines

- National 24-hour Suicide Prevention and Help Crisis Line: **988** press "2" for multilingual
 - Native American/ Alaska Native Youth can press "4" to reach the Native and Strong LifeLine.
- OHRS Mobile Crisis Team (no insurance required): 360-754-1338 or 1-800-270-0041
- Coordinated Emergency Shelter Entry 24-hr Line: 1-844-628-7343
- SafePlace - Domestic Violence & Sexual Assault 24-hr HelpLine: 360-754-6300
- Disaster Distress Helpline 24/7 Support: 1-800-985-5990 press "2" for multilingual
 - Disaster Distress Text Line: Text TALKWITHUS to 66746
 - For Spanish Text Line: Text HABLANOS to 66746

Adults with Disabilities

- Senior Services for South Sound: 360-586-6181
- Aged, Blind, or Disabled (ABD) Cash Assistance Program: 877-501-2233

LGBTQ+

- The Trevor Project Hotline (Suicidal 25 and Younger, Straight or LGBTQIA+) 24-hr Line: 1-866-488-7386
- Trans Lifeline 24 hours: 877-565-8860

Shelter

- Coordinated Emergency Shelter Entry 24-hr Line: 1-844-628-7343 press "2"
- Crisis Text Line - Free 24-hr Support: Text HOME to 741741

Youth & Young Adults

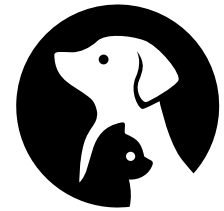
- Haven House (Shelter & Crisis Center for Teens 12-17) 24-hr Line: 360-754-1151
- WA Warm Line (Peer Support for Mental Health Challenges) 24-hr Line: 1-877-500-9276 & 866-427-4747

Veterans

- Suicide Lifeline 24-hr Line: 1-800-273-8255 for Veterans Crisis Line press "1"
 - For Spanish call: 1-888-628-9454
- Puget Sound Healthcare System (Homeless Care): 253-583-2825



Pet Care

**Concern for Animals: 360-456-8176**

- Offers food, supplies, and funding for spay/neuter services. Pet owner must reside in Thurston, Mason, or Lewis County.

Covenant Creatures: 360-357-6301

- Offers food and funding for emergency medical care or spay/neuter services.

Joint Animal Services: 360-352-2510

- Offers free spay/neuter for pets of low income people through SNAP program.

Thurston County Food Bank: 360-352-8597

Olympia: 220 Thurston Ave NE, Olympia (Mon, Weds, Fri 11am-3pm)

Lacey: 7027 Martin Way W, Olympia (Tues & Thurs 10am-2pm)

- Offers food for pets monthly.



Transportation Services

Dial-A-Lift Service: 360-786-1881 x.2

- Dial-A-Lift is a door-to-door, shared ride public transportation service for people with disabilities that prevent them from using our fixed route bus service. You must complete an application, be eligible and certified to ride Dial-A-Lift.

Intercity Transit Buses: 360-786-1881

- Intercity transit provides zero-fare transportation throughout Olympia, Tumwater, Lacey, and Yelm. Find Routes: intercitytransit.com/plan-your-trip/routes.

Rural Transit: 1-253-472-7846 or thurstonRT.org

- Serves people in the rural and tribal areas of the Thurston Region. RT provides accessible transportation for the communities of Rainier, Tenino, Rochester, Bucoda, and the Confederated Tribes of the Chehalis Reservation, and connects North to Intercity Transit in Tumwater and South to Twin Transit in Centralia.

Village Vans: 360-705-5840

- Provides (free) 24/7 transportation in support of work related activities, such as: new jobs, job interviews, job training sites, childcare centers, and other locations.

Phone or Computer Access

Timberland Library: Mon-Sat 9am-6pm

Olympia branch: 313 8th Ave. SE, Olympia: 360-352-0595

Tumwater branch: 7023 New Market St. SW, Tumwater: 360-943-7790

Lacey branch: 500 College St. SE, Lacey: 360-491-3860

- All branches of the Timberland Library offer free access to computers. There is also a telephone in the back hallway that is available to the public.

Olympia Union Gospel Mission: 360-709-9725

413 Franklin St NE, Olympia

- Olympia Union Gospel Mission has a phone available for public use.

Free or Reduced Price Cell Phones



**Assurance Wireless: 360-669-5500 - apply online at
www.assurancewireless.com**

- The Assurance Wireless offer provides eligible low-income customers free monthly data, unlimited texting, and free monthly minutes. Plus a free phone
- Qualifications: Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria. You may qualify if you are on certain public assistance programs, like Medicaid or Supplemental Nutrition Assistance Program (SNAP). You can also qualify based on your household income. If you are unemployed, you can use your Unemployment Benefit Letter as proof of eligibility
- Proof of Eligibility: You must provide proof of program participation or proof of income.
- One Account per Household: The Lifeline Assistance program is available for only one wireless or wireline account per household. Separate households that live at the same address are eligible, including residents of homeless shelters and nursing homes. Residents with temporary addresses are also eligible.

Cricket Wireless: 844-246-8364

cricketwireless.com/affordable-connectivity-program

- Cricket offers the Affordable Connectivity Program (ACP), a federal program that helps lower the cost of service for qualifying households. ACP provides a benefit of up to \$30/mo., or up to \$75/mo. on eligible Tribal lands, on your Cricket service. Visit www.cricketwireless.com/affordable-connectivity-program

Identification & Mail

Birth Certificate

WA State Department of Health Vital Records: 1-866-687-1464

101 Israel Rd SE, Tumwater (Monday-Friday 8am-5pm)

www.vitalchek.com

Responsible for name changes and issuing birth certificates.

Order by phone or online for \$40.50, records ship in

3-7 business days.



Thurston County PHSS Vital Records: 360-867-2618

412 Lilly Rd NE, Olympia (Monday - Friday 9am-4pm)

www.thurstoncountywa.gov/birth-and-death-certificates

Can request birth or death certificates in person, online, or by mail for \$27.00.

To order a WA State birth certificate, the following is required:

- First, middle, and last name of the subject of the record.
- Photo ID
- Date of birth (Month, Day, Year).
- City or county of birth.
- First and last names of all parents that are listed on the record.

PiPE Advocacy: 360-357-4472

1009 State Ave. NE, Olympia (Tuesdays & Thursdays 10am-2pm)

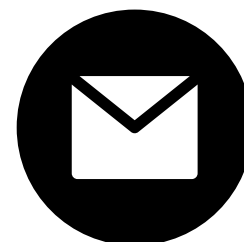
- Helps clients who are experiencing violence or abuse obtain birth certificate and ID.

Social Security Card

Social Security Administration Olympia Office: 1-800-772-1213

1009 College St SE, Suite 120, Lacey (Mon-Fri 9am-4pm)

- Walk-ins ok but it's a good idea to call for an appointment. There are no fees for a replacement card. Documents required to acquire a social security card replacement:
 - Birth certificate or U.S. Passport
 - Drivers license, State ID, or U.S. Military ID



Mail Service

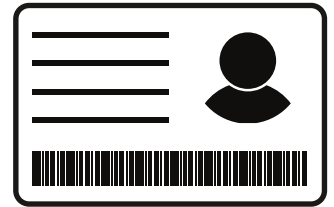
PATH Program Mail Service

1011 10th Ave SE Olympia, WA 98501 (Mon-Fri 1pm-3pm)

The Capital Recovery Center's PATH Program offers a mailing address that participants can have their mail sent to.

Identification

State ID or License



IFW Nav. Team: 360-870-9566

- Can help people get IDs as well as driving test and license re-instatement fees.

WA State Department of Licensing

719 Sleater Kinney Rd SE UNIT 108, Lacey

- WA DOL is responsible for issuing IDs and drivers licenses. The fee for a replacement ID is \$20. Apply online at:
fortress.wa.gov/dol/extdriveses/NoLogon

Capital Recovery Center may be able to assist with the cost and the application process for an ID. Visit the PATH program at
1011 10th Ave SE, Olympia (Mon, Tues, or Thurs 10am-3pm)

NEW - FREE ID's for homeless who will remain in WA state

Starting this year, the Washington State Department of Licensing will offer a *one-time original or renewed state ID card* at **no cost** for those who are homeless and expected to continue living in Washington. Those who are homeless and seeking a free ID card can arrive at a driver's licensing office with or without an appointment. If the person had a Washington driver's license or ID in the past, employees can locate their record in the DOL system. No other documentation is needed.

People seeking identification will need a current mailing address which could be a shelter, community organization or a church. Or they can request to pick up the ID directly from the licensing office.

Developmental Disabilities



Thurston/Mason County
Developmental Disabilities
Resource Guide
English

Thurston/Mason County
Developmental Disabilities
412 Lilly Rd NE, Olympia
(360) 867-2500
TTY (360) 867-2603
[www.thurstoncountywa.gov/
phss](http://www.thurstoncountywa.gov/phss)



Guía de servicios y apoyos para
personas con discapacidades
intelectuales/en el desarrollo del
condado de Thurston/Mason



Care Guide & Health Services



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Preventing & Treating Bed Bugs

What are bed bugs?

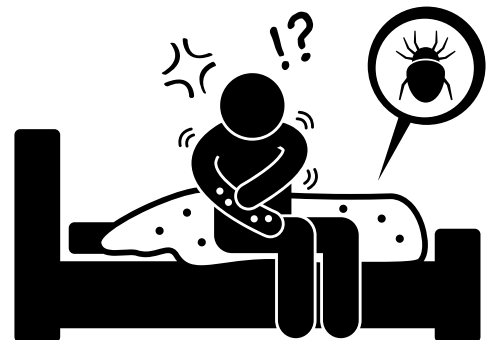
Bed bugs are small, flat insects that feed solely on the blood of people and animals when they are asleep. They are reddish-brown in color and are 1mm - 7mm large, about the size of Lincoln's head on a penny. They can live several months without a meal.



Signs of bed bugs:

Some signs of bed bugs include:

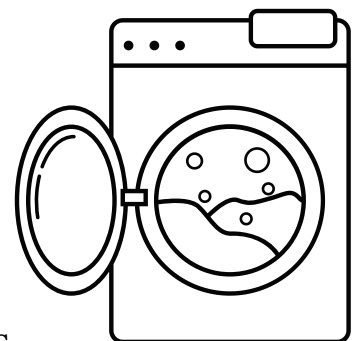
- Bite marks on the face, necks, arms, and hands.
- Seeing bed bugs' exoskeletons after molting.
- Finding bed bugs in the folds of mattresses and sheets.
- Rust colored blood spots on mattresses, sheets, and nearby furniture.
- A sweet, musty odor.



How to prevent and treat bed bugs:

Bed bugs do not normally pose a medical threat and do not require medical treatment. If you think you or your belongings may have bed bugs, follow these steps:

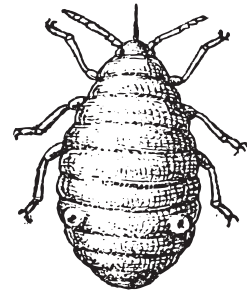
- Tightly seal infected clothing and personal items in plastic bags until they can be washed.
- Wash all clothing, bedding, and personal clothing items using hot water and dry for at least 20 minutes on the hottest setting available.



Preventing & Treating Lice

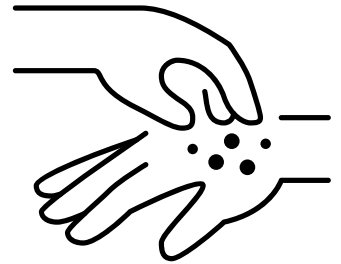
What are lice?

Lice are parasites that can be found on people's head and bodies, including the pubic area. Lice survive by feeding on human blood. Lice eggs (nits) are often yellow or white and attach to the hair shaft. They are very small and hard to see. The later stages of lice are very small insects that can grow to about the size of a sesame seed. They are light or dark brown in color.



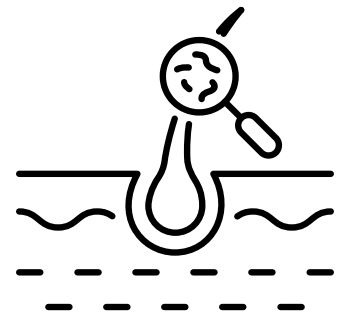
What to do if you think you have lice:

- Obtain treatment for infested person(s). This requires using an Over-the-counter (OTC) or prescription medication. Follow the treatment steps listed on box.
- If you are living in a shelter, make sure to inform staff that you may have lice. They may be able to perform a lice check and help you with the next steps.
- To prevent spread notify shelter, school, household members, camp, etc. and avoid activities that may spread head lice.



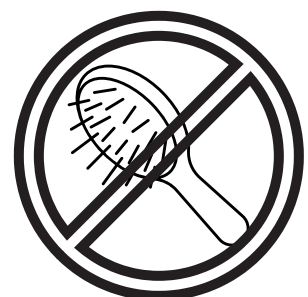
Visible nits or crawling lice is the most reliable sign of a lice infestation other symptoms may include:

- Tickling feeling of something moving in the hair.
- Itching on the head and scalp (head lice), body (body lice) and genital area (pubic lice).
- Irritability and difficulty sleeping (head lice are most active in the dark).
- Sores on the skin caused by scratching.
- Intense itching and rash (body lice).
- Thickening and discoloration of the skin if there is a long term infestation (body lice).



How to prevent lice:

- Avoid contact with people who have lice.
- Avoid sharing personal items like hairbrushes, towels, hats, scarves, coats, and bedding.
- Keep long hair tidy.



Treating head lice:

- Head lice can be treated with a chemical lice treatment and removed manually with a comb. If you aren't sure which medicine to use or how to use a medication, ask your physician , pharmacist or other health care provider.
- Chemical lice treatment can be purchased over the counter at pharmacies. Some shelters offer free lice treatments.
- Follow the instructions on the package of the lice treatment. Do not use conditioner or a combination shampoo/conditioner before using the lice treatment. Do not re-wash the hair for 1-2 days after the medicine is removed.
- Use a 'nit comb', or very small comb, to remove lice from the hair shaft.
- Continue checking hair and using a nit comb for 2-3 days after treatment.
- Put on clean clothing after treatment.
- Retreatment may be recommended in 7-9 days, depending on the product.

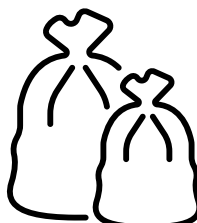
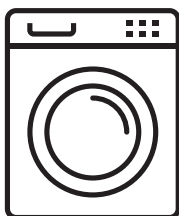
Treating body & pubic lice:

- If possible, take a shower with soap and warm water to dislodge any lice that may be on the body.
- A doctor may be able to prescribe treatment with chemical treatments. Follow the directions from the provider or on the package. Always contact a doctor or pharmacist if unsure how to use medicine.

Treating clothing, bedding, & personal items:

If you have lice, it is important to clean all of your clothing items, bedding, and personal hygiene items to prevent reinfection.

- For clothing and bedding, it is best to wash them in extra-hot water for at least 5 minutes. Dry clothes in a dryer for 30 minutes on the hottest setting.
 - If a washer and dryer is not available, leave items in a sealed plastic bag for two weeks.
- Soak combs and brushes in hot water for 5-10 minutes.

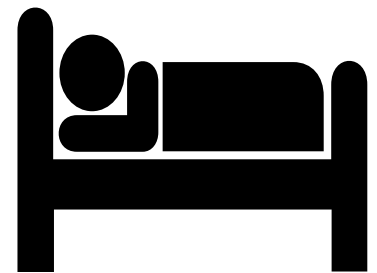
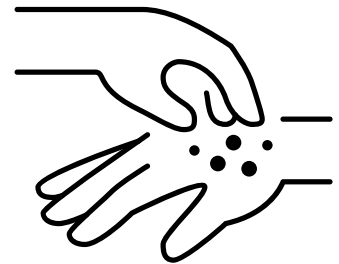


Preventing & Treating Scabies

Scabies is an infestation of the skin by the human itch mite. The mites are microscopic and burrow into the upper layer of the skin where they live and lay eggs. The scabies mite is usually spread by direct, prolonged, skin-to-skin contact with someone who has scabies.

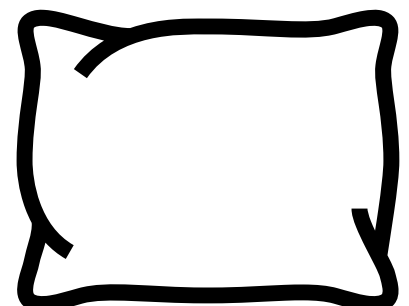
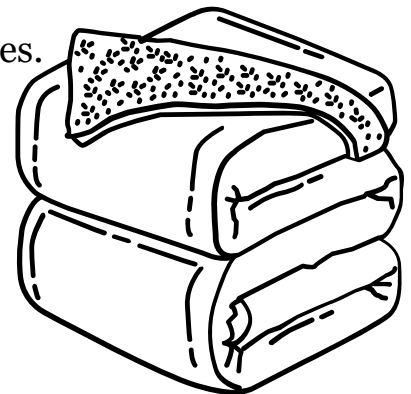
Some signs of scabies include:

- Intense itching, especially at night.
- Pimple-like itchy rash.
- Tiny blisters and scales.
- Tiny burrows seen on the skin.
 - Raised and crooked grayish-white or skin-colored lines on the skin surface.
- Thick crusts of skin.
- If a person has never had scabies before, symptoms may take 4-8 weeks to develop.



How to prevent scabies:

- Avoid direct contact with people who have scabies.
- Avoid sharing personal items like hairbrushes, towels, hats, scarves, coats, and bedding.
- Treat all bedding, clothing, and personal items that have been used by someone with scabies within the last three days using the methods on the next page.
- Close contacts of people with scabies should be treated even if they do not yet have symptoms of scabies.
- To prevent spread notify shelter, school, household members, camp, etc. and avoid activities that may spread scabies.



What to do if you think you have scabies:

- If you are living in a shelter, make sure to inform them that you may have scabies. They may be able to perform a scabies check and help you with the next steps.
- Products used to treat scabies are called scabicides because they kill scabies mites; some also kill mite eggs. Scabicides used to treat human scabies are available only with a doctor's prescription. No "over-the-counter" (non-prescription) products have been tested and approved to treat scabies. The instructions contained in the box or printed on the label always should be followed carefully. Always contact a doctor or pharmacist if unsure how to use a particular medicine.

Treating scabies:

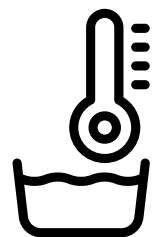
- Treatment for scabies is usually a cream or lotion that is applied to all areas of the body.
- Always follow the directions given by the doctor and pharmacist carefully. Try to wear clean clothes after the treatment.
- Treatment is also recommended for household members and sexual contacts of people who have scabies.
- Retreatment may be necessary if itching continues more than 4 weeks after treatment or if new burrows or rash continue to appear.



Treating clothing, bedding, and personal items:

If you have scabies, it is important to clean all of your clothing items, bedding, and personal hygiene items to prevent reinfection.

- For clothing and bedding, it is best to wash them in extra-hot water for at least 5 minutes. Dry clothes in a dryer for 30 minutes on the hottest setting.
 - If a washer and dryer is not available, leave items in a sealed plastic bag for two weeks. Scabies mites generally do not survive more than 2 to 3 days away from human skin.
- Soak combs and brushes in hot water for 5-10 minutes.





Prevent Rodent Infestation

Rats, mice and other pests might get in your home or building. Rodents and other pests can cause a problem for your health. They can spread diseases and can bite people or pets. They also can trigger asthma attacks or allergic reactions in some people.

Here are some things you can do to protect your home and family:

- Cover or close all holes in your walls. Some rodents can squeeze through holes as small as a dime.
- Wash anything you use for eating and cooking after you are done with them.
- Store food and water in containers made of thick plastic, glass, or metal with a tight-fitting lid.
- Throw out trash as soon as you can. Put trash in a covered trashcan or dumpster.
- Clean up debris and trash as soon as possible outside your home.
- Don't eat or drink food or water that could have come in contact with rodents.
- Trap any existing rodents using springloaded snap traps. When you clean up, wear rubber or plastic gloves, seal the dead rodent in two plastic bags, and throw away.

Two classic signs of rodent presence are rodent droppings and gnaw marks.

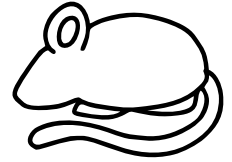
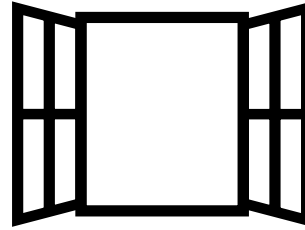
- Rodent droppings can be found anywhere rodents have accessed but are common in cabinets, drawers, and other areas out of plain sight. Rodent droppings are pointed at one end and often contain hair. It can be challenging to know if there is an active rodent population just by examining droppings.
- One way to be sure is to safely clean the area. If droppings are present after cleaning, this indicates an active rodent presence.



Safely Cleaning Rodent Urine & Droppings

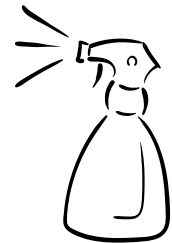
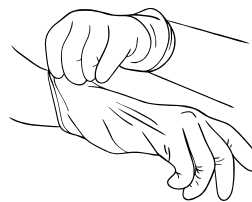
STEP 1:

Air out enclosed areas for at least 30 minutes by opening doors and windows. Leave the enclosed area while it's being aired out. Don't vacuum, sweep, or stir up dust in and around rodent contaminated areas; this can cause contaminated dust particles to be inhaled. A dust mask may provide some added protection from dust particles, they do not provide protection against viruses.



STEP 2:

Put on rubber or plastic gloves.



STEP 3:

Spray urine and droppings with bleach solution or an EPA-registered disinfectant. Let it soak for 5 minutes or according to instructions on the disinfectant label.



STEP 4:

Use paper towels to wipe up the urine or droppings and cleaning product.



STEP 5:

Throw the paper towels in a covered garbage can that is regularly emptied

STEP 6:

Mop or sponge the area with a disinfectant. Clean all hard surfaces including floors, countertops, cabinets, and drawers.



STEP 7:

Wash gloved hands with soap and water or a disinfectant before removing gloves.



STEP 8:

Wash hands with soap and warm water after removing gloves or use a waterless alcohol-based hand rub when soap is not available and hands are not visibly soiled.





Wound Care & Prevention

What is a wound?

An open wound is a break in the skin. There are many types of wounds, including:

- Minor cuts and scabs.
- Puncture wounds: caused by something entering the skin.
- Burns, bites, or stings.

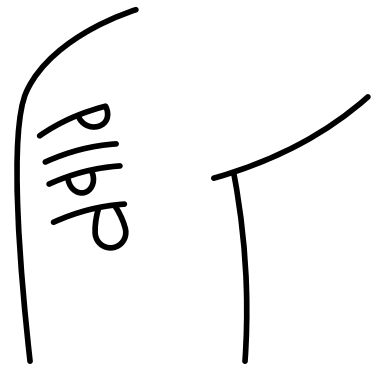
How to prevent wounds from becoming infected:

If left untreated, all wounds have the potential to become infected. Make sure to follow the wound cleaning guide below and monitor your wounds closely for infection.

- Get prompt treatment for wounds and illnesses with fever.
- Regularly check, clean, and bandage wounds until healed. Infected wounds (e.g., red, swollen, painful) should be checked by a health care provider as soon as possible.
- Wash hands frequently with soap and water (e.g., after toileting, before meals, after coughing/sneezing). Soap and water is best, but if unavailable, use hand sanitizer.
- Bathe and wash clothing as regularly as possible.
- Cover coughs and sneezes.

Signs of an infected wound:

- Pus or cloudy fluid is draining from the wound.
- Crust has formed on the wound.
- A fever occurs.
- Lymph nodes nearby become large and tender.
- A red streak is spreading from the wound onwards.
- The wound becomes very tender.
- Increasing redness occurs around the wound.
- Swelling is increasing 48 hours after the wound has occurred.
- The wound hasn't healed within 10 days after the injury.
- Signs of sepsis (shortness of breath, confusion, fever, high heart rate, weak pulse, clammy or sweaty skin, extreme pain or discomfort.)



**If you suspect that your wound is infected,
seek prompt medical attention.**

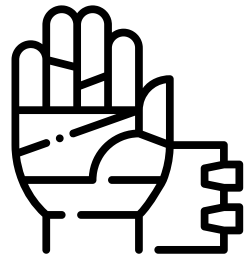
I have a wound. What should I do?

1. Wash your hands with soap and water. If that is not available, use hand sanitizer
2. Apply gentle pressure to the wound to stop the bleeding.
 - Use a clean cloth and elevate the wound
 - Minor cuts and scrapes usually stop bleeding on their own
 - If your wound is spurting blood or bleeding excessively after 10 minutes of applying pressure, call 911 or go to the Emergency Room
3. Clean the wound with water. Wash around the wound with soap. Remove any dirt or debris with tweezers cleaned with alcohol.
 - If you cannot remove the debris, see a doctor as soon as possible
 - If you can remove the debris, you are ready to cover the wound



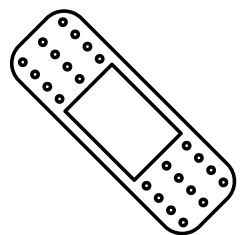
My wound is clean. How do I cover it?

1. Wash your hands with soap and water. If that is not available, use hand sanitizer.
2. Apply a thin layer of an antibiotic ointment or petroleum jelly to keep the surface moist and prevent scarring
 - If you are caring for a track mark from drug use, do not use antibiotic ointment or petroleum jelly until the injection site has closed, usually a few hours after injection
 - Wash wounds regularly with the cleanest water or saline you can find. (Note: DO NOT use hydrogen peroxide, or alcohol if you can avoid it. These kill germs, but also the new healthy tissue your body is making to heal.)



Should I cover my wound?

- If your wound is a minor scrape or scratch, leave it uncovered
- If your wound is more than a minor scrape or scratch, apply a bandage, gauze roll, or gauze held in place with paper tape
- Keep wounds clean, dry, and covered with gauze and/or a bandage as much as possible. Wounds heal best when they're not too wet, and not too dry.
- Avoid touching, scratching, and squeezing open wounds or pimples, and wash hands after changing bandages. A basic and gentle approach is best.



Should I seek medical care?

If your wound is showing signs of **infection**, seek medical attention.

Go to the **Emergency Room** if:

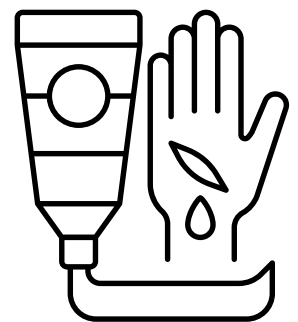
- The wound is gushing blood.
- You experience confusion or disorientation.
- Shortness of breath. High heart rate or weak pulse.
- You believe the wound is infected and have a fever.
- The cut is jagged and deeper than 1/4 inch.
- The wound is from an animal scratch or bite.
- The injury has cut through a major artery or vein.
- The cut is over a joint and opens every time you move.
- The bleeding won't stop even after 10 minutes of applying pressure.
- Muscle, fat, or bone can be seen through the wound.
- There is an object imbedded in the wound - objects should **only** be removed by a medical professional.



Emergency rooms are required by law to treat life threatening injuries, even if you don't have insurance or cannot pay.

Go to **Urgent Care** if:

- You need stitches, but the edges of the cut are straight.
- The wound is a minor bite.
- The wound is a shallow facial cut.
- The wound is made by a rusty object.



Make an appointment with a **medical professional** if:

- The wound has not healed after 30 days.
- Pain, redness, and/or swelling.
- Color changes, like green or black on surface of wound or other areas of the body.
- Feeling sick: fever, chills, fatigue or feeling “off”.
- Red streaks on your skin spreading out from wound.
- Bad odor.
- Difficulty walking, or bending joints.
- To be evaluated for tetanus immunization.

Signs of a Medical Emergency

If a person or unborn baby could die or be permanently disabled, that is an emergency.

Call 911 to have an emergency team come to you right away if you cannot wait.

- Choking or stopped breathing.
- Head injury with passing out, fainting, or confusion.
- Injury to neck or spine, particularly if there is loss of feeling or inability to move.
- Electric shock or lightning strike.
- Severe burn.
- Severe chest pain or pressure.
- Seizure that lasted more than 1 minute or from which the person does not rapidly awaken.

Go to an emergency department or call 911 for help for problems such as:

- Trouble breathing.
- Passing out, fainting.
- Pain in the arm or jaw.
- Unusual or bad headache, particularly if it started suddenly.
- Suddenly not able to speak, see, walk, or move.
- Suddenly weak or drooping on one side of the body.
- Dizziness or weakness that does not go away.
- Inhaled smoke or poisonous fumes.
- Sudden confusion.
- Heavy bleeding.
- Possible broken bone, loss of movement, particularly if the bone is pushing through the skin.
- Deep wound.
- Serious burn.
- Coughing or throwing up blood
- Severe pain anywhere on the body.
- Severe allergic reaction with trouble breathing, swelling, hives.
- High fever with headache and stiff neck.
- High fever that does not get better with medicine.
- Throwing up or loose stools that does not stop.
- Poisoning or overdose of drug or alcohol.
- Seizures.

Healthcare Resources



Insurance Coverage

Medicaid/ Apple Health / CHIP

Medicaid, or Apple Health, provides health insurance coverage for people with low or no income.

The income limit for Medicaid is based on the number of people in your household:

- 1 person - \$18,075
- 2 people - \$24,353
- 3 people - \$30,630
- 4 people - \$36,908

Income limits for the Children's Health Insurance Program (CHIP) are **more than double** the limits for Apple Health. Apply for Apple Health and browse other insurance at www.wahealthplanfinder.org.

CHOICE Regional Health Network: 1-800-662-2499

1217 4th Avenue, Olympia

CHOICE connects individuals with health insurance, dental care, and care coordination. They offer in-person assistance to find and enroll in WA state insurance plans. They can help clients access services and make informed decisions about their health management. CHOICE connects individuals with services for healthcare, housing, food insecurity, education, employment and more.

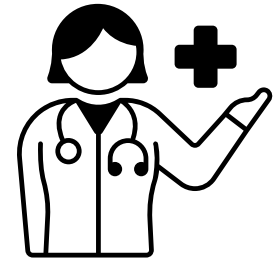
Emergency Care

If you are experiencing a medical emergency, call 911

MultiCare Capital Medical Center Emergency Room: 360-754-5858
3900 Capital Mall Dr. SW, Olympia

Providence St. Peter Hospital Emergency Room: 360-491-9480
413 Lilly Rd NE, Olympia WA 98506

Primary Care



The Olympia Free Clinic: 360-890-4074 x 3

520 Lilly Rd NE, Building 3, Olympia

The Olympia Free Clinic's goal is to treat immediate needs and help people find long-term health care. For people who are uninsured or underinsured, they offer:

- General Medical Care: Mondays and Wednesdays 5pm-7pm
- Psychiatric Care (Medications) and Counseling: By appointment only.
- Reproductive and Gender Health Clinic: 1st Monday of the month, 5pm-7pm
- Chiropractic & Physical Therapy: 3rd Monday of the month, 5pm-7pm

SeaMar: 360-359-4860

(Monday-Friday 8am - 5pm)

- For people who have Medicaid or are uninsured offers primary care services for people with low income. They accept Medicaid/ Apple Health and also offer sliding scale services based on household income.
 - **Olympia:**
 - 3030 Limited Ln NW, Olympia (By appointment, medical only)
 - 3622 Ensign Rd NE, Olympia (Walk-in, medical and dental)
 - **Lacey:** 669 Woodlawn Square Loop SE, Lacey (By appointment, medical and dental)
 - **Tumwater:** 6004 Capital Blvd SE, Tumwater (Walk-in and appointment, dental only)
 - **Yelm:** 202 Collens St NE, Yelm (Appointments, medical and dental)

Community Youth Services: 360-236-7166

914 7th Ave SE, Olympia (Wednesdays 7:30am-5pm)

- Offers medical care for individuals under 24 years of age. They accept Medicaid/ Apple Health and also offer sliding scale services based on household income.

Valley View: 360-236-7166

3775 Martin Way E, Suite A, Olympia

(Monday, Tuesday, Wednesday, Friday, 7:30am - 6pm, Thursday 7:30am - 8pm)

- Valley View offers primary care services for people with low income, Medicaid or are uninsured. They also offer sliding scale services based on household income.



Dental Care

Olympia Union Gospel Mission Dental Clinic: 360-943-6400

309 Washington St NE, Olympia (Monday-Friday 9am-3pm)

- The OUGM Dental Clinic provides emergency dental services to Thurston County residents living at or below 200% of the federal poverty level who have no dental insurance or alternate means to pay for care. Call to make an appointment.

SeaMar Dental Clinic: 360-359-4860

See Primary Care Page for addresses. (pg. 26)

- SeaMar Dental Clinic provides services for children 18 years and younger, pregnant women with provider consent, and emergency services for adults on a walk-in basis. Emergencies for adults include broken teeth, infection in teeth, and pain in teeth/gums. They accept Medicaid, Apple Health, uninsured, and also offer sliding scale services based on household income.

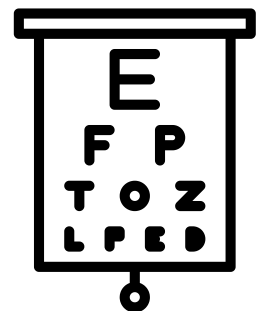
Dentist Link: 844-888-5465, www.dentistlink.org

Dentist Link is a free service which connects any Washington resident with a dental appointment in their community. They accept patients with Apple Health or no insurance.

Access to Baby and Child Dentistry (ABCD): 360-539-7576 x103

For children under age 12 with Apple Health Insurance, ABCD helps caregivers find a dentist and provides education about dental hygiene. Participants are eligible for at least two checkups a year. Translation and transportation services are available.

Vision Care



Olympia Union Gospel Mission Vision Clinic: 360-709-9725

309 Washington Street NE, Olympia (Monday-Friday 9am-4pm)

- The OUGM offers eye health exams and glasses to qualified individuals.

Reproductive & Gender Health

Planned Parenthood: 1-800-769-0045

402 Legion Way, Suite 201, Olympia

(Monday, Thursday, Friday, and Saturday 8:30am - 4:30pm;

Tuesday and Wednesday 10am-6pm Friday 9am-3pm)

- Planned Parenthood provides high-quality, affordable health care, to those with Medicaid, or who are uninsured. Provides pregnancy testing & services, STI testing & services, birth control, transgender hormone therapy, abortion services, and a variety of other reproductive health services.

Olympia Free Clinic: 360-890-4074 x3

520 Lilly Rd NE, Building 3, Olympia (1st Monday of every month, 5pm-7pm)

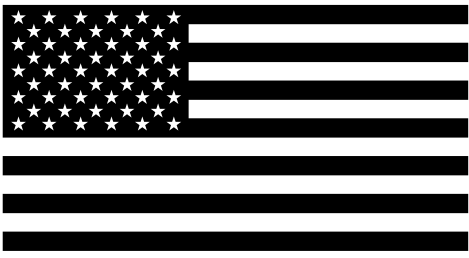
- Reproductive and Gender Health Clinic

Medical Care after Sexual Assault or Abuse

If you've been sexually assaulted it's important to remember that it was not your fault. Sexual violence is a crime, no matter who commits it or where it happens. **Don't be afraid to get help.**

If you need Sexual Assault Response and Prevention support call SafePlace: 360-754-6330 (24-hour), provided services include:

- Sexual Assault Nurse Examinations in Thurston County 24 hours a day at Providence St. Peter Hospital.
- Monarch Children's Justice Advocacy Center for child victim exams and guardian support.
- Sexual assault survivor interviews with law enforcement agencies in Thurston County.
- Medical and doctor's appointments related to the sexual assault: follow-up, reproductive health needs, sexually transmitted infections and/or HIV screening if these appointments are in Thurston County.



Veteran Affairs Medical Services

Lacey Veterans Services Hub: 360-456-3850

4232 6th Ave SE, Suite 101, Lacey (Monday-Friday 8am-4pm)

- Services include disability benefits, healthcare, mental health support, substance use treatment, housing, employment programs, vet care, etc. Computer intake is offered at 9:30am on Thursdays. laceyveteranshub.org

Thurston County Veteran's Assistance Program: 360-867-8236

412 Lilly Rd. NE, Olympia (Monday-Friday 9am-4pm)

- The Veterans' Assistance Program helps eligible veterans or family members with one-time, emergent financial assistance for basic living expenses such as rent/housing, utilities and funeral expenses.
www.thurstoncountywa.gov/veterans-assistance

US Department of Veterans Affairs - Benefits Information:

1-800-827-1000

Washington State Department of Veterans Affairs: 360-725-2200

1102 Quince St SE, Olympia

Work Source - Local Veterans Employment Representative:

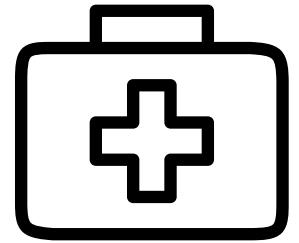
360-570-4258

COVID Screening, Isolation, & Vaccination Services



- Find COVID vaccines near you at **www.vaccines.gov**
- Isolation facilities are available for people who test positive for COVID and do not have a safe place to isolate away from others. Call (360) 867-2610.
- No cost COVID-19 testing locations can be found at **testinglocator.cdc.gov**
- Find Thurston County specific COVID-19 information and data at **www.thurstoncountywa.gov/phss/covid-19**

Harm Reduction Services



Olympia Bupe Clinic: 360-349-0033

1011 10th Ave. SE, Olympia

(Mon, Wed, Fri 4pm-7pm; Tues & Thurs 1pm-4pm)

- Low-barrier suboxone clinic. Free, same-day no appt. New Patients please arrive at least 1 hour 15 min before close.

Thurston County Drug User Health Program: 360-463-2556

1000 Cherry St., Olympia (Back Parking Lot) previously syringe services

(Tues & Thurs. 12pm- 5pm or by appointment)

- Hep-C testing available. Syringe services exchange and connection to care navigation.

EGYHOP: contact@egyhop.org

In the big parking lot on Washington Street between 4th Ave and State Street in downtown Olympia.

(Mon, Wed, Fri, Sat, Sun: 6:30pm-8:30pm)

- Provide emergency supplies, services, and resources to the low-income populations and those experiencing houselessness on the streets of Olympia.

Evergreen Treatment: 360-413-6910

Nurse Advocate Line: 1-800-297-6877

6700 Martin Way E. Suite 117, Olympia

- Offer medication-assisted treatment for opioid use disorders to patients in Thurston County and surrounding areas. Services combine the daily dispensing of methadone or buprenorphine with counseling sessions and visits with a medical provider. evergreentreatment.org/south-sound-clinic

Multicare Advanced Wound Center: 360-570-3032

601 McPhee Rd SW, Bldg #2, Olympia

(Monday-Friday, 8am-4pm; Closed weekends and holidays)

- Offers financial assistance up to 100% based on income. *Referrals can be transmitted through EPIC.

Medical Supplies



Woodlawn Funeral Home

5930 Mullen Road SE, Lacey

(Monday, Wednesday, and Saturday 10am-11am)

- Woodlawn Funeral Home operates a medical equipment supply bank. It is located in the basement at the back of the building. Drop in only.

Capital Recovery Center: 360-357-2582 x 136

1011 10th Ave SE, Olympia

(Monday, Tuesday, Thursday, 10am- 3pm

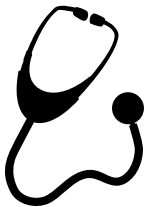
Wednesday and Friday Appointment Only)

- The Capital Recovery Center offers free first aid supplies, wound care supplies, a clothing bank, and personal hygiene products. They can also make a referral to YMCA Shower appointments and connect individuals with housing assistance, phone services, and ID services.

Medical Equipment Bank: 360-456-8810 medequipbank@gmail.com

3537 Martin Way, Olympia (Tues, Thursday, Saturday, 11am-2pm)

- Requires borrowers to fill out the attached form completely before items can be removed from the Medical Equipment Bank.



Medical Support Services

SeaMar Care Coordination: 360-359-4889

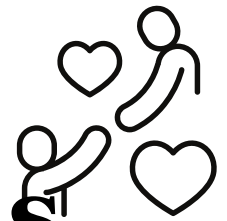
- Case workers at SeaMar can provide care coordination and navigation support. Call for more information or visit pg 26.

In-Home Care: 360-664-9050

6639 Capital Boulevard SW, Floor 3, Tumwater

- The DSHS office of Home and Community Services provides assessment and referral for in-home care. This program is for people who have disabilities that prevent them from conducting “Activities of Daily Living” (ADLs - eating, bathing, toilet use, cleaning, etc) without assistance. This program accepts Medicaid, but individuals do not have to be enrolled to begin services. Call or visit for more information.

Substance Use Treatment Programs



Northwest Resources: 360-943-8810

- Provider for assessment and referral to detox programs case management, and substance use treatment programs.

Compass Career Solutions: 1-833-327-2667

- Work particularly with individuals who have a criminal history, or looking for employment, or who are homeless.

Hope & Healing Clinic: 360-583-3340

9474 Lathrop Industrial Dr. SW, Tumwater (Mon-Fri 8am-7pm; Sat & Sun 8am-2pm) hello@hopeandhealingclinic.com

- Located in Tumwater, Washington, this clinic offers patient-centered care in a safe and secure environment. Treatment at Hope & Healing Clinic is centered around medication for opioid use disorder (MOUD).

St. Peter Chemical Dependency Center: 360-456-7575

4800 College St. SE Lacey, WA 98503 (Mon-Fri, 8am-6pm)

- Provides assistance, counseling, and assessments for: gambling addiction, substance abuse, and tobacco cessation. For adults, adolescents, and families.

Bicycle Health: 1-844-943-2514 or coach@bicyclehealth.com

- An online medication-assisted treatment provider for opioid dependence. Support groups also offered online.

Washington Recovery Helpline: 1-866-789-1511 or text 711

- Crisis intervention and referrals for substance abuse, mental health, and gambling

Alcoholics Anonymous 24-hr Line: 360-352-7344

Psychedelic Peer Support (3pm-3am) Call or Text: 623-473-7433

Narcotics Anonymous: 360-754-4433

Mental & Behavioral Health

OHRS Mobile Crisis Team: 360-754-1338 or 1-800-270-0041

- Provides Mobile Crisis Services and Involuntary Treatment Assessments. No insurance required to receive mobile crisis intervention services.

Arrest & Jail Alternatives (AJA): 360-529-7287

- Provides intensive case management, peer navigation, crisis management, life skills training, provides social support, supplies and more.

Behavioral Health Resources: 360-704-7170

3857 Martin Way E, Olympia

- Provides individual, family, and group therapy, co-occurring mental health and substance use disorder services and more.

Catholic Community Services: 360-753-3340

604 Devoe St. SE, Olympia

- CCS provides community mental health services to Medicaid eligible children and their families.

CIELO: 360-709-0931 or cieloproject@comcast.net

1601 North Street SE, Olympia

- Provides free mental health services for Spanish speaking individuals. Therapists are multi-lingual, and understand the special needs of immigrants.

HOST (Homeless Outreach Stabilization & Transition): 360-764-6282

- HOST offers intensive case management for clients with severe substance use or mental health disorders who are unhoused or imminently losing housing.

IWHS Navigation Team at Sergio's Day Center: 360-870-9566

(Tues-Fri 1pm-4:30pm; Drop-ins welcome)

- Peer counselors that work with individuals on a one on one basis to provide strengths-based advocacy and navigation services to our guests in regards to medical needs, mental health support, substance use and housing.

Map Guide

1. Rosie's Place
520 Pear St SE, Olympia
2. Housing Authority of Thurston County
1206 12th Ave SE, Olympia
3. Olympia Mutual Aid Partners
701 Franklin St. SE, Olympia
4. Partners in Prevention Education
1009 State Ave NE, Olympia
5. Safe Place (Shelter for Abused Women)
521 Legion Way SE, Olympia
6. St. Vincent De Paul
1208 11th Ave. SE, Olympia
7. Intercity Transit
222 State Ave NE, Olympia
8. The Salvation Army
1505 4th Ave. E, Olympia
9. Olympia Union Gospel Mission
413 Franklin Street NE, Olympia
10. First Baptist Church
904 Washington, Olympia
11. Olympia Senior Center
222 Columbia St. NW, Olympia
12. Salvation Army/CCS Community Kitchen
808 5th Ave. SE, Olympia
13. Olympia's Food Pantry
220 Thurston Ave, Olympia
14. Timberland Regional Library Olympia
313 8th Ave. SE, Olympia
15. Olympia Bupe Clinic and Capital Recovery Center
1011 10th Ave. SE, Olympia
16. Thurston County Drug User Health Program
1000 Cherry St., Olympia
17. Community Youth Services
711 State Ave NE, Olympia
18. Olympia Union Gospel Mission Dental and Vision Clinic
309 Washington St NE, Olympia
19. Planned Parenthood
402 Legion Way, Suite 201, Olympia

Downtown Olympia





Sharing Resources for Wellness

