

Friday Five

Your weekly Thurston County update




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#1 - Stay Up-to-Date on Air Quality in Thurston County

Smoke & your health



Wildfire smoke can irritate your eyes, nose, and throat. Close your windows, wear an N95 mask if outdoors, and make a clean air fan.

**SMOKE
READY**

Breathing wildfire smoke can worsen many health problems and cause minor to serious symptoms like headaches, stinging eyes, coughing, trouble breathing, asthma attacks, and chest pain. Smoke from wildfires and other sources can have serious health impacts, particularly on children, the elderly, and people with pre-existing heart and lung conditions. Stay informed about air quality in your area by using resources like the state smoke blog, Mobile AQI, and the [AirNow app](#).

Monitor Thurston County's current air quality at <https://www.thurstoncountywa.gov/departments/public-health-and-social-services/environmental-health/air-quality>.

#2 - Drop In Lactation Support Group



Drop In Lactation Support Group

- Open to all expecting, nursing, and pumping parents and their babies.
- Led by a Board Certified Lactation Consultant.
- There will be opportunities to ask questions, meet other lactating parents, and receive support.
- Weekly lactation topic discussions
- Weight checks



**The 2nd and 4th Tuesdays of
the month**

10:30am-12:00pm

For more information contact:

Sheila Waterstrat 360-280-9663

**Thurston County
Public Health &
Social Services
412 Lilly Rd NE
Olympia, WA 98502**



Thurston County's Drop In Lactation Support Group is open to all expecting, nursing, and pumping parents and their babies. Led by Board Certified Lactation Consultant, the support group is a space to ask questions, meet other lactating parents, and receive support. The group meets 2nd and 4th Tuesdays of the month from 10:30 a.m. - 12 p.m. at the Thurston County Public Health and Social Services Department. Drop ins are welcome. For more information, contact the Maternal Childhood Health Program at 360-280-9663.

#3 - Family Fun for Everyone at the Thurston County Fair, July 26 to 30!

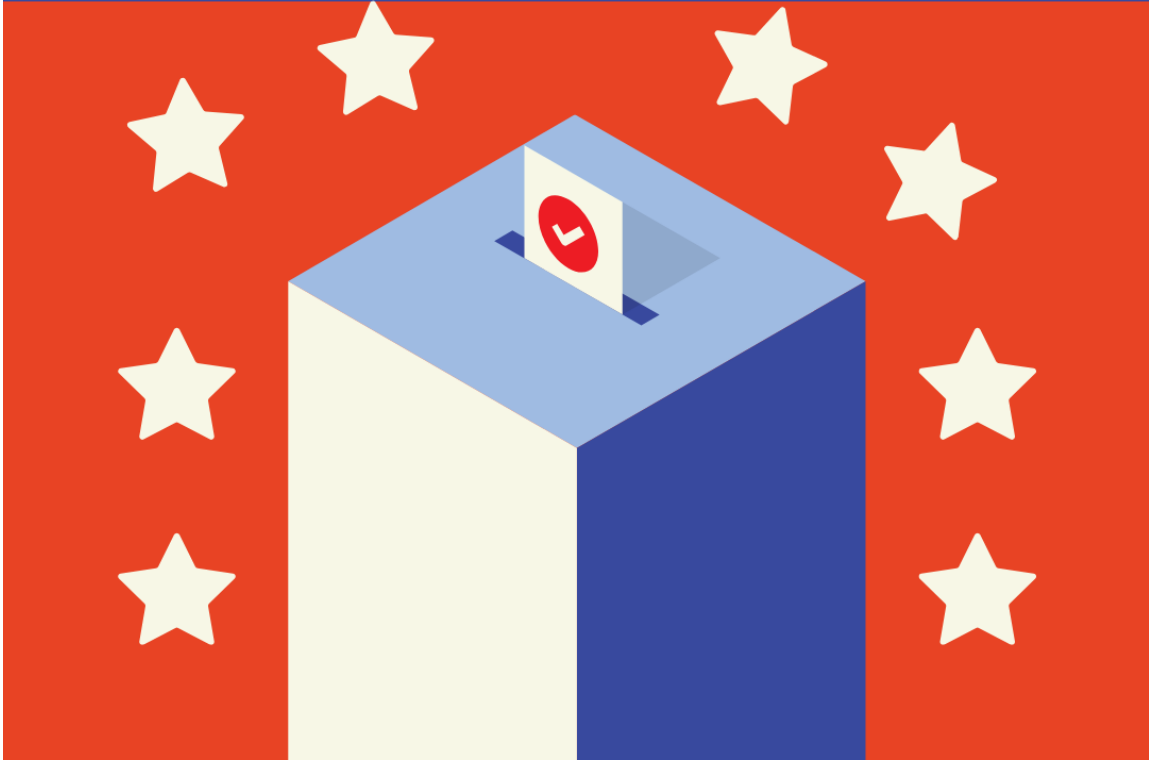


The Thurston County Fair is returning at the end of this month, beginning Wednesday, July 26 and ending Sunday, July 30! The fair will have something for everyone, with fair food, exhibits, animals, and a carnival. On Wednesday, July 26, entry to the fair is only \$1 dollar per person with a non-perishable food item donation. This supports Thurston County Food Bank's "Can Hunger" program. This is a great way to enjoy the fair and give back to the community!

For more information about fair admission, parking, and activities, visit the Thurston County Fair webpage: <https://www.thurstoncountywa.gov/2023-thurston-county-fair-july-26-30>

#4 - Ballots Available and Ballot Drop Boxes Open for the August 1 Primary Election

AUGUST 1 PRIMARY ELECTION



The Thurston County Auditor's Elections Division mailed more than 191,300 ballots to voters in the county for the August 1 Primary Election.

Voters in Fire District 13 (Griffin) will not have any measures or candidates on the ballot and will not receive a ballot. All other registered voters in Thurston County will receive a ballot.

Any registered voter who thinks they should have received a ballot, but hasn't by Wednesday, July 19 should contact the Auditor's Office at 360.786.5408 or elections@co.thurston.wa.us. Ballots for military and overseas voters registered in Thurston County were mailed on Friday, June 16.

The Auditor's Office opened 29 secure ballot drop boxes throughout the county. A list of ballot drop box locations and addresses is included in the mailed ballot materials and online at ThurstonWAVotes.gov.

Ballots must be postmarked by August 1.

For more information: <https://www.thurstoncountywa.gov/news/ballots-available-and-ballot-drop-boxes-open-august-1-primary-election>

**#5 - Watch the Latest Coffee with a Commissioner,
Featuring Commissioner Menser and Public Health
Director David Bayne and Assistant Director Jennifer**



In the latest Coffee with a Commissioner episode, Commissioner Tye Menser has a conversation with new Thurston County Public Health and Social Services directors. Director David Bayne and Assistant Director Dr. Jennifer Freiheit share their public health backgrounds, along with new challenges and opportunities facing Thurston County Public Health.

Watch the latest Coffee with a Commissioner video: https://www.youtube.com/watch?v=N9M16lTY3fQ&list=PLaJwEHKVN-TLb_VnbT0nNuLkfcxPZ-pJ&index=15

Stay current on upcoming public hearings, meetings, and work sessions by bookmarking the [Board of County Commissioners' master calendar](#)! Please call the Board of County Commissioners office at (360) 786-5440 if you're having problems viewing the calendar.

Thurstoncountywa.gov



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