



Thurston County Fesoota'iga ile Vaipanoa

Faamaumauga

Ole ta'iala lenei e fuafuaina mo sitiseni uma ile Thurston County e manaomia ona faaaoga alagaoa a le vaipanoa. E le o faamautinoa i lenei ta'iala le sa'o atoatoa o faamatalaga e maua i lenei ta'iala mo alagaoa ona e mafai ona iai suiga a o faagasolo le faatinoina, ae sa taumafai ia sa'o faamatalaga. Soo se faalapotopotoga e ta'ua pe le o ta'ua i lenei ta'iala e le faapea ai ua matou lagolago atu pe le lagolago atu.

Afai e tupu se faalavelave e ono lamatia ai le soifuaga, faamolemole vili le 9-1-1

Faasologa o mataupu

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Afai o oe o se paaga mai le vaipanoa ma e te mana'o e aofia oe ile fesoota'iga a le vaipanoa ta'iala o alaga'oa, faamolemole fwsoota'i Thurston County Public Health and Social Services ile 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)

Faailoga Ki



Taelega



Meataumafa



Tagamea



Faafoma'i



Kesi/Propane



Nofoaga Malolo



Faleta'ele



Manu fesoasoani Faatagaina



Laei

Nofoaga, Fale, & Tautua mo i latou e leai se mea e nonofo ai

Community Action Council: 360-438-1100

3020 Willamette Dr. NE, Lacey (Aso Gafua - Aso Tofi 7am-5:30pm)

- Mana'oga o se nofoaga, sauni mo vaitausaga, fesoasoani faanatinati o eletise ma vai, fesoasoani mautotogi. E iai tautua fesoasoani ile gagana faa-Spaniolo. cacmt.org

Community Youth Services: 360-943-0780

711 State Ave NE, Olympia (Aso Gafua - Aso Faraile 8am-5pm)

- E fesoasoani i talavou e 24 tausaga le matua ma lalo ifo. E saunia soifuaga tauamio ma malosiaga, faigaluega, a'oa'oga, ma alagaoa mo mana'oga faavae. communityyouthservices.org

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

604 Devoe St SE, Olympia (24-itula)

- Nofoaga faanatinati mo tagata nofofua (18+) tautua faaleaiga, nofoaga lagolago tumau. ccsww.org

Family Support Services South Sound: 360-754-9297

3545 7th Ave SW, Suite 200 Olympia (Aso Gafua - Aso Faraile 8am-5pm)

- Nofoaga faanatinati, alagaola mo i latou ua tuli mai latou nofoaga, lagolago lautele mo sauaga faaleaiga, tautua faaleaiga, nofoaga tumau faalagolago. fscss.org

Housing Authority of Thurston County: 360-753-8292

1206 12th Ave SE, Olympia (Aso Gafua - Aso Faraile 8:30am-4:30pm)

- Saunia se nofoaga saogalemu, e feololo, ma taugofie ma tautua mo tagata e iai ma'i, itiiti tupe maua, matutua, ma ua i se tulaga lamatia ma aiga.

Interfaith Works Homeless Services: 360-918-8424

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

- E saunia mai e le Interfaith Works Shelter & Unity Commons tautua tumau lagolago. interfaith-works.org

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

- E fesoasoani i tagata e leai se nofoaga ile aai o Yelm. Nofoaga faamafanafana faanatinati, loli taele ai, nofoaga tufa ai laei, ma tufa atu mea 'ai.

Nofoaga, Fale, & Tautua mo i latou e leai se mea e nonofo ai

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

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

- Aiga e leai ni fanau lalo le 18 tausaga le matua. olympa.org

Partners in Prevention Education (PiPE): 360-357-4472    
1009 State Ave NE, Olympia (Aso Lua ma le Aso Tofi 2pm-4pm)

- Galue ma tagata e leai se aiga e nonofo ai lagolago i auala ma sola ese mai sauaga, faatasi ma asiasiga, fesoasoani atu, faamalosi. E faatulagaina asiasiga e taele ai. opencounseling.com

SafePlace (Nofoaga mo Fafine Faileagaina): 360-754-6300     
521 Legion Way SE, Olympia (24 itula)  

- Vaega fesoasoani ma nofoaga e le faailoa atu ile lautele mo i latou sa faileagaina ile aiga ma feusuaiga faamalosi ile Thurston County. safeplaceolympia.org

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

office@saintmichaelparish.org

1208 11th Ave. SE, Olympia (Aso Gafua - Aso Tofi 9am-5pm & Aso Faraile 9am-1pm)

- O se vaega faalelotu e galulue e fesoasoani i latou e itiiti se tupe maua ma e matitiva.

The Salvation Army: 360-352-8596     

1505 4th Ave. E, Olympia (Aso Gafua-Aso Faraile 9am-4pm)

- Meataumafa, laei, tautua ona o mala faalenatura, tautua e fesoasoani i latou ua pulea i fualaau, nofoaga, tautua mo fanau ma isi mea. olympia.salvationarmy.org

Thurston County Housing and Shelter Hotline: 1-844-628-7343 ma omi le numera "2"

- Feaoasoani fuafuaina mo aiga e iai le tasi fanau pe sili atu lalo le matua ole 18 tausaga, ma'i to, pe ua sola/taumafai e sola ese mai le sauaina ile aiga. fscss.org/services

Union Gospel Mission: 360-709-9725      

413 Franklin Street NE, Olympia (Aso Gafua-Aso Toonai 6:30am-6pm)

- Falema'i toe faamalosi, meataumafa vevela, mata e auna ma se totogi ma fainifo, alagaoa mo tama'i fale, ma isi mea. ougma.org

Nofoaga, Fale, & Tautua mo i latou e leai se mea e nonofo ai

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

- E saunia mai e le Senior Services of South Sound se porokalame ole Home Share e faafesoota'i tagata matutua e iai le avanoa i latou fale e mafai ona mautotogi ai se tasi e 18 tausaga pe sili atu o lo'o sailia se potu e nofo ai. Se tulaga e mafai e Home Providers ona taliaina Home Seekers ma e sui mo sw tulaga lagolago i se auala tautupe, fesoasoani atu ma galuega ile fale, faimalaga, pe faifaimea faatasi. southsoundseniors.org

Lacey Veterans Services Hub: 360-456-3850

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

- O i latou sa auai ile vaega'au o loo sailia soo se ituaiga o tautua e ao ona vili pe asiasi atu ile Lacey Veterans Services Hub e iloa atili i porokalame um e ono agavaa ai ma fesoasoani e apalai. laceyveteranshub.org
- Aso Tofii 10 am Tolopoina fuafuaga ulufale atu ma le Family Support Center Representative.

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

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

- Sergio's o se nofoaga mo alagaoa ile ao e fesoasoani tagata e leai sw nofoaga ma tautuga mo le tumama, tautua faaletagata manaomia pei ole foma'i ma le tausia ole soifuaga faalemafaufau mai le Valley View Clinic, ma se nofoaga faaopoopo i taimi e ono lamatia ai le tau ma tulaga faanatinati. E aofia i tautua lagolago mai lou tupulaga, sapalai ma laei faanatinati, potu ile ao e maua avanoa e sulu ai mea faaeketise, e maua vai, ma le Wi-Fi. iwshelter.org/sergios

Respite Care

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

Multicare Hospital: 360-570-3049

- Ole porokalame Interfaith Works Restorative Experience for a Safer Transition (REST) e lagolagoina e tagata lolotu e saunia ai nofoaga mo tagata ua tatala mai tula le falema'i ma ua ausia ni tulaga manaomia, e saunia ai se nofoaga saogalemu e toe malosi ai, ma lagolagosua fuafuaina faaletagata, tautua tumama, ma meataumafa a o latou nonofo iina.
- Se faasinoga mo se moega REST ile Interfaith Works nofoaga e tataua ona faasino mai le falema'i pe a uma ona resitalaina le tagata ma'i mo le tausiga i totonu. E ao ile kalaini ona talosaga mo se moega REST pe a resitalaina mai le falema'i.

Nofoaga, Fale, & Tautua mo i latou e leai se mea e nonofo ai

Clean & Sober Living

Olympia Sober Housing: 503-317-5292

olympiasoberhousing.com

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

- 37th Court House o se fale e 2,000 futu faatafa fa, e iai le 7 potu e puipuia mai le lautele, 2 fale ta'ele se umu kuka ma fale ta mea. E tofu uma potu ma latou mea totino e aofia ai se TV mafolafola ua faapipii ile puipui ole potu.

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

- The Ranger House o se nofoaga e 3,200 sq. ft. mo tane e 7. E iai i lea nofoaga se potu e tasi e tatala ile lautele lea e iai ona lava fale taele tuua ma potu toatasi e 5. Ole fanua e 1/2 eka, e iai se fanua tele ua siomia e se pa, fale e ofi ai taavale e 2 ma pakaga mo taavale e 8. E iai ile tulimanu o lea nofoaga se faatali pasi.

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

- The Lake House o se nofoaga mo fafine e to'a 8. E tofu uma potu ma se laulau ma faata se poloka ina ia mafai e fafine ta'itasi o latou teuga. The Lake house e 6 poloka mai le paka Hicks Lake ma 1 le poloka mai le faatali pasi mo le lautele.

Oxford Houses: www.oxfordhouse.org/contact_form

- E saunia e Oxford Houses se nofoaga mama ma e leai se ava poo fualaau faasaina, o nofoaga taugofie mo tagata e itiiti mai le 30 aso ua mama/to'a poo ua tatala mai se porokalame faafoma'i. Saili se avanoa ile: www.oxfordvacancies.com

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

Nofoaga e maua solo i itumalo o Thurston ma Pierce.

livingcleanandinspired.com

- O se siomaga e leai se ava malosi poo fualaau faasaina mo tane o loo taumafai e tumau ile mama mai soo se mea e aafia ai le mafaufau, ma faalagona. E faatalitalia i tagata uma e nonofo iinei ona auai ile latou porokalame faamalosi i tulaga uma.



Umu kuka e saunia mai supo

E suia le taimi ma faasologa ona o aso faamanatu ma le vaitausaga.

Capital Christian Church: 360-456-1140

4431 Martin Way E, Olympia

- E saunia mai meataumafa vevela, faatauga o mea ai tuu apa, tufaina laei, ma taelega (Aso Toonai 10am-4pm)



First Baptist Church: 360-357-3881

- E saunia meataumafa ile afiafi i Aso Sa uma ae alu ma ave (4pm-5:30;m)

Olympia Senior Center: 360-586-6181

222 Columbia St. NW, Olympia

- E mafai ona resitalaina ae e talosagaina se meaalofo tauofo ole \$4-8 meataumafa ile aoauli mo tagata matutua e ova le 60 tausaga le matua (Aso Gafua - Aso Faraile 11:45am-12:30pm)
- E iai se Faasologa o Mea 'ai ole a saunia atu faalemasina.

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

808 5th Ave. SE, Olympia

- E saunia 2 taimi e taumafa ai faaleaso/6 aso ile vaiaso (Aso Gafua - Saturday 11am-12pm & 5pm-6pm)

Union Gospel Mission: 360-709-9725

413 Franklin St. NE, Olympia

- Offers meals (Aso Gafua - Aso Faraile 6:30am - 12pm, 5:00pm-6:00pm. Aso Toona'i 10am-11am. Aso Sa 7:30am-2pm)



Food Services

E suia le taimi ma faasologa ona o aso faamanatu ma le vaitausaga.

Thurston County Food Banks:

360-352-8597 or thurstoncountyfoodbank.org

Olympia's Food Pantry

220 Thurston Ave, Olympia

- Aso Gafuas, Wednesdays, Aso Farailles 10:30am-3pm

Lacey's Food Pantry

7027 Martin Way E, Olympia

- Faatauga i totonu: Aso Lua ma Aso Tofi 10am-2pm
- Itula Afiafi: Aso Lulu lona lua o le masina 4pm-6pm

Mountain View Church

901 Israel Rd. SW, Tumwater

- Aso Tofi lona lua ma le fa o masina ta'itasi (Faimalaga atu i le taavale pe savali, 10am-1pm)



Capital Christian Food Pantry: 360-456-1140

4421 Martin Way E, Olympia

- Food Pantry open Aso Gafua - Wednesday (9am-1pm)

Tenino & Bucoda Foodbank Plus: 360-264-5505

224 Sussex East in Tenino, WA

- Faimalaga atu i le taavale, Aso Lua 9am-12pm

Fesoasoani i le lautele

Food Stamps: 1-877-501-2233 (apalai i le telefoni)

6860 Capitol Blvd. SE, Tumwater

- DSHS Community Services Office DSHS tufa faasoa le EBT po'o le Food Stamps polokalame mo latou e matitiva i le Satete a Washington.

Women Infants & Children (WIC):

SeaMar: 360-754-2936

905 24th Way SW, Olympia

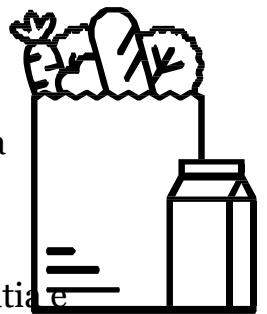
Community Action Council: 340-438-1100

3020 Willamette Dr. NE, Lacey

- E ofo e le WIC meai lelei ma tautua o le soifuaga mo fafine ma'ito, tina fou ma fesusu, ma tamaiti lalo ifo le tausaga 5.

CarePort Pathways HUB: 1-800-662-2499

- Care Coordinators e galulue to'atasi ma kalaini ma faailoa tulaga lamatia e aafia ai le tausiga mo soifua maloloina, fai fale, le lava o mea'ai, a'ofa, galuega totino ma isi mea atili.



Faalavelave Laina

Afai e iai se tasi e faaleagaina vave o ia lava po'o isi, aua le faatali, vili 911

Faalavelave Laina

- National 24-hour Suicide Prevention ma Help Crisis Line: **988** oomi le numera "2" mo gagana eseese
 - Native American/ Alaska Native Youth oomi le numera "4" ina ia aapa atu i le Native ma le Strong LifeLine.
- 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 oomi le numera "2" mo gagana eseese
 - Disaster Distress Text Line: Text TALKWITHUS to 66746
 - For Spanish Text Line: Text HABLANOS to 66746

Tagata matutua e iai ma'i

- 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

Malutaga

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

Fualaau Faaoga Sese

- Alcoholics Anonymous 24-hr Line: 360-352-7344
- Psychedelic Peer Support (3pm-3am) Call or Text: 623-473-7433

Autalavou ma talavou matutua

- 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

Tagata matutua

- 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



Manu Tausiga



Popolega mo Manu: 360-456-8176

- Ofo atu mea'ai, faatupega mo le spay/neuter services. E tatau ona nofo pule mo manu i Thurston, Mason, or Lewis County.

Covenant Creatures: 360-357-6301

- Ofo atu mea'ai ma faatupeina mo togafitiga faafuase'i po'o le spay/neuter services.

Joint Animal Services: 360-352-2510

- Ofo e aunoa ma se totogi le spay/neuter mo manu a tagata matitiva e ala i le polokalame o le SNAP.

Thurston County Food Bank: 360-352-8597

Olympia: 220 Thurston Ave NE, Olympia (Aso Gafua, Aso Lulu, Aso Faraile 11am-3pm)

Lacey: 7027 Martin Way W, Olympia (Aso Lua & Aso Tofi 10am-2pm)

- E ofo i masina ta'itasi mea'ai mo manu.



Felauaiga Auaunaga

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

- Dial-A-Lift o se faitotoa i lea faitotoa, se felauaiga fefa'asoa'i auaunaga lautele mo tagata e ma'i ina ia taofia i latou mai le fa'aaogaina o la matou auaunaga pasi auala tumau. E tatau ona faatumuina le talosaga, ia agavaa ma faamaonia e tietie le Dial-A-Lift.

Intercity Transit Buses: 360-786-1881

- Felauaiga i totonu o taulaga e maua ai femalaga'iga e aunoa ma se totogi i Olympia, Tumwater, Lacey, ma Yelm. Saili auala: intercitytransit.com/plan-your-trip/routes.

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

- Auauna i tagata i nu'u i tua ma nu'u o le Thurston Region. RT e maua ai femalagaiga mo nuu o Rainier, Tenino, Rochester, Bucoda, ma le Confederated Tribes of the Chehalis Reservation, ma faafeso'ota'i le North i Intercity Transit i Tumwater ma South i Twin Transit i Centralia.

Village Vans: 360-705-5840

- Tuuina atu (e leai se totogi) 24/7 felauaiga e lagolago ai galuega e feso'ota'i ma galuega e pei o: galuega fou, faatalanoaga galuega, a'oa'oga mo toleniga o galuega, fale tausii tamaiti ma isi nofoaga

Telefoni po'o komepiuta avanoa

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

- O lala uma o le Timberland Library e ofo atu e aunoa ma se totogi le avanoa mo komepiuta. O lo'o iai foi le telefoni i le alatele i pito i tua e avanoa mo tagata lautele.

Olympia Union Gospel Mission: 360-709-9725

413 Franklin St NE, Olympia

- E iai le telefoni a Olympia Union Gospel Mission e avanoa mo le faaaoga i le lautele.

Telefoni feavea'i e leai se totogi pe faaititia.



Assurance Wireless: 360-669-5500 - apalai i luga o le initaneti i le www.assurancewireless.com

- O le ofo a le Assurance Wireless e maua ai faamaumauga faalemasina e leai se totogi, feau tusitusia e le faatapulaaina, ma minute tai masina e leai se totogi. Faatasi ai ma se telefoni e leai se totogi.
- Agava'a: E avanoa le lesitalaina mo tagata ta'itoatasi e agavaa e faatatau i le feterale po'o le satete-faapitoa tulaga agavaa. E mafai ona e agavaa pe afai o lo'o iai i nisi polokalame fesoasoani i le lautele e pei o le Medicaid po'o le Supplemental Nutrition Assistance Program (SNAP). E mafai foi ona e agavaa e fua i tupe maua a lou aiga. Afai e te le faigaluega, e mafai ona e faaaogaina lau Tusi Faamanuiaga mo le Le faigaluega e fai ma faamaoniga o lou agavaa.
- Fa'amaoniga o le Agavaa: E tatau ona e tuuina atu faamaoniga o le auai i le polokalame po'o se faamaoniga o tupe maua.
- Tasi Teugatupe mo le Aiga: O le polokalame o le Lifeline Assistance e avanoa mo na'o le tasi le upegatafa'ilagi po'o le laina telefoni i le aiga. O aiga eseese e nonofo i le tuatusi e tasi e agavaa, e aofia ai tagata nonofo i fale e leai ni fale ma fale tausii soifua. O tagata nofomau e iai tuatusi le tumau e agavaa foi.

Cricket Wireless: 844-246-8364

cricketwireless.com/affordable-connectivity-program

- Ua ofoina atu e Kirikiti le Affordable Connectivity Program (ACP), ose polokalame feterale e fesoasoani e fa'aititia ai le tau o auaunaga mo aiga ua agava'a. ACP e maua ai se fa'amanuiaga e o' o atu i le \$ 30 / mo., Po'o le \$ 75 / mo. i luga o fanua o Tribal agavaa, i lau auaunaga Kirikiti. Asiasi atu le www.cricketwireless.com/affordable-connectivity-program

Faailoaga & Meli

Pepa Fanau

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

101 Israel Rd SE, Tumwater (Aso Gafua-Aso Faraile 8am-5pm)

www.vitalchek.com

E gafa ma suiga o igoa ma le tuuina atu o pepa fanau.

Oka i le telefoni po'o luga ole laiga mo le \$40.50,

fa'amauina le va'a i le 3-7 aso pisinisi.



Thurston County PHSS Vital Records: 360-867-2618

412 Lilly Rd NE, Olympia (Aso Gafua - Aso Faraile 9am-4pm)

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

E mafai ona talosagaina pepa fanau po'o pepa maliu i le tagata lava ia, luga le laina, po'o le meli mo le \$27.00.

Ina ia oka se pepa fanau a le Setete o WA, e mana'omia mea nei:

- Muamua, ogatotonu, ma le igoa faaiu o le mataupu o le faamaumauga.
- Ata ID
- Aso fanau (Masina, Aso, Tausaga).
- Aai po'o le itumalo na fanau ai.
- Igoa muamua ma fa'ai'u o matua uma o lo'o lisiina i le fa'amaumauga.

PiPE Advocacy: 360-357-4472

1009 State Ave. NE, Olympia (Aso Lua ma le Aso Tofi 2pm-4pm)

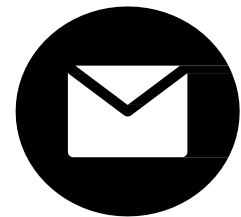
- Fesoasoani i tagata o lo'o feagai ma sauaga po'o sauaga ia maua se pepa fanau ma ID.

Pepa Saogalemu

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

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

- Savavali e lelei ae o se manatu lelei le vili mo se feiloaiga. E leai se totogi mo se pepa sui. Pepa e mana'omia e maua ai se pepa e sui ai le pepa saogalemu:
 - Pepa fanau poo le US Passport
 - Laisene ta'avale, ID a le Setete, po'o ID Fa'afitafita a le U.S



Auaunaga Meli

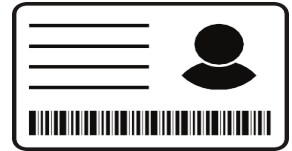
PATH Program Mail Service

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

O le Polokalame PATH a le Capital Recovery Center e ofoina atu se tuatusi meli e mafai e tagata auai ona lafo i ai a latou meli.

Fa'ailoaga

ID Setete po'o Laisene



IFW Nav. Team: 360-870-9566

- E mafai ona fesoasoani i tagata e maua ni ID fa'apea fo'i su'ega aveta'avale ma totogi o le toe fa'auluina o laisene.

WA State Department of Licensing

719 Sleater Kinney Rd SE UNIT 108, Lacey

- WA DOL e nafa ma le tu'uina atu o ID ma laisene aveta'avale. O le totogi mo le sui ID e \$20. Apalai ile upega tafailagi:
fortress.wa.gov/dol/extdriveses/NoLogon

Capital Recovery Center atonu e mafai ona fesoasoani i le tau ma le faagasologa o talosaga mo se ID. Asiasi ile polokalame PATH i le
1011 10th Ave SE, Olympia (Mon, Tues, or Thurs 10am-3pm)

FOU - ID FREE mo tagata leai ni fale o le a tumau i le setete o WA

Amata i le tausaga nei, o le a ofo atu e le Washington State Department of Licensing *se pepa ID muamua pe toe faafou e aunoa ma se totogi* mo i latou ua leai ni fale ma ua faamoemoe e faaauau ona nonofo i Washington O i latou e leai ni mea e nonofo ai ma saili se ID card e leai se totogi e mafai ona taunuu i le ofisa laisene aveta'avale pe leai foi se taimi atofaina. Afai sa iai le laisene aveta'avale a le tagata i Uosigitone po'o le ID i le taimi ua tuana'i, e mafai e tagata faigaluega ona su'e a latou faamaumauga i le DOL system. Leai se isi fa'amaumauga e mana'omia.

E mana'omia e tagata o lo'o sailia ni fa'amatalaga se tuatusi meli o lo'o iai nei e mafai ona avea ma malutaga, fa'alapotopotoga fa'alaua'itele po'o se lotu. Pe mafai foi ona latou talosaga e aumai sa'o le ID mai le ofisa laisene.

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



Taiala Tausiga & Auaunaga Soifua Maloloina



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Preventing & Treating Bed Bugs

O a mea e ta'u o pepe moega?

O pepe moega o ni iniseti mafolafola laiti e fafaga na'o le toto o tagata ma manu pe a momoe. E mūmū-enaena lanu ma e 1mm - 7mm lapopo'a, e tusa ma le lapo'a o le ulu o Lincoln i se pene. E mafai ona latou ola i ni nai masina e aunoa ma se taumafataga.



Faailoga o pepe moega:

O nisi o fa'ailoga o pepe moega e aofia ai:

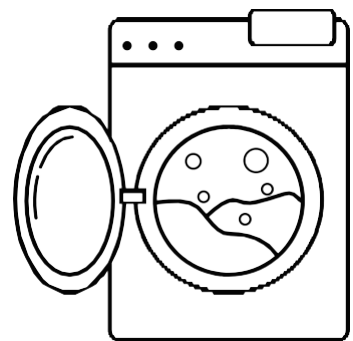
- Faailoga u i foliga, ua, lima, ma lima.
- Va'aia o 'exoskeletons o pepe moega pe a uma ona liuga. Su'eina o pepe moe i gaugau o fa'amalu ma ie afu.
- O ila toto lanu ele i luga o fa'amalu, ie afu, ma meafale lata ane.
- O se manogi suamalie ma le manogi.



Auala e puipuia ma togafitia ai pepe moega:

E le masani ona fa'amata'u fa'ama'i mai pepe moega ma e le mana'omia fo'i togafitiga fa'afoma'i. Afai e te manatu o oe po'o au mea e iai ni fa'ama'i o le pepe moega, mulimuli i laasaga nei:

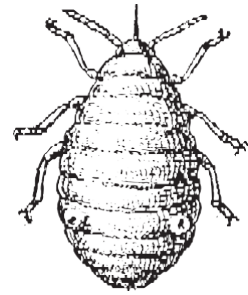
- Faamaufa'ailoga lelei lavalava ma mea a le tagata lava ia i taga palasitika seia mafai ona fufulu.
- Fufulu uma lavalava, mea e momoe ai, ma mea e fai ai lavalava e fa'aaoga ai le vai vevela ma fa'agogo mo le itiiti ifo i le 20 minute i le nofoaga sili ona vevela o lo'o avanoa.



Preventing & Treating Lice

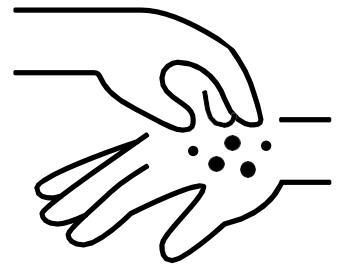
O ā utu?

O utu o ni parata'i ia e mafai ona maua i luga o ulu ma tino o tagata, e aofia ai le vaega o le tino. E ola utu i le fafagaina o le toto o le tagata . O fuamoa utu (nits) e masani ona samasama pe pa'epa'e ma fa'apipi'i i le laulu. E laiti tele ma faigata ona iloa. O vaega mulimuli o utu o ni iniseti laiti e mafai ona ola pe tusa ma le fatu sesame. E lanu enaena mama pe pogisa.



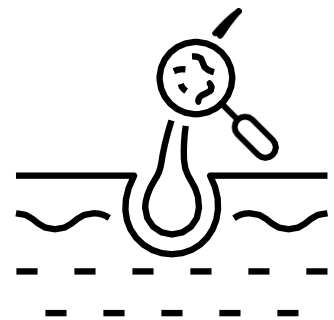
O le a le mea e fai pe a e manatu e iai sau utu:

- Aumai togafitiga mo tagata ua pisia. O le mea lea e mana'omia ai le fa'aogaina o le OTC (Over-the-counter) po'o le talavai. Mulimuli i laasaga o togafitiga o lo'o lisiina i le pusa.
- Afai o lo'o e nofo i se malutaga, ia mautinoa e ta'u atu i le aufaigaluega e ono iai sau 'utu. Atonu e mafai ona latou faia se siaki utu ma fesoasoani ia te oe i laasaga e sosoo ai.
- Ina ia puipuia le sosolo, logoina fale, a'oga, tagata o le aiga, tolauapiga, ma isi mea ma aloese mai gaoioiga e ono sosolo ai utu ulu.



O nits va'aia po'o utu fetolofi o le fa'ailoga sili lea ona fa'atuatuaina o le a'afia o utu isi fa'ailoga e ono aofia ai:

- Fa'alogona fe'ei o se mea o lo'o gaiioi i le lauulu.
- Mageso o le ulu ma le ulu (utu), tino (utu o le tino) ma le itutino (pubic lice).
- Itaita ma faigata ona momoe (utu e sili ona gaiioi i le pogisa).
- Manu'a i le pa'u e mafua mai le valuvalu.
- Mata'utia mageso (utu o le tino).
- O le mafiafia ma le liu lanu o le pa'u pe afai e umi se afaina (utu o le tino).



Auala e puipuia mai utu:

- Aloese mai le fa'afeso'ota'i ma tagata e maua i utu.
- Alofia le faatagaina o tagata eseese e faaaogaina meatotino pei ole selu ulu, solo, pulou, sikafu, ofu mafanafana, ma mea fai moega.
- Teu lelei lauulu uumi.



Faafoeina utu:

- E mafai ona faaaoga kemikolo e fo'ia ma aveesea utu faatasi ma le selu. Afai e te le o mautinoa ile fualaau e faaaogaina poo le auala e inumia, fesili i lou foma'i, talavai poo se isi e saunia le tausiga.
- E mafai ona faatau kemikolo e foia ai utu ile fale talavai. O isi nofoaga e ofoina ai auala e foia ai utu.
- Usitai i faatoonuga mo le vailaau o utu. Aua e te faaaoga le fasimoli mo lauulu poo le shampoo/conditioner a o le'i faaaoga le vailaau mo le utu. Aua le toe fufuluina lauulu a itiiti ile 1-2 aso talu ona aveesea fualaau.
- Faaoga se selu 'nit comb', poo se tama'i selu e aveesea utu mai le lauulu.
- Ia faaaauau ona siaki lauulu ma faaaoga le nit comb mo le 2-3 aso ina ua uma ona faaaoga le vailaau.
- Ia fai laei mama pe a uma ona faaaoga le vailaau.
- E fua ile vailaau e ono fautuaina le toe faaaoga ile 7-9 aso.

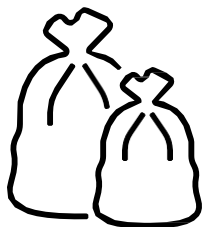
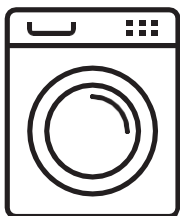
Fofu mo utu tino ma totoga sa:

- Afai e mafai, ia taele ma faaaoga le fasimoli ma vai mafanafana ina ia aveesea nisi utu ua mau ile tino.
- E ono mafai e se foma'i ona fautua atu se fofu e faaaoga se vailaau. Mulimuli i fautuaga o loo maua ile pusa mai le e saunia atu. I taimi uma ia fesootai sw foma'i poo le fale talavai afai e te le o mautinoa ile auala e faaaoga se fualaau.

Faamamaina laei, mea e momoe ai, ma meatotino:

Afai e iai ni ou utu e taua le faamamaina uma ou ofu, mea e momoe ai ma mea totino ina ia puipui mai le inifeti.

- Mo laei ma mea e moe ai, e sili ona faamamaina i se vai e sili ona vevela a itiiti ile 5 minute. Ia faamago ile masini mo le 30 minute ile vevela e gata mai ai.
 - Afai e le o iai se masini ta mea ma faamago, ia teu lelei i se ato faamau mo le lua vaiaso.
- Ia soka palasi ma selu mo lauulu i le vai vela mo le 5-10 minute.



Preventing & Treating Scabies

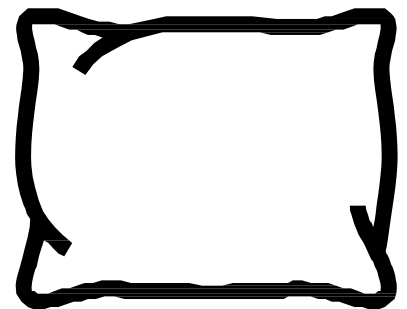
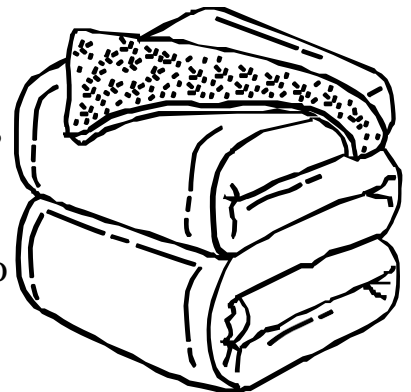
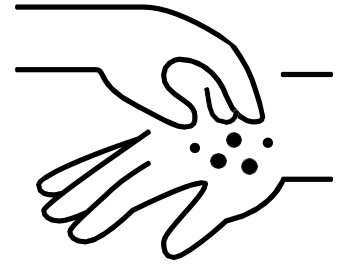
Ole scabies o se faama'i ole tele o tama'i manu ile pa'u ole tino a le tagata. O nei manu nini'i e eli totonu le pa'u pito i luga ma nonofo ai ma tupu tele mai o latou fuamoia. E masani ona salalau atu pe afai e fesoota'i umi le pa'u ile pa'u ma se tagata ua ma'i.

O nisi o fa'ailoga o le scabies e aofia ai:

- Matautia le mageso, ae maise ile po.
- Pala ole pa'u pei uma ni fuafua.
- Tama'i fulafula ma le pa'u malo.
- Tama'i pu e iloa ile pa'u.
 - Laina siitia lanu efuefu-papa'e pe tutusa ma le pa'u ile pito luga ole pa'u.
- Pa'u mafiafia.
- Afai e le'i iai muamua e ono iloina faailoga i se tasi ile 4-8 vaiaso.

Le auala e alofia ai le scabies:

- Aloese mai le fa'afeso'ota'i ma tagata e maua ile scabies. Alofia le faatagaina o tagata eseese e faaaogaina meatotino pei ole selu ulu, solo, pulou, sikafu, ofu mafanafana, ma mea fai moega.
- Ia faaaoga metotia ia e mulimuli mai a o taulimaina mea e fai ai moega, laei, ma meafaitino sa faaaoga e se tasi ua maua le ma'i ole scabies ile tolu aso talu ai nei.
- E ao ona feutaga'i ma se tagata ua iai le faama'i ole scabies i se tulaga talafeagai e tusa pe le o faailoa mai ai auga ole ma'i scabies.
- Ina ia puipuia le sosolo, logoina fale, a'oga, tagata o le aiga, tolauapiga, ma isi mea ma aloese mai gaoioiga e ono sosolo ai le scabies.



O a mea e tatau ona e fai pe afai e te manatu ua maua oe ile scabies.

- Afai o lo'o e nofo i se malutaga, ia mautinoa e ta'u atu i le aufaigaluega atonu ua maua oe e le scabies. Atonu e mafai ona latou faia se siaki e faamautinoa pe ua e maua le scabies ma fesoasoani ia te oe i laasaga e sosoo ai.
- O vailaau e faatau e fesoasoani atu ile fofoina ole ma'i scabies e ta'ua o scabicides ona e mate ai tama'i manu ninii ole scabies; o nisi e faaleagaina foi o latou fuamoa. O scabicides e faaaoga mo le tagata e faato'a faaaogaina pe afai e faatonuina e le foma'i. E leai se vailaau "faatau ile faloloa" (leai se faatonuga mai le foma'i) ua iloiloina ma taliaina mo le scabies. E tatau ona utagaia faatonuga ua lomina mai ile pusa ma le faaeteete. I taimi uma ia fesootai sw foma'i poo le fale talavai afai e te le o mautinoa ile auala e faaaoga se fualaau.

Fofo mo le scabies:

- Ole vailaau mo le scabies e masani o se kulimi poo se vai nini e faaaoga i vala uma ole tino.
- Ia faaeteete ile utagia faatonuga ua saunia mai e le foma'i ma le aufaigaluega ile fale talavai. Ia taumafai e faaaoga laei mama pe a uma ona faaaoga le vailaau.
- E fautuaina foi le vaifofo mo sui ole aiga ma i latou sa fai feusua'iga ma i latou ua iai le scabies.
- E ono manaomia ona toe fofo afai e faaaauau le mageso ile 4 vaiaso talu ona faaaoga le vailaau pe ua amata ona iloa atu ni pu poo pala o vaega ole tino.



Faamamaina laei, mea e momoe ai, ma meatotino:

Afai e iai ni ou scabies e taua le faamamaina uma ou ofu, mea e momoe ai ma mea totino ina ia puipui mai le inifeti.

- Mo laei ma mea e moe ai, e sili ona faamamaina i se vai e sili ona vevela a itiiti ile 5 minute. Ia faamago ile masini mo le 30 minute ile vevela e gata mai ai.
 - Afai e le o iai se masini ta mea ma faamago, ia teu lelei i se ato faamau mo le lua vaiaso. E masani ona pe tama'i manu ninii ole scabies pe afai e sili atu ile 2 e oo ile 3 aso e aunoa ma le pa'u o se tagata.
- Ia soka palasi ma selu mo lauulu i le vai vela mo le 5-10 minute.





Alofia le faaleagaina e isumu

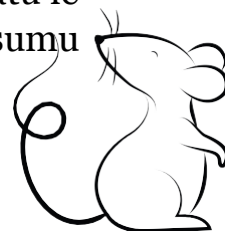
E mafai e isumu ma tama'i isumu ona sao atu i totonu lou fale poo lou nofoaga. E mafai e isumu ma isi manu faapena ona tupu ai se faafitauli i lou soifuaga. E mafai ona faasalalau ai faama'i ma u i tagata poo manu tausī. O nisi tagata ua oso ai le ma'i sela pe ua ilitata.

O nisi o gaoioiga e mafai ona e faatino e puipui lou fale ma aiga:

- Ia ufi pe tapunia pu uma i puipui o lou fale. O nisi isumu e ma meafaiola e mafai ona sao atu i se pu e tele pei le sefulu sege.
- Ia faamama mea uma e faaaoga e fai ai meataumafa pe kuka pe a uma ona e faaaogaina.
- Ia teu lelei mea ai ma vai i se ipu e mafiafia, pe mata'eta'e poo le uamea ua iai se kova mau lelei.
- Ia lafoina soo se rapisi ile vave e mafai. Ia tuu rapisi i se mea ua iai se kova.
- Ia faamama mea ua paepae solo ma rapisi ile lotolotoi o lou fale. Aua e te 'ai pe inu ni vai poo meataumafa atonu ua sao atu ai se isumu.
- Ia pu'e isumu ua iai ile faaaogaina o mailei ua mafai ona pa'o leotele. Pe a faamama, ia faaaoga totini lima e fai mai lie plastic poo le pa'u, ia tu'u isumu pe i ni taga se lua, ma tia'i.

O faailoga masani o le iai o isumu o le iai o otaota malo ma faailoga o mea sa lamuina.

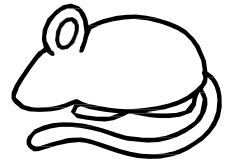
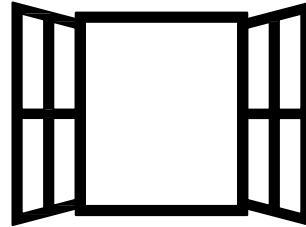
- E mafai ona iloa atu otaota malo o isumu i soo se mea e mafai ona sao atu le isumu ae e masani i totonu o fatafata, pusa toso, ma isi nofoaga e faigofie ona iloa atu. E masani ona faasino atu i se tasi itu ole otaota malo ma e masani ona maua ai lauulu. E faigata ona iloa pe o iai se vaega o isumu e ala ile iloilo ina o otaotavale.
- O se tasi auala ia faaeteete e faamama le nofoaga. Afai e iloa atu le otaotavale pe a uma ona e faamamaina o lona uiga ua iai se isumu lauolaola.



Faaeteete ile faamamaina o otaota vaivai ma otaota malo ole Isumu

Vala 1:

Ia tatala faamalama ma faitotoa e faasolo atu ai le 'ea mo le itiiti ile 30 minute. Ia tuua le nofoaga a o e faasolo atu le 'ea. Aua e te faaaoga le vacuum, pulumu, pe faaasu le pefu i totonu ma siomaga; e ono manavaina le 'ea ua faaleagaina. E ono puipui se tali fofoga mai le pefu, ae e leai se puipuiga mai vairusi.

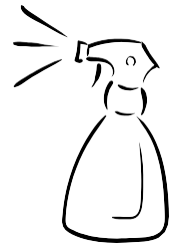
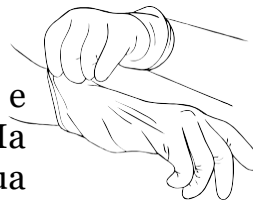


Vala 2:

Faaaoga totini lima pa'u poo le plastic.

Vala 3:

Ia faaaoga le bleach poo le EPA-resitalaina vailaau e faamama ese ai feau vai ma feau malo a le isumu. Ia tu'u e soka mo le 5 minute pe ogatusa ma faatonuga ua iai ile vailaau faamama.



Vala 4:

Ia faaaoga pepa solo e ese ai feauvai ma feau malo ma le vailaau faamama.



Vala 5:

Ia tia'i le pepa solo i se rapisi ua kovaina ma e masani ona sui le taga



Vala 6:

Ia mop pe faaaoga le omomi e faamama lelei ai le nofoaga. Ia faamama uma mea malo e aofia ai le foloa, laulau, fatafata, ma pusa toso.

Vala 7:

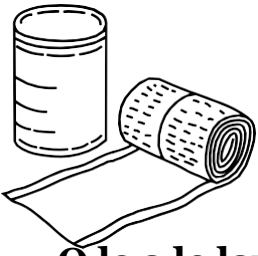
Ia faamama totini lima ile vai ma le fasimoli a o le'i tatala ese totini lima.



Vala 8:

Pe a aveesea totini lima ia faaaoga vai mafana ma le fasi moli e faamama ai ou lima poo se vailaau e fai mai le alcohol pe afai e leai se fasi moli ma e le o iloa atu se palapala ile lima.





Wound Care & Prevention

O le a le lavea:

O se lavea matala ole iai o se avanoa ile pa'u. E iai lavea eseese, e aofia ai;

- Tama'i tipiga ma toto ua to'a.
- Lavea tui; e mafua mai se mea ua sao atu ile pa'u.
- Susunu, utia, pe tuia.

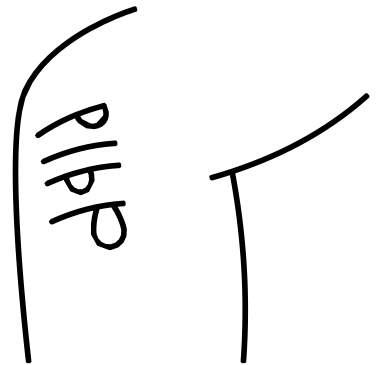
Le auala e alofia ai le faaleagaina o lavea ma oo ina inifeti:

A leai se tausiga e mafai e soo se lavea ona inifeti. Ia mulimulitu'i i faatonuga mulimuli mai ile faamamaina o lavea ma tausisi lelei ina ne'i inifeti.

- Ia vave ona fofu lava ma ma'i ua iai faatasi ma le fiva.
- Ia fai ma massani le siaki, ma saisi lavea se'ia toe lelei. O lavea ua inifeti (e.g. mumu, fula, tigaina) e tatau ona siaki e se tasi e saunia ai le tausiga o soifua maloloina ile vave e mafai.
- Ia faamama soo lima ile fasimoli ma lw vai (e.g., pe a uma ona faaaoga le faleese, a o le'i fai se meatausami, pe a tale/mafatusa). E sili le fasimoli ma lw vai, afai e leai, faaaoga le vailaau e faamama ai lima.
- Ia faamasani ile taele ma faamamaina o laei.
- Ufitia tale ma mafatusa.

Faailoga o se lavea ua inifeti

- o lo'o iai se vai palapala ua tafe mai le lavea.
- Ua amata ona iai pa'u malo ile mea ua lavea.
- E oso i luga le fiva.
- Ua faateleina lymph nodes lata ane ma ua tiga.
- O lo'o iai se faailoga mumu e amata mai le lavea ma faasolosolo atu.
- Ua tigaina le mea ua lavea.
- Ua mumu le siomaga ole mea ua lavea.
- Ua faateleina le fula ile 48 itula talu ona lavea.
- E le'i toe lelei le manu'a ile 10 aso talu ona lavea.
- Faailoga ole sepsis (puupuu le manava, faigata ona malamalama, fiva, maua le tata ole fatu, vaivai faasologa ole toto, pa'epa'e le pa'u afu, tigaina tele.)



Afai ua e manatu ua inifeti lou manu'a ia vave saili se fomai.

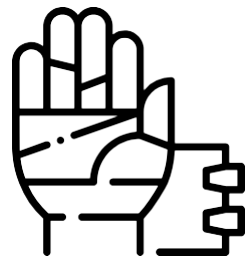
Ua ou lavea. O le a so'u gaoioiga e ao ona fai?

1. Faamama ou lima ile fasi moli ma le vai. Afai e le o maua, faaaoga le vailaau e faamama le lima.
2. Ia omi lemu le manu'a ina ia taofia le piliki.
 - Ia faaaoga se 'ie'ie mama ma siitia i luga le manu'a.
 - E masani ona taofia le piliki o tama'i tipi ma manu'a e aunoa ma sou gaoioiga e fai.
 - Afai o tafe le toto mai lou manu'a e silia ile 10 minute a o e omia, vili le 911 pe alu ile Emergency Room
3. Faaaoga le vai e faamama ai le manu'a. Ia faaaoga le fasimoli e faamama e siomia ai le manu'a.
Aveesea soo se palapala poo mea ese ile faaaogaina o tama'i meafaigaluega ole tweezers ua muamua faamamaina ile alcohol.
 - Afai e le mafai ona aveesea otaota, ia sailia se foma'i ile vave e mafai.
 - Afai e mafai ona aveesea otaota, ua e sauni la e kova l manu'a.



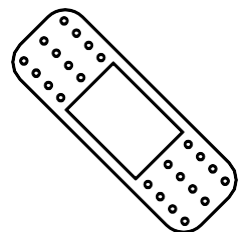
Ua mama lo'u manu'a. E faapefea ona ou kovaina?

1. Faamama ou lima ile fasi moli ma le vai. Afai e le o maua, faaaoga le vailaau e faamama le lima.
2. Tu'u se vaega manifinifi o se suau'u fa'ama'i po'o le suau'u e fa'asusu ai le pito i luga ma aua ne'i ma'ila.
 - Afai o lo'o e tausia se fa'aailoga mai le fa'aaogaina o fualaau fa'asaina, aua le fa'aogaina le suau'u fa'ama'i po'o le suau'u se'iloga ua pupuni le nofoaga e tui ai, e masani lava i ni nai itula pe a uma le tui.
 - Faamama soo manu'a i le vai mama po'o le masima e mafai ona e mauaina. (Manatua: AUA LE fa'aaogaina le hydrogen peroxide, po'o le ava malosia pe a mafai ona e aloese mai ai. O nei mea e fa'aumatia ai siama, ae fa'apea fo'i ma aano fou o lo'o faia e lou tino e fa'amalolo ai.)



E tatau ona ou ufiufi lo'u manu'a?

- Afai o lou manu'a o se solo itiiti po'o se maosi, tu'u pea e aunoa ma se ufiufi
- Afai e sili atu lou manu'a nai lo se tama'i solo po'o se maosi la'ititi, fa'apipi'i se fusi, ta'ai kasa, po'o se kasa o lo'o fa'amaui i se mea fa'apipi'i pepa.
- Tausi le manu'a ia mama, mago, ma ufiufi i kasa ma/po'o se fusi i le tele e mafai ai. E sili ona lelei manu'a pe a le susu tele, ma ia le mago.
- Alofia le pa'i, valu, ma oomi manu'a matala po o pimples, ma fufulu lima pe a uma ona sui fusi. O se faiga masani ma le agamalu e sili ona lelei.



E tatau ona ou saili se tausiga faafomai?

Afai o lou manu'a o lo'o fa'aalia ni fa'ailoga o **faama'isaili** togafitiga faafoma'i.

Alu i le **Potu Fa'afuase'i** pe afai:

- Ua tafe toto le manu'a.
- E te lagona le le iloa po o le le mautonu.
- Pu'upu'u le manava Maua'uga o le tata o le fatu po'o le fatu vaivai.
- E te talitonu ua afaina le manu'a ma maua i le fiva.
- O lo'o mata'utia le tipi ma loloto atu i le 1/4 inisi.
- E mafua mai le manu'a i se fela'u o se manu po'o se ū.
- O le manu'a ua tipi i totonu o se alatoto tele po'o se vein.
- O le tipi e i luga o se sooga ma tatala i taimi uma e te gaoioi ai.
- O loo tafe pea le toto e tusa lava pe a uma le 10 minute o loo oomi ma le mamafa.
- E mafai ona iloa maso, ga'o, po'o ponaivi i le manu'a.
- O lo'o i ai se mea o lo'o fa'amaui i totonu o le manu'a - po'o se mea e tatau e **na'o** se foma'i e tatau ona aveese mea.



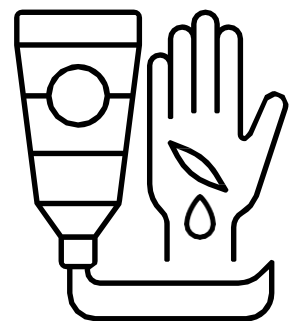
O potu fa'afuase'i e mana'omia e le tulafono e togafitia ai manu'a e lamatia ai le ola, e tusa lava pe leai sau inisiua pe le mafai ona totogi.

Alu i le **Urgent Care** pe afai:

- E mana'omia ona su'i, ae o lo'o sa'o pito o le tipi.
- O le manu'a o se u itiiti.
- O le manu'a o se tama'i tipi.
- O le manu'a e faia i se mea elea.

Alu vaai se **foma'i faapitoa** pe afai:

- E lei faamaloloina le manu'a sei mavae ni aso se 30.
- Tiga, mumu, ma/po'o fula.
- I luga o le manu'a, e sui le lanu, i le lanu meamata po'o le uliuli po'o isi vaega o le tino.
- Lagona ma'i: fiva, ma'alili, vaivai po'o le lagona o le vaivai "pe le mautonu".
- Manu'a mumu i lou pa'u ua sosolo mai le manu'a.
- Manogi leaga.
- Faigata ona savali, po o le punou o sooga.
- Ia su'esu'eina mo tui puipui o le tetanus.



Fa'ailoga o se Fa'afoma'i Faalavelave Faafose'i

Afai e mafai ona maliliu se tagata po'o se pepe e le'i fanau mai pe ua le atoatoa, o se fa'alavelave fa'afuase'i.

Telefoni le 911 e alu atu se vaega fa'afuase'i ia te oe pe a le mafai ona e fa'atali.

- O lo'o e lau'ua po'o ua taofi le manava.
- Manu'a o le ulu i le matapogia, po'o le le mautonu.
- Manu'a i le ua po'o le tuasivi, ae maise lava pe a leai se lagona po'o le le mafai ona gaoioi.
- Se te'i mai le eletise po'o le uila.
- Se mu tuga.
- Se tiga tuga o le fatafata po'o le mamafa.
- Le ma'i ma'alili ua sili atu le malosai nai lo se minute se 1 pe e le vave ona ala mai le tagata.

Alu i le matagaluega fa'afuase'i pe telefoni le 911 mo se fesoasoani mo fa'afitauli e pei o:

- Faigata ona manava.
- Ua pasi atu, matapogia.
- Tiga i le lima po'o le auvae.
- E le masani pe leaga le ulu, ae maise lava pe a amata fa'afuase'i.
- Ua faafuasei ona le mafai ona tautala, vaai, savali, pe gaoioi.
- Fa'afuase'i ona vaivai pe fa'amaulalo i le isi itu o le tino.
- O le niniva po'o le vaivai e le te'a.
- O le asu o lo'o manavaina po'o le asu o'ona.
- Le mautonu faafuasei.
- Malosi le toto.
- E ono gau le ponaivi, le iloa le gaioiga, ae maise lava pe a tuleia le ponaivi i totonu o le pa'u.
- Manu'a loloto.
- Mu tugā.
- Tale pe puaa'i mai le toto.
- E mata'utia le tiga i soo se mea o le tino.
- Se tulaga mata'utia ma e faigata ona manava, fula, ofaga.
- O le fiva maua luga ma le tiga o le ulu ma le ua malo.
- O le fiva maua luga e le lelei pe a fua i vailaau.
- O le puaa'i po'o le alu o le nofoaga e le mapu.
- Oona po'o le soona inu o vaila'au po'o le ava malosai.
- Ma'i ma'alili

Healthcare Resources



Insurance Coverage

Medicaid/ Apple Health / CHIP

Medicaid, po' o le Apple Health, e tu' uina atu inisiua soifua maloloina mo tagata e maualalo pe leai ni tupe maua.

O le tapula'a o tupe maua mo Medicaid e fa'atatau i le aofa'i o tagata i lou aiga:

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

O tapula'a o tupe maua mo le Polokalama Inisiua Soifua Maloloina a Tamaiti (CHIP) **e sili atu nai lo le fa'aluaina** o tapula'a mo Apple Health. Talosaga mo Apple Health ma su'esu'e isi inisiua i le www.wahealthplanfinder.org.

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

1217 4th Avenue, Olympia

CHOICE e fa'afeso'ota'i tagata ta'ito'atasi ma inisiua soifua maloloina, tausiga o nifo, ma le fa'amaopoopoina o tausiga. Latou te ofoina atu fesoasoani i le tagata lava ia e su'e ma lesitala i fuafulaga inisiua a le setete o WA. E mafai ona latou fesoasoani i tagata fa'atau e maua au'aunaga ma fai fa'ai'uga lelei e uiga i le pulega fa'alesoifua maloloina. CHOICE e fa'afeso'ota'i tagata ta'ito'atasi ma 'au'aunaga mo le soifua maloloina, fale, mea'ai le saogalemu, a'oa'oga, galuega ma isi mea.

Emergency Care

If O lo'o e feagai ma se fa'alavelave fa'afuase'i fa'afoma'i, telefoni le 911

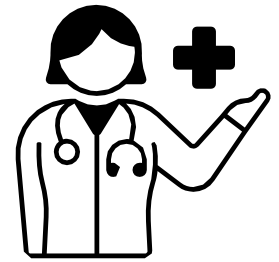
MultiCare Capital Medical Center Emergency Room: 360-754-5858

3900 Capital Mall Dr. SW, Olympia

Providence St. Peter Hospital Emergency Room: 360-491-9484

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

O le sini a le Olympia Free Clinic o le fa'amoemoe o le togafitia o mana'oga vave ma fesoasoani i tagata e su'e le tausiga fa'alesoifua maloloina umi. Mo tagata e le'i inisiua po'o e le lava le inisiua, latou te ofoina atu:

- General Medical Care: Aso Gafuas and Wednesdays 5pm-7pm
- Tausiga Fa'afoma'i mo le mafaufau (Vailaau) ma Fautuaga: E ala i le topoina.
- Reproductive and Gender Health Clinic: 1st Aso Gafua of the month, 5pm-7pm
- Chiropractic & Physical Therapy: 3rd Aso Gafua of the month, 5pm-7pm

SeaMar: 360-359-4860

(Aso Gafua-Aso Faraile 8am - 5pm)

- Mo tagata e iai le Medicaid po'o le leai o se inisiua e ofoina atu auaunaga tau tausiga muamua mo tagata e maua le tupe maua. Latou te talia le Medicaid/ Apple Health ma ofo atu fo'i auaunaga fa'ase'e fua fa'atatau i tupe maua a le aiga.

▪ **Olympia:**

3030 Limited Ln NW, Olympia (E ala i le tu'upoina, na'o foma'i)

3622 Ensign Rd NE, Olympia (E ala i le savavali atu, faafoma'i ma le fai nifo)

- **Lacey:** 669 Woodlawn Square Loop SE, Lacey (E ala i le tu'upoina, faafoma'i ma le fai nifo)
- **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 (Aso Lulu 7:30am-5pm)

- E ofoina atu togafitiga faafomai mo tagata i lalo ole 24 tausaga le matua. Latou te talia le Medicaid/ Apple Health ma ofo atu fo'i auaunaga fa'ase'e fua fa'atatau i tupe maua a le aiga.

Valley View: 360-236-7166

3775 Martin Way E, Suite A, Olympia

(Aso Gafua, Aso Lua, Aso Lulu, Aso Faraile, 7:30am - 6pm, Aso Tofi 7:30am - 8pm)

- O lo'o ofoina atu e Valley View le auaunaga tau tausiga muamua mo tagata e maua le tupe maua, Medicaid pe le'i inisiua. Latou te ofoina atu fo'i auaunaga fa'ase'e fua fa'atatau i tupe maua a le aiga.



Tausiga o Nifo

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

309 Washington St NE, Olympia (Aso Gafua-Aso Faraile 9am-3pm)

- O le OUGM Dental Clinic e tu'uina atu auaunaga fa'afuase'i nifo i tagata o le itumalo o Thurston o lo'o nonofo i lalo ifo o le 200% o le tulaga mativa a le feterale e leai ni inisiua nifo po'o ni auala e totogi ai le tausiga. Telefoni mai ina ia tu'upoina.

SeaMar Dental Clinic: 360-359-4860

Va'ai Itulau o Tausiga Peraimeri mo tuatusi. (itulau 26)

- O lo'o tu'uina atu auaunaga mo tamaiti e 18 tausaga ma laiti ifo, fafine ma'itaga ma le fa'atagaga a le tausiga, ma auaunaga fa'afuase'i mo tagata matutua i luga o le savali-i totonu e le SeaMar Dental Clinic. O fa'alavelave fa'afuase'i mo tagata matutua e aofia ai nifo gau, fa'ama'i i nifo, ma le tiga i nifo/gumu. Latou te talia Medicaid, Apple Health, e le'i inisiua, ma ofo atu fo'i auaunaga fa'ase'e fua fa'atatau i tupe maua a le aiga.

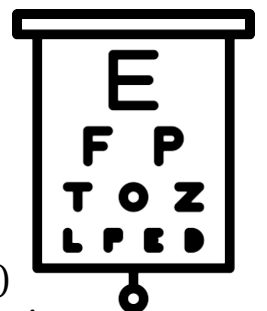
Dentist Link: 844-888-5465, www.dentistlink.org

Dentist Link o se auaunaga e leai se totogi e fa'afeso'ota'i so'o se tagata nofomau i Uosigitone ma se tofiga o nifo i totonu o latou nu'u. Latou te talia tagata gasegase i le Apple Health pe leai se inisiua.

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

Mo tamaiti i lalo ifo o le 12 tausaga ma Apple Health Insurance, e fesoasoani le ABCD i tagata tausi ma'i e su'e se foma'i nifo ma tu'uina atu a'oa'oga e uiga i le tumama o nifo. E agavaa tagata auai mo siaki e le itiiti ifo i le lua i le tausaga. O lo'o avanoa auaunaga fa'aliliu ma felauaiga.

Tausiga o le vaai



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

309 Washington Street NE, Olympia (Aso Gafua-Aso Faraile 9am-4pm)

- O le OUGM o le su'ega o le soifua maloloina o le mata ma matatioata i tagata agavaa.

Soifua Maloloina o Fanau ma Itupa

Planned Parenthood: 1-800-769-0045

402 Legion Way, Suite 201, Olympia

(Aso Gafua, Aso Tofi, Aso Faraile, ma Aso Toonai 8:30am - 4:30pm;

Aso Lua ma Aso Lulu 10am-6pm Aso Faraile 9am-3pm)

- O le Fuafua Fa'amatua e tu'uina atu tausiga fa'alesoifua maloloina maualuga, taugofie, ia i latou o lo'o i ai Medicaid, po'o i latou e le'i inisiua. Tuuina atu su'ega ma'itaga, su'ega STI & 'au'aunaga, fa'ata'ita'iga, togafitiga o hormone transgender, 'au'aunaga fa'apa'u pepe, ma le tele o isi auaunaga tau soifua maloloina.

Olympia Free Clinic: 360-890-4074 x3

520 Lilly Rd NE, Building 3, Olympia (Aso Gafua muamua o masina uma, 5pm-7pm)

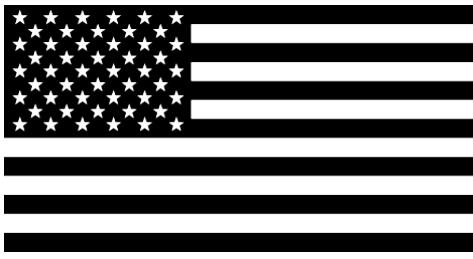
- Soifua Maloloina o Fanau ma Itupa

Tausiga Fa'afoma'i pe a mae'a le Fa'ao'olima Fa'afeusuaiga po'o Fa'aleagaina

Afai na fa'ao'olima fa'afeusuaiga e taua le manatua e le o sau sese. O sauaga fa'afeusuaiga o se solitulafono, tusa lava po'o ai na te faia po'o fea e tupu ai. **Aua le fefe e maua se fesoasoani.**

Afai e te mana'omia le fesoasoani mo le Tali atu ma le Puipuiga o Faiga Fa'afeusuaiga vala'au SafePlace: 360-754-6330 (24-itula), o auaunaga e aofia ai:

- Su'ega Tausima'i Fa'afeusuaiga i Thurston County 24 itula i le aso i le Providence St. Peter Hospital.
- Monarch Children's Justice Advocacy Center mo su'ega a tamaiti manu'a ma le lagolago a le tagata taus.
- Fa'atalanoaga o ē na sao mai fa'afeusuaiga ma ofisa fa'amalosia tulafono i le Itumalo o Thurston.
- Faafoma'i ma foma'i e feso'ota'i ma le fa'ao'olima fa'afeusuaiga: tulitatao, mana'oga o le soifua maloloina o fanau, fa'ama'i pipisi ma/po'o le su'esu'eina o le HIV pe a fai o nei tofiga i le Itumalo o Thurston.



Veteran Affairs Medical Services

Lacey Veterans Services Hub: 360-456-3850

4232 6th Ave SE, Suite 101, Lacey (Aso Gafua-Aso Faraile 8am-4pm)

- O nei au'aunaga e aofia ai fa'amanuiaga fa'aletino, tausiga fa'alesoifua maloloina, lagolago i le soifua maloloina o le mafaufau, togafitiga i le fa'aogaina o vaila'au, fale, polokalame fa'afaigaluega, tausī manu, ma isi. O le fa'aaogaina o komepiuta e ofoina i le 9:30am i le Aso Tofi.
laceyveteranshub.org

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

412 Lilly Rd. NE, Olympia (Aso Gafua-Aso Faraile 9am-4pm)

- O le Polokalama Fesoasoani a Veterans e fesoasoani i tagata matutua po' o tagata o le aiga agavaa e tasi le taimi, fesoasoani tau tupe fa'afuase'i mo tupe fa'aalu masani e pei o lisi / fale, mea aoga ma tupe fa'aalu.
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

- Su'e tui o le COVID e lata ane ia te oe i le www.vaccines.gov
- O lo'o avanoa nofoaga tu'ufua mo tagata e su'esu'e lelei i le COVID ma e leai se nofoaga saogalemu e fa'amama ese ai mai isi. Vili (360) 867-2610.
- E leai se tau o le su'esu'ega o le COVID-19 e mafai ona maua i le **testinglocator.cdc.gov**
- Su'e Thurston County fa'amatalaga ma'oti mo le COVID-19 i le **www.thurstoncountywa.gov/covid-19**



Harm Reduction Services



Olympia Bupe Clinic: 360-349-0033

1011 10th Ave. SE, Olympia

(Aso Gafua, Aso Lulu, Aso Faraile 4pm-7pm; Aso Lua & Aso Tofi 1pm-4pm)

- Falema'i suboxone fa'aletonu mauualalo. E leai se totogi mo aso e tasi e leai se tu'upoina. Tagata ma'i Fou fa'amolemole taunuu mai ia le itiiti ifo i le 1 itula 15 min a'o le'i tapunia.

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

1000 Cherry St., Olympia (Back Parking Lot) sa muamua avea mo auaunaga mo tui

(Aso Lua & Aso Tofi. 12pm- 5pm or by appointment)

- Avanoa mo le su'esu'ega o le Hep-C. Fa'afesuia'i tautua tui ma feso'ota'iga i le fa'atautaiga tausi.

EGYHOP: contact@egyhop.org

I le paka tele i Washington Street i le va o le 4th Ave ma le State Street i le taulaga o Olympia.

(Aso Gafua, Aso Lulu, Aso Faraile, Aso Toonai, Aso Sa: 6:30pm-8:30pm)

- Tuuina atu sapalai fa'afuase'i, auaunaga, ma puna oa i tagata mauualalo tupe maua ma i latou o lo'o feagai ma le leai o ni fale i luga o auala o Olympia.

Evergreen Treatment: 360-413-6910

Nurse Advocate Line: 1-800-297-6877

6700 Martin Way E. Suite 117, Olympia

- Tuuina atu togafitiga fesoasoani mo le fa'aogaina o le opioid i gasegase i Thurston County ma nofoaga lata ane. O le tu'ufaatasia le auaunaga a le tu'uina atu i aso ta'itasi o le methadone po'o le buprenorphine fa'atasi ai ma sauniga faufautua ma asiasiga ma se foma'i. evergreentreatment.org/south-sound-clinic

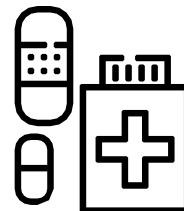
Multicare Advanced Wound Center: 360-570-3032

601 McPhee Rd SW, Bldg #2, Olympia

(Aso Gafua-Aso Faraile, 8am-4pm; Tapuni i faaiuga o vaiaso ma aso faailoga)

- E ofoina atu fesoasoani tau tupe e oo atu i le 100% e fua i tupe maua. * E mafai ona tu'uina atu fa'amatalaga e ala i le EPIC.

Sapalai Faafoma'i



Woodlawn Funeral Home

5930 Mullen Road SE, Lacey

(Aso Gafua, Aso Lulu, ma Aso Toonai 10am-11am)

- Woodlawn Funeral Home e fa'agaioia se faletupe sapalai meafaigaluega faafoma'i. O lo'o tu i le fogafale pito i tua o le fale. E tu'u i totonu

Capital Recovery Center: 360-357-2582 x 136

1011 10th Ave SE, Olympia

(Aso Gafua, Aso Lua, Aso Tofi, 10am- 3pm)

Aso Lulu ma Aso Faraile na o e ua tolopoina)

- O le Capital Recovery Center e ofoina fua sapalai fesoasoani muamua, sapalai mo le tausiga o manu'a, se faletupe lavalava, ma oloa tumama. E mafai fo'i ona latou faia se fa'asinomaga i le YMCA Shower appointments ma fa'afeso'ota'i tagata ta'ito'atasi i le fesoasoani fale, tautua telefoni, ma tautua ID.



Au'aunaga Lagolago Fomai

SeaMar Care Coordination: 360-359-4889

- E mafai e tagata faigaluega fa'apitoa i le SeaMar ona tu'uina atu le fa'amaopoopoina o tausiga ma fesoasoani tau folauga. Valaau mo nisi fa'amatalaga pe asiasi i le itulau 26.

Hope & Healing Clinic: 360-583-3340

9474 Lathrop Industrial Dr. SW, Tumwater (Aso Gafua 8am-7pm; Aso Sa & Aso 8am-2pm)

- lo'o i totonu o Tumwater, Uosigitone, o lenei falema'i e ofoina atu le tausiga fa'atotonugalemu i tagata ma'i i se si'osi'omaga saogalemu ma malupuipua. Togafitiga i le Hope & Healing Clinic e fa'atotonu i vaila'au mo le fa'aogaina o le opioid (MOUD).

In-Home Care: 360-664-9050

6639 Capital Boulevard SW, Floor 3, Tumwater

- E tu'uina atu su'esu'ega ma fa'asinoga mo tausiga i le fale e le DSHS office of Home and Community Services. O lenei polokalame e mo tagata e iai mana'oga fa'apitoa e taofia ai i latou mai le fa'atinoina o "Activities of Daily Living" (ADLs - 'ai, ta'ele, fa'aoga faleuila, fa'amamaina, ma isi) e aunoa ma se fesoasoani. E talia e lenei polokalame le Medicaid, ae e le tataua ona lesitala tagata ta'ito'atasi e amata ai auaunaga. Telefoni atu pe asiasi mo nisi fa'amatalaga.

Ta'iala of Faafanua

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. SafePlace (Nofoaga mo Fafine Faileagaina): 360-754-6300
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

This grayscale map of downtown Olympia, Washington, highlights the Historic District and surrounding streets. The map features a grid of streets including State Ave NE, State Ave SE, Union Ave SE, Legion Way SE, and various numbered streets (4th, 5th, 7th, 8th, 9th, 10th, 11th). Numbered black pins (1-19) are placed throughout the map, indicating specific locations. The map also shows the waterfront area with the Puget Sound and the city of Olympia.