

COUNCILMAN MARK KERSEY

NEWS AND INFORMATION FROM THE FIFTH DISTRICT



COVID-19 Update and Resources

APRIL 10, 2020

District Five Residents,

Here are the latest updates and resources you may find useful.

Face coverings – San Diego County Health officials recommend wearing a cloth face covering and following social distancing guidelines.



City Parks, Boardwalks, Beaches, Bays, and Trails remain closed to prevent the spread of COVID-19. City and County Officials are hopeful that this continued behavior will help to slow the spread of the virus. Violators may face fines or jail time.

SR-56 Bike Path remains open to cyclists as a transportation route.

Help for Small Businesses is available through the CARES Act passed by the Federal Government. Companies can apply for loans through the Paycheck Protection Program (PPP) through the Small Business Administration. You can find more information about [participating lenders and other programs at this link](#).

For a **Guide to City Services** during the COVID-19 Pandemic, including trash collection, water, permits and other services, [click this link](#).

For the **Latest Information on COVID-19 in San Diego County** and other frequently asked questions, [click here](#).

[Scripps Health Nurse Line](#)

888-261-8431

[Sharp Healthcare Nurse Line](#)

800-827-4277

[UC San Diego Health Nurse Line](#)

800-926-8273

[Kaiser Permanente Information Line](#)

877-813-7297

[Palomar Health Information](#)



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Jobs

San Diego Workforce Partnership has created a [directory of resources for people who have been laid off, furloughed, quarantined, or become ill and parents seeking childcare.](#)

Unemployment Insurance - To file an Unemployment Insurance claim or see if you are eligible, [click this link.](#)

Economic Assistance

For information on the **Temporary Ban on Evictions**, visit the [San Diego Housing Commission website.](#)

Many banks are offering **deferral of mortgage payments** in this unprecedented time, including [Wells Fargo](#), [Chase](#) and [Bank of America](#). Please check with your lender for details.

San Diego Gas and Electric offers payment plans and assistance for people having trouble paying their bills. Go to the [SDG&E Coronavirus page for more details.](#)

The Small Business Administration is offering economic relief for small businesses, the backbone of our economy. For more information, please visit [the Coronavirus Relief Options page.](#)

The Governor's Office of Business and Economic Development (GO-Biz) is offering no-cost consultations to assist small business owners with navigating the maze of forms and applications for state programs and incentives. Please call 1-877-345-4633 to speak with a specialist or [visit the website.](#)

Open for Business

The North San Diego Business Chamber has compiled a [list of companies that remain open for business.](#)

Donations

Health systems are accepting donations of medical supplies. Please find more information on accepted items at these links:

[Scripps Health](#)

[UC San Diego Health](#)

[Sharp Healthcare](#)

[Palomar Health](#)

Health Resources

Scripps Health has launched a COVID-19 nurse line at 888-261-8431 and [virtual care options, including video visits](#).

Sharp Healthcare has a nurse line at 800-827-4277 offering [advice for members who have healthcare questions](#).

Palomar Health also has [information for patients and the public during this time](#).

UC San Diego Health Nurse Line – 800-926-8273 [and information for patients](#)

Kaiser Permanente Health Line – 877-813-7297 and [information for patients](#)

Groceries

These stores reserve special shopping times for seniors and those with underlying medical conditions:

Albertsons – 7am to 9am, Tuesdays and Thursdays

Barron's Market – 9am to 10am Everyday

Costco – 8am to 9am, Tuesdays through Thursdays

Target – 8am to 9am, Tuesdays and Wednesdays

Trader Joe's – 9am to 10am, Mondays

Vons – 7am to 9am, Tuesday and Thursday

Walgreens – 8am to 9am, Tuesdays

Walmart – 6am to 7am, Tuesdays

(This information is subject to change with individual stores.)