

COUNCILMAN MARK KERSEY

NEWS AND INFORMATION FROM THE FIFTH DISTRICT



COVID-19 Update and Resources

MAY 16, 2020

District Five Residents,

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

Some Offices, Malls and Other Business Can Open with Restrictions

– San Diego County announced that strip malls and outlet malls can reopen only for pickup service. Pet groomers, landscaping businesses and outdoor museums are also allowed to reopen. The list of businesses and their restrictions is included in the [County's Health Order](#).

CSU Chancellor Announces Online Learning in Fall – California State University Chancellor Timothy P. White [announced](#) that CSU courses will be primarily conducted online for the Fall 2020 semester. The CSU system's 23 campuses statewide include SDSU and Cal State San Marcos.

Urgent Need in Poway Unified School District – Despite school closures, PUSD continues to provide food to children in need. The [PUSD Foundation](#) is accepting tax-deductible donations to sustain this program, as well as provide internet access and devices for students who are not internet connected at home.

Registered Voters to Receive Mail Ballots – Governor Newsom has issued an executive order to provide vote-by-mail ballots to all registered voters in California due to the threat posed by COVID-19. Those who may need access to in-person voting will be accommodated. [Further details are available in the Governor's announcement.](#)

Climate Survey – The City of San Diego is updating its Climate Action Plan and would like to include the viewpoints, priorities and needs of San Diego residents. Please [take the survey to make your voice heard.](#)

For the latest info on COVID-19 in San Diego County, [click here.](#)

[Guide to City Services](#) – What's open and what's closed

[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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Parks and Beaches – Parks and beaches are open for restricted use. Check [here for guidelines and a list of open parks](#). Information about [beaches can be found here](#).

Economic Assistance

Mortgage Relief – Homeowners with mortgages may qualify for mortgage relief. Please see the [Consumer Finance Protection Bureau's website](#) for more information.

Jobs Available on the Workforce Partnership Portal – San Diego Workforce Partnership has hundreds of available jobs posted on its [Career Portal](#). The organization also has links to childcare resources, work transition webinars and information for employers.

Free and Reduced Meal Benefits are available from the Poway Unified School District. You can [apply online for the 2019-2020 school year at this website](#). San Diego Unified School District also provides meals and [you can apply here](#).

Small Business Relief Fund - The City of San Diego continues to receive donations to the [The Small Business Relief Fund](#), which provides grants and forgivable and low-interest loans to small businesses. [You can apply here](#).

Better Business Bureau Grant Program – BBB is providing grants for main street businesses, which are the backbone of our economy. Click here to apply for the [Main Street Matters grant](#).

The Small Business Administration is offering economic relief for small businesses. See more at the [Coronavirus Relief Options page](#).

ACCION is a small business lender focused on providing flexible capital and other resources to entrepreneurs. Go to their [website for more information about their programs](#).

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](#).

Mental Health Resources - The outbreak of infectious diseases such as COVID-19 can be stressful for individuals and communities. It is not uncommon to feel anxious or worried while listening to, reading or watching the news. While it's necessary to keep up-to-date and make changes to daily life in order to help control the spread of COVID-19, the constant news cycle coupled with social distancing measures can have a real impact on mental health. Find resources to manage your mental health for [families, parents and caregivers here](#).

Access and Crisis Line – The San Diego Access and Crisis Line is operated by OptumHealth and offers SD County residents free confidential counseling and community resources. Staff are master's level and/or licensed mental health [professionals who provide compassionate and knowledgeable support to callers](#).

Health Resources

Patients with confirmed COVID-19 infection have reported mild to severe respiratory illness with symptoms of:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

The CDC believes that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure. If you get sick, the CDC has instructions on [what to do and how to care for yourself at home](#).

Scripps Health – Nurse line 888-261-8431 and [virtual care options, including video visits](#)

Sharp Healthcare – Nurse line 800-827-4277 and [advice for members who have healthcare questions](#)

Palomar Health – [Information for patients and the public](#)

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

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