

COUNCILMAN MARK KERSEY

NEWS AND INFORMATION FROM THE FIFTH DISTRICT



COVID-19 Update and Resources

MAY 22, 2020

District Five Residents,

This Memorial Day weekend we honor the men and women who have died while serving in the United States military. Please take time over the coming days to honor these heroes and remember those who gave their lives for our country.



Below are the latest COVID-19 updates and resources you may find useful:

In-Restaurant Dining and In-Store Retail – The State of California has approved the County of San Diego’s request for an accelerated reopening that allows onsite dining in restaurants and in-store retail shopping with restrictions. Business will need to comply with strict COVID-19 prevention measures, including completing and posting safe reopening plans, which [can be found on this site](#).

Avoid Stimulus Check Scams – As some people receive their stimulus checks in the mail, scammers are trying to swindle people out of their money. District Attorney Summer Stephan has some tips to identify these fraudsters and prevent getting tricked. Read more in [her article in Scripps Ranch News](#).

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](#)



OFFICE OF SAN DIEGO CITY COUNCILMAN MARK KERSEY • 202 C STREET, MS #10A • SAN DIEGO, CA 92101
(619) 236-6655 • MARKKERSEY@SANDIEGO.GOV • WWW.SANDIEGO.GOV/CITYCOUNCIL/CD5

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

Economic and Food Assistance

Senior Meal Program Open for Enrollment – *Great Plates Delivered: Home Meals for Seniors* program is a temporary program that delivers meals to older adults who meet age and other eligibility criteria. For information on how to apply, call (800) 339-4661 or visit the [County's enrollment website](#).

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 [Small Business Relief Fund](#) which provides grants and forgivable and low-interest loans to small businesses. [You can apply here](#).

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

Financial Assistance for Childcare – The City and County recently directed federal funding for childcare for those on the frontlines fighting the COVID-19 pandemic. You can find resources for referrals and financial assistance for childcare and childcare providers at the [YMCA website](#).

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.

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](#).

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](#)