

# COUNCILMAN MARK KERSEY

NEWS AND INFORMATION FROM THE FIFTH DISTRICT



## COVID-19 Update and Resources

MAY 29, 2020

District Five Residents,

With temperatures rising and landscape drying, it's important to remain vigilant about fire safety, even in the face of COVID-19. From our region's history, we know it is only a matter of when—not if—a wildfire will strike. Please visit [Ready San Diego](#) and download the [Wildfire Action Guide](#) for information on how to protect your family, home, and community.

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

**Houses of Worship Open with Restrictions** – The State has approved the reopening of houses of worship under certain conditions. Please see [California's guidance for providers of religious services and cultural ceremonies](#) to learn more about how services will change.

**Hair Salons and Barbershops Open with Restrictions** – Hair salons and barbershops can also reopen if they attest to meeting the State's criteria, including mandatory face coverings for stylists and clients. You can read more about the [guidelines for these establishments here](#).

**Face Masks Required** – A reminder that San Diego County requires everyone to wear a facemask in many public settings. This is important to prevent the spread of the coronavirus and key to a continued safe reopening of our economy. [Read more on when you are required to wear a mask](#).

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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**COVID-19 Food Drive** – Gather your canned and dried food to help those in need. You can bring items to the drive-thru food drive for the San Diego Food Bank on **Saturday June 6, from 9 am to 12 noon** at 12835 Black Mountain Road, SD, CA 92127. You can also make a monetary donation at the [San Diego Food Bank's website](#).

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

**Antibody Testing** – Genalyte has partnered with the San Diego Blood Bank to offer antibody testing, which can show whether your body has had an immune response to the SARS-CoV-2 virus. You can find out more information at [Genalyte's website](#).

### **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, 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](#).

## **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](#).

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

**Childcare Resources** – Finding childcare can be vital for parents to get back to work as our economy reopens. 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.

**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](#).

**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](#).