

COUNCILMAN MARK KERSEY

NEWS AND INFORMATION FROM THE FIFTH DISTRICT



District Five Community Update

JUNE 26, 2020

COVID-19 Update and Resources

COVID-19 Trigger – The number of recent COVID-19 outbreaks in San Diego County has triggered a pause on additional re-openings of activities and businesses. This was due to having more than seven new outbreaks in the community over a seven-day period, which is one of thirteen triggers public health officials are monitoring in our fight against COVID-19. For a closer look at the status of these triggers, [visit the County's website](#).

Testing Sites – COVID-19 tests are used to evaluate your health for COVID-19 infection and help public health agencies control the virus' spread. Health plans are required to cover COVID-19 tests at no cost to the enrollee, even if you are asymptomatic. You can [find more information on testing locations and appointments here](#).

Fake Test Scams – Be aware that scammers are selling phony in-home COVID-19 testing kits. At this time there is no federally approved in-home coronavirus testing kits for the general public. District Attorney Summer Stephan has [tips on how to avoid these scams](#).

Reminder: 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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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 Center for Disease Control 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](#).

How to Prevent Getting Sick – The CDC has recommendations on how to prevent contracting the virus. Take a look at updated suggestions on [how to protect yourself and others on the CDC 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 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](#).

Economic Assistance

Loosened Restrictions for PPP Loans – The Small Business Administration has posted a revised, borrower-friendly Paycheck Protection Program application to help business realize full forgiveness of their loans. [Read the details at the Treasury Department's website.](#)

CARES Act Funding for Small Business – Other funding is available for small business, including emergency advances. Take a look at the [Coronavirus Relief Options page](#) for more information.

Tax Deadline is July 15 – If you haven't filed your taxes yet, there are few days remaining. For information on tax relief and information on how to file, visit the [IRS 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.

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.](#)

Community and City Council News

Police Oversight on the Ballot – This week, the City Council approved a measure for the November 2020 ballot that will create an Independent Commission on Police Practices to investigate officer-involved shootings, public complaints regarding police officers, and any deaths while a person is in custody of the San Diego Police Department.

Major League Baseball to Return – Major League Baseball has officially announced the 2020 season, with players reporting to Spring Training on July 1 and games beginning July 23-24. [Here are some details about how the season will look for the Padres from their FAQ page.](#)

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.](#)