

# COUNCILMAN MARK KERSEY

NEWS AND INFORMATION FROM THE FIFTH DISTRICT



## District Five Community Update

JULY 10, 2020

### COVID-19 Updates

**City Waives Permits for Outdoor and Sidewalk Dining** – Mayor Kevin Faulconer signed an executive order allowing restaurants to expand their dining areas onto sidewalks and parking lots as indoor dining is suspended. See details [of the executive order here](#).

**Latest COVID-19 Restrictions** – Due to the growing number of daily cases and outbreaks, San Diego County has been placed on the state's watchlist. Certain activities and businesses will be restricted. Here's a detailed look at what [types of businesses are allowed to remain open for the three week period starting July 7](#).

**San Diego County Approves Small Business Stimulus** – The County Board of Supervisors has approved a program that provides grants to small businesses affected by pandemic. You can apply at the [County's Stimulus Website](#).

**Parking Enforcement Restarts** – The City of San Diego has begun enforcement of parking violations on July 1. The two-week grace period ends on July 15. For details, see the [City's announcement](#).

**Triggers for Modifying Health Officer Order** – You can keep track of San Diego's status in meeting [criteria to modify health orders at this link](#).

**Reminder: Face Masks Required** – San Diego County requires everyone to wear a facemask in common and public spaces to prevent the spread of the coronavirus and allow the 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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## Community News

**Farewell to A Tireless Volunteer** – Lynn Grant served on the Retired Senior Volunteer Patrol for 18 years helping first-responders direct traffic, identifying stolen vehicles and performing many other duties to help the citizens of San Diego. I am extremely grateful for her many years of service and wish her the best of luck in her move to San Antonio, where she is considering starting an R.S.V.P. program.



**Local Students Earn Honors** – Universities and colleges around the country honored local students for their academic achievements. A list of these students from Rancho Bernardo can be [found at this link](#).

## COVID-19 Resources

### Economic Assistance

**San Diego County Small Business Stimulus** - The County Board of Supervisors has approved a program that provides grants to small businesses affected by the pandemic. Apply at the [County's Stimulus Website](#).

**PPP Application Period Extended** – The new deadline to apply for loans in the Paycheck Protection Program has been extended to August 8. To find out more about PPP Loans for businesses go the [SBA website](#). Businesses can also find assistance at the non-profit CDC Small Business Finance in San Diego which [accepts applications for PPP loans and funding alternatives](#).

**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](#).

**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.

**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](#).

## **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](#).