

COUNCILMAN MARK KERSEY

NEWS AND INFORMATION FROM THE FIFTH DISTRICT



District Five Community Update

JULY 24, 2020

COVID-19 Updates

Some Businesses Allowed to Open Outdoors – Mayor Kevin Faulconer signed an executive order allowing hundreds of businesses and religious groups to open operations in private parking lots. See the [Mayor's announcement here](#).

Updated Health Order – County Health Officials have updated Health Orders and Emergency Regulations for the pandemic. They include regulations for business, schools and healthcare providers. You can [see the health order here](#).

Driver's License Extensions – The DMV offers automatic one-year driver's license extensions for drivers over the age of 70. Documents are not needed as proof but you can get a document from [the DMV Website](#).

Face Masks Still Required – The County requires [everyone to wear a facemask in common and public spaces](#).

SCAM ALERT

Water agency customers in many San Diego communities have received scam phone calls demanding immediate payment of water bill by credit card or their water will be turned off. You're advised to hang up if you receive such a call. See the [County Water Authority's warning](#) for more information.

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

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

Summary of County COVID-19 [Cases by Zip Code](#)

[Daily Update of COVID-19 cases in the County](#)

[Triggers to modify the County Health Order](#)



COVID-19 Resources

Technology and Education Resources

As the new school year approaches, it's likely that students will need technology for this new learning environment. Listed below are resources for families to access computers, internet and meals at lower cost.

Low Cost Computers:

[San Diego Futures Foundation](#) and [Computers 2 Kids](#)

Low Cost Internet:

[AT&T Access](#)

[Spectrum Internet Assist](#)

[Cox Communications - Connect2Compete](#)

Free and Reduced Priced Meals - You can apply for free and reduced meal prices at:

[Poway Unified School District](#)

[San Diego Unified School District](#)

Small Business 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](#).

BBB Relief – 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](#).

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 contact your bank or go to 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](#).

[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](#)

[San Diego Parks and Recreation](#)

[San Diego Public Library](#)

[San Diego Reservoirs and Lakes](#)

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](#).

Food Resources for Seniors

Great Plates Delivered – This 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](#).

Elderhelp of San Diego - Volunteers shop for seniors and bring food and supplies to their doorsteps. For more information on these and other services, [visit their website](#).

Meals-on-Wheels – The organization offers affordable cooked meals delivered to your home. Check for availability in your area [on their website](#).