

COUNCILMAN MARK KERSEY

NEWS AND INFORMATION FROM THE FIFTH DISTRICT



District Five Community Update

AUGUST 7, 2020

Honoring Our Hometown Hero

When **Officer Jonathan Wiese** saw a father and his twin daughters in a truck that had plunged into the ocean, he immediately sprang into action, using a dog leash to rappel down a cliff to rescue the family. Because of his bravery, training and quick thinking, all three survived.



Officer Jonathan Wiese is a bona fide hero and an exemplary public servant. This week my Council colleagues and I honored him by proclaiming August 6, 2020 “Officer Jonathan Wiese Day.” The proclamation was officially presented to him at the Rancho Bernardo Community Council meeting. Officer Wiese attended Rancho Bernardo High School, served in the U.S. Marine Corps and has served in the San Diego Police Department for over 20 years. We are grateful for his selfless, courageous service to our city.

COVID-19 Updates

Temporary Outdoor Business Operations – The San Diego City Council has approved a program to allow businesses like barbershops, hair salons, and fitness centers and religious services to operate outside. The Council also extended a program allowing restaurants to offer dining service in parking lots and sidewalks with reduced restrictions to help businesses deal with the economic challenges of the pandemic.

County Approves CARES Act Allocation – The Board of Supervisors approved nearly \$49 million in funding for local services including testing, food service, support for K-12 Schools, childcare and more. See [the announcement here](#).

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](#)



Health Compliance Hotline – The County Board of Supervisors has created a compliance hotline to help enforce the current public health order. The Healthy Compliance Call Center will allow the public to report violations and will be staffed around the clock at (858) 694-2900.

Wildfire Preparedness

Brush fires in District Five over recent weeks serve as a strong reminder that we must always remain vigilant against the threat of wildfire. For tips on how to prepare and protect your home and family, download [the Wildland Fire Action Guide](#) from the San Diego Fire-Rescue Department.

SCAM ALERT

Door-to-Door Donation Requests – Beware individuals asking for donations for Second Chance, a non-profit which helps incarcerated men and women break the cycle of recidivism, poverty and addiction. There have been reports of door-to-door solicitations in other parts of the city and [Second Chance confirms](#) that they only take donations online.

COVID-19 Resources

Technology and Education Resources

As the new school year approaches, it's likely that students will need technology in 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](#)

[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](#)

Assistance for Civil Unrest Disruptions – The Small Business Association is offering loans for businesses that saw disruptions during civil unrest. For more information, go to the [SBA's Disaster Loan Assistance website](#).

Childcare Resources - The County Board of Supervisors has approved CARES Act funding for childcare. For help finding quality affordable childcare, you can visit the [YMCA website](#) for a referral or the [Child Development Associates](#) which provides low-income families access to childcare and meals.

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](#).

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 offers affordable cooked meals delivered to your home. Check for availability in your area at www.meals-on-wheels.org.