District Five Community Update

SEPTEMBER 18, 2020

Community News

Prepare for Wildfires - As we enter the most dangerous months for wildfires, it's important that all residents prepare. Be sure to register your cell phone for emergency alerts, devise a plan and prepare a disaster kit. Tips on how prepare can be found at the Ready San Diego website.

Track Your Ballot - If you are a registered voter in San Diego County, you can track your ballot. This new feature from the County Registrar of Voters allows you to see when it has been mailed to you and when it is counted. For more information see the County's announcement.

Census 2020 – Time is running out to respond to the Census. It provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support for you and your community. You can respond on the government's official Census 2020 website.

Ovarian Cancer Awareness Month – The City Council has proclaimed the month of September Ovarian Cancer Awareness month. When 80% of cases of ovarian cancer are diagnosed in late stages when prognosis is poor, it's clear that more must be done to spread awareness of this devastating disease. Visit the Clearity Foundation for information about research and services provided for those who suffer from Ovarian Cancer.

Farewell to Monique Tello – Rancho Bernardo Community Representative Monique Tello will be leaving District Five for a position in another City Council office. Please join me in thanking her for all her work in the community. Marc Schaefer will now serve as the Rancho Bernardo Community Representative for the next few months.

Guide to City Services – What's open and what's closed

For the latest info on COVID-19 in San Diego County, click here.

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

Upcoming Events

Food and Urgent Needs for Active Duty and Veteran Families – Support the Enlisted Project (STEP) will provide urgent food and household items to active duty and veteran families in crisis on **Saturday, September 19** at their offices in Scripps Ranch.   For details, an application or to volunteer go to the STEP website.

Rotary Club Blood Drive - The Rotary Club of Poway-Scripps is sponsoring a blood drive for the San Diego Blood Bank on **Wednesday, Sept. 30, from 9 a.m. to 2 p.m.** at the Vons Shopping Center parking lot, 10675 Scripps Poway Parkway. Those wishing to donate blood may make an appointment right away at MYSDBB.org/schedule or by calling 1-800-4MYSDBB. An appointment and photo ID are required to donate blood. Those donating blood are to arrive hydrated to their appointment.

Climate Action Plan Update – The City of San Diego is updating its landmark Climate Action Plan and we want to hear your ideas for creating a better tomorrow. On Wednesday, **October 7 at 6pm**, staff will host a virtual forum to hear your ideas for the future of climate action in San Diego. Register here.

COVID-19 Resources

Technology and Education Resources
If you're in need of assistance with technology and nutrition during school year, 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

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.