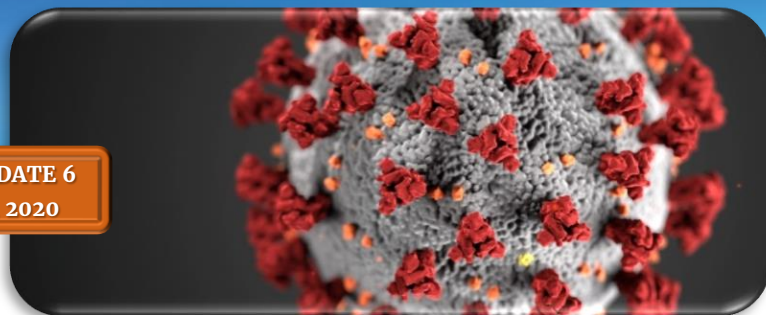




The People's Councilmember  
**Monica Montgomery**  
 Council District 4

COVID-19 UPDATE 6  
 MARCH 20, 2020



Dear Community,

The uncertainty around this pandemic may have some of us feeling anxious, isolated and alone. I want to personally reassure our residents that we continue to work diligently to provide accurate information on access to [resources](#), as bills pile up and job loss is realized. Understandably, there is a great demand for resources, but we are answering your calls and emails, and identifying alternatives as services reach capacity. Please continue to contact us with your concerns: (619) 236-6644, [cd4news@sandiego.gov](mailto:cd4news@sandiego.gov). Here's what you need to know for this update.

#### Border Closing to Non-Essential Travel

We know some community members have traveled across the border to get necessary hygiene products, i.e. toilet paper, during the initial shortage. Effective Saturday, March 21st, the Department of Homeland Security U.S. Customs and Border Protection issued a notice of [Temporary Travel Restrictions Applicable to Land Ports of Entry and Ferries Service Between the United States and Mexico](#). The order clarifies what is considered essential and non-essential travel. To read the unpublished order, click [here](#). The order will be published on March 24th, please click [here](#) for the published order (on or after March 24<sup>th</sup>).

#### Governor Newsom's Stay at Home Order & State's New COVID-19 Website

Yesterday (March 19<sup>th</sup>), Governor Newsom issued [Executive Order N-33-20](#) requiring all of us to stay home except for essential needs. We may still go get food, get our prescriptions, care for relatives and friends, get necessary healthcare, or go to an essential job. The focus is on the word essential. We need to 'shelter in place' unless it is an *essential* need. When we do go out, please practice social distancing and keep at least 6 feet away from other people. In addition, the Governor announced the State's new [Coronavirus \(COVID-19\) Response](#) website. For more information on California's response to the pandemic, please visit: <https://covid19.ca.gov/>.

#### Benefits for Workers Impacted by COVID-19

It may be confusing to understand what resources are available to workers. [The Labor & Workforce Development Agency](#) created a [chart](#) clarifying the criteria and how to file a claim for [disability insurance](#), [paid family leave](#), [unemployment insurance](#), [wage theft](#) and [workers' compensation](#). For more information on filing a claim, please visit:

<https://www.labor.ca.gov/coronavirus2019/#chart>

#### Food Security for Seniors

We understand that Serving Seniors has reached its meal delivery service capacity. The [San Diego Food Bank](#) remains an option. If you are in need of food assistance, please call 2-1-1 from your phone, and a 2-1-1 operator will provide you with the location of your nearest food distribution site. You may also call the Food Bank's toll free number: 1-866-350-FOOD (3663). For more info and nearest meal distributions sites, please visit: <https://sandiegofoodbank.org/response/>. In addition, you may contact Meals on Wheels Delivery to sign-up: <https://www.meals-on-wheels.org/meals>.

#### Dreams for Change

Our community partner at Dreams for Change (DFC) is quickly responding to comply with the Governor's new 'Stay at Home' order, while continuing to provide services.

**Safe Parking:** Currently at capacity at both Safe Parking sites. DFC is encouraging clients to stay all day and night and only leave if necessary. **A shower is currently being installed at the Imperial site (in our community) and will be available to all Safe Parking clients.**

**Dreams' Cuisine:** Food trucks are still operating at both Safe Parking locations and downtown San Diego around 17th Street and K Street. Food accessibility to our unsheltered community is vital.

**Tax Assistance:** FREE virtual tax preparation for those who made less than \$56,000 in 2019. DFC is encouraging those who have not filed to call 2-1-1 to schedule their appointment. **The tax deadline has been extended from April 15 to July 15, 2020.**

#### Mental Health and Self-Care

It is crucial that we practice self-care during this stressful time. Taking care of ourselves and others helps us cope with stress and helps to make our community stronger.

#### Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

For more information, please visit the [CDC's Manage Stress & Anxiety](#) website: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Sincerely,

Monica Montgomery, Councilmember  
 Fourth Council District