

# COVID-19 San Diego Community Resources

This document was created by people who are committed to our community's well-being. We are an all-volunteer grassroots group operating in Kumeyaay territories.

\*\* All restaurants (sit in), gym, fitness studios, theaters, and bars closed starting TUESDAY MARCH 17 at 12am\*\* (Read more [here](#))

## Latest Updates

[California Updates](#)

(Latest:) [Governor Newsom's Stay at Home Order on 03/19/20](#)

[Center for Disease Control](#)

[San Diego County](#)

SD County COVID-19 Text Message Alert System: Text **COSD COVID19** to **468-311**

**State of California ([Schools](#))**

[New COVID-19 Guidance for K-12 Schools](#)

Populations

Categories under this heading include: **food\***, **housing**, **health**, **transportation**, and **education** and are separated into four general categories: **children and youth**, **adults**, **older adults**, and the **undocumented community**.

[2-1-1 San Diego](#): Serving San Diego County, **2-1-1 San Diego** connects you with community, health and disaster services through a free, 24/7 stigma-free phone service and searchable database. Simply dial 2-1-1 or search the [online database](#).

Children and Youth (0-18)

- **Food**: ALL San Diego County School Districts meal pickup [listed here](#)
- **Food**: San Diego Unified meal pickup locations [listed here](#)
- **Food**: Sweetwater Unified meal pickup locations [listed here](#)
- **Diapers**: [San Diego Food Bank & North County Food Bank Diaper Distribution](#)
- **Education**: [San Diego Unified School District K-12 Online Learning Tools](#)
- **Education**: [San Diego County Library, e-Library](#)
- **Education**: [FB Group](#) for parents to get support with home learning
- **Education**: Various topics: [www.KhanAcademy.org](http://www.KhanAcademy.org)
- **Education**: [Coding](#)

- **Education:** [Keyboarding](#)
- **Education:** [Literature](#)
- **Education:** [NASA at-home projects](#)
- **Education:** Education companies offering [free subscriptions](#)
- **Education:** Scholastic offering [free subscriptions](#)
- **Housing:** [San Diego Youth Services Storefront](#) Call 619-325-3527
- **Housing:** [Youth Assistance Coalition SD](#) Call 619-458-6588
- **Childcare:** [State directives](#) (March 17 2020)

## Adults (18-64)

- **Housing:** STUDENTS/ FOSTER YOUTH
  - **Housing:** [San Diego Youth Services Storefront](#) Call 619-325-3527
  - **Housing:** [Youth Assistance Coalition SD](#) Call 619-458-6588
- **Food/housing:** HOUSELESS/LOW-INCOME INDIVIDUALS AND FAMILY
  - Food/Housing: [Community Through Hope](#) (Chula Vista/South Bay)
- **Food:** Feeding San Diego [COVID-19 EMERGENCY FOOD DISTRIBUTION SITES](#)

## Food Sites

- Alpine Mountain Empire Food Sites Resources [here](#)
- El Cajon Food Sites Resources [here](#)
- La Mesa - Spring Valley Food Sites Resources [here](#)
- Lemon Grove Food Sites Resources [here](#)
- Santee - Lakeside Food Sites Resources [here](#)

## Services for houseless folks

- Lemon Grove [Info Here](#)
- Spring Valley - La Mesa [info here](#)
- El Cajon [info here](#)
- Santee-Lakeside [Info here](#)
- Alpine Mountain Empire [Info here](#)
- N. Central [info here](#)
- Chula Vista [info here](#)

## Older Adults, Disabled Veterans & Caregivers

- **County of San Diego Older Adult Services**  
**“Aging Hotline”:** 1-800-339-4661
- **Food:** Meals on Wheels: <https://www.meals-on-wheels.org>
- Eligibility for [Meals on Wheels](#):
  - 60+ years of age
  - Caretakers of seniors 60+ years of age
  - Disabled veterans of any age
  - COSTS:
    - **Lunch and dinner, plus beverage** – \$7.00 per day
    - **Lunch only, plus beverage** – \$4.00 per day
    - **Dinner only with roll and beverage** – \$4.00
    - **Extra beverage** .50 cents each
  - Meals on Wheels San Diego County charges a one-time, non-refundable fee of \$35 to begin meal delivery service. One may typically start and/or stop service, schedule vacations or non-delivery days with a 2 business day notice

### **Food: Serving Seniors:** <https://servingseniors.org/what-we-do/>

- **Home Delivered Meals**
  - All seniors age 60 and above can sign up to receive meals delivered directly to their door.
  - Call **619-235-6572** and select Option 1; or email [meals@servingseniors.org](mailto:meals@servingseniors.org)
  - We deliver fresh, nutritious meals (breakfast and lunch) directly to the homes of over 600 homebound seniors a day. Meals are delivered five days a week, with extra meals provided each Friday to ensure our clients have plenty to eat over the weekend.
  - Click link to see which regions are served and for additional information: <https://servingseniors.org/what-we-do/programs-services/meals.html>
- **Other services offered:**
  - [Permanent & Transitional Housing](#)
  - [Health & Social Services](#)
  - [Enrichment & Activities](#)
  - [Advocacy](#)

## Grocery Shopping

- Grocery Store Restocking list and schedule found [here](#)
- ALL 41 Northgate Market shopping locations will be open exclusively for seniors from 7am to 8am starting Tuesday, March 17, 2020.  
(For more information, click [here!](#))
- ALL Vallarta supermarkets will be open for seniors, disabled people, and pregnant people from 7am to 8am starting Wednesday, March 18, 2020  
(For more information, click [here!](#))
- All Albertsons Companies stores have dedicated shopping hours for senior citizens and at-risk populations. This includes Albertsons, Safeway, Vons, Pavilions, and several other grocery stores. [Click here for more information](#) and call your nearest Albertsons Companies store to confirm their hours.
- All Target stores will reserve the first hour of shopping each Wednesday for seniors and customers with underlying health concerns. [Click here for more information](#) and call your nearest Target store to confirm their hours.
- All Dollar General stores will reserve the first hour of shopping for seniors. For more information, call your nearest Dollar General. [Click here for locations.](#)
- Catholic Charities Diocese of San Diego has indicated it will implement home delivery of food. <https://www.ccdsd.org/> - no longer accurate as of 3/19 2:25PM. Call on Monday for food distribution updates.

## Kumeyaay and Luiseño/Payomkawichum Nations Support

Information from the Indian Health Council:

<https://www.facebook.com/indianhealthcouncil/photos/pcb.1318553775016583/1318553511683276/?type=3&theater>

If you are interested in volunteering to bring supplies to Kumeyaay elders, please contact Ethan at [enyacarriers@gmail.com](mailto:enyacarriers@gmail.com). Ethan has been doing this work long before COVID-19 and has expressed needing additional assistance during this time. Additional training to ensure cultural competence and guidelines will be required.

## Undocumented/Immigrant Community

- Resource guide created by California Immigrant Youth Justice Alliance available at <https://ciyja.org/covid19/>
- This is a great list with local San Diego resources and in other parts of the State
  - [https://docs.google.com/spreadsheets/d/1DAJSN41MksG839ChW0P-Ws1-iKmXYqbBPBfXxunyi-Y/htmlview?urp=gmail\\_link#](https://docs.google.com/spreadsheets/d/1DAJSN41MksG839ChW0P-Ws1-iKmXYqbBPBfXxunyi-Y/htmlview?urp=gmail_link#)

## Trans/Queer Community

- Trans/Queer Relief Mutual Aid

- [https://docs.google.com/forms/d/e/1FAIpQLSfO1Ws5YgKFMXKu9CSh\\_WUVCznssExW6bnJpom5JsP24XwCLQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfO1Ws5YgKFMXKu9CSh_WUVCznssExW6bnJpom5JsP24XwCLQ/viewform)
- Queer/Trans Youth (Ages 10-24)
  - Food & Hygiene Supplies: [Hillcrest Youth Center](#) & [South Bay Youth Center](#)
  - [Safe STAY Shelter](#) for youth ages 18-24 please call 619-694-6182
- [COVID-19 LGBTQ Community Resources and Support](#) (from San Diego Pride).

## Advocacy for People Currently Incarcerated

- Here is a link to a letter from Pillars of the Community currently incarcerated regarding COVID-19. The letter lists a series of demands such as early release, cite and release, etc: [https://www.potcsd.org/post/prevent-spread-of-covid-19-in-san-diego-county-jails-and-our-community?fbclid=IwAR2-7qm70na86z\\_xDVggO1Nojth6qL04so5XGzNboW7tgB0KxVMT6aeHPIs](https://www.potcsd.org/post/prevent-spread-of-covid-19-in-san-diego-county-jails-and-our-community?fbclid=IwAR2-7qm70na86z_xDVggO1Nojth6qL04so5XGzNboW7tgB0KxVMT6aeHPIs)

## Health Insurance

- If you've lost your job or don't have health insurance: Online application for Medi-Cal or Covered California: <https://www.coveredca.com>
- Enrollment assistance by phone: [Bonita Family Resource Center](#)

## Employment Issues

What employees are entitled to may be confusing. **[THIS CHART](#)** makes it easier to understand what resources may be available. More information below.

- Please visit [https://www.edd.ca.gov/about\\_edd/coronavirus-2019.htm](https://www.edd.ca.gov/about_edd/coronavirus-2019.htm) for BENEFITS FOR WORKERS IMPACTED BY COVID-19 and also check out the EDD's Frequently Asked Questions: [https://edd.ca.gov/about\\_edd/coronavirus-2019/faqs.htm](https://edd.ca.gov/about_edd/coronavirus-2019/faqs.htm)
- For a run-down of labor laws in California, please visit: <https://www.latimes.com/business/story/2020-03-12/coronavirus-labor-law-know-your-rights-california-work>
- **Employee Rights Center:** <https://weberc.net/>  
*For Assistance with unemployment applications or pay concerns*

## Paid Family Leave

**\*\*Paid family leave** is available for those who stay home because they need to take care of someone who has contracted the virus (Covid-19) or who has been quarantined (must be certified by a medical professional). [Learn how to file a Paid Family Leave Claim HERE.](#)

## Disability Benefits/Paid Sick Leave

**\*\*Disability benefits /paid sick leave** are available for those who have actually contracted the virus themselves or who have been exposed to it and are quarantined (must be certified by a medical professional in the case of Disability Benefits). [Learn how to file a Disability Insurance Claim HERE](#).

## Unemployment Benefits

**\*\*Unemployment benefits** are available to those whose hours have been reduced or who have lost their job due to coronavirus measures (and it also applies to those who choose to stay home due to underlying health issues making them more vulnerable). The Governor has waived the 1 week wait time and the person may not be required to be actively looking for work (as is usually required). [Learn how to file an Unemployment Insurance Claim HERE](#).

- Unfortunately though, this benefit is not available to undocumented persons whose hours are reduced or lose their job for reasons related to COVID-19, etc.
- SCHOOL CLOSURES: If your child's school is closed and you have to miss work to care for them. You might qualify for Unemployment Insurance benefits. [Learn how to file an Unemployment Insurance Claim HERE](#).

## Worker's Compensation

**\*\*Worker's comp** is available for those who are unable to do their usual job because they were exposed to and contracted Covid-19 while in the regular course of their job (i.e. healthcare workers)

## Tax Assistance

Directly from the [Employment Development Department](#): "Employers experiencing a hardship as a result of COVID-19 may request up to a 60-day extension of time from the EDD to file their state payroll reports and/or deposit state payroll taxes without penalty or interest. A written request for extension must be received within 60 days from the original delinquent date of the payment or return.

For questions, employers may call the EDD Taxpayer Assistance Center.

- Toll-free from the U.S. or Canada: 1-888-745-3886
- Hearing impaired (TTY): 1-800-547-9565
- Outside the U.S. or Canada: 1-916-464-3502"

(For more information, click [here!](#))

## For Non-Profit Orgs offering COVID assistance:

A coalition of philanthropy, government and business partners has joined together to create the San Diego COVID-19 Community Response Fund to rapidly deploy flexible resources to

community-based organizations at the frontlines of the coronavirus outbreak in San Diego County. More info [here](#).

## Resources Based on Type of Employment

- For resources for **freelance artists**, click [here!](#)
- For resources for **bartenders**, click [here!](#)

## Impacted Businesses

- The U.S. Small Business Administration offers up to \$2 Million in Disaster Assistance Loans for Small Businesses Impacted by COVID-19  
(For more information, click [here](#), or contact the SBA disaster assistance customer service center at 1-800-659-2955 (TTY: 1-800-877-8339) or [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov).)
- South County Economic Development Council is offering a 0% interest loans to restaurants in South County with \$5,000 no-interest loan with repayment due on April 1, 2021: [Application HERE](#).

## Services/Issues/Other

### Rent

- Governor Newsom Issues Executive Order to Protect Renters and Homeowners During COVID-19 Pandemic. [More info here](#).
- Several cities including [San Diego](#), [Chula Vista](#), Imperial Beach and National City have passed moratorium on evictions for residents and businesses in the City of San Diego. [More info here](#)
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### Utilities

- SDG&E Suspends Service Disconnections
  - [Source/More Information](#)
- Southern California Edison Offers Bill Help to Customers
  - [Source/More Information](#)
- Edison International is giving \$1M to community-based organizations to help [#SoCal](#) communities facing economic hardship because of quarantines, illnesses or school closures (For more information, click [here!](#))
- Southern California Gas will not disconnect services to customers who can't pay bills amid coronavirus outbreak

- <https://www.google.com/amp/s/ktla.com/news/local-news/socalgas-will-not-disconnect-services-to-customers-who-cant-pay-bills-amid-coronavirus-outbreak/amp/>
- SPECTRUM Internet- offering 60 days of free wifi for low income families.
  - <https://www.google.com/amp/s/amp.fdlreporter.com/amp/5042351002>
- Verizon will help customers and small businesses disrupted by impact of coronavirus
  - <https://www.verizon.com/about/news/verizon-help-customers-and-small-businesses>
- Charter COMCAST - Free Internet Service for Households with Children - to enroll: 844.488.8395

## Women Infant and Children Services

- WIC offices in San Diego and Imperial County continue to provide services to current and new participants. For health and safety purposes, WIC is providing appointments and food benefits by phone. For families who are new to WIC or have not yet received the WIC Card, please direct them to find their closest WIC office via [www.sdwic.com](http://www.sdwic.com).
- Since many WIC-approved items may be unavailable or the item may not be marked appropriately, WIC is highly encouraging families on the program to download the California WIC App. The app has a barcode scanner that will help them confirm if a food is WIC-approved. The app is available for free in the Google Play and Apple stores.
- Note: If you can afford to purchase other items, please try to avoid purchasing items with a WIC logo on the shelf price tag when grocery shopping. If stores run out of WIC-approved options, WIC families will not be able to purchase these foods. Additionally, if a grocery store is out of WIC infant formula, direct WIC families to contact their local WIC office for help.

## Mental Health

- San Diego Access and Crisis Line
  - 24/7 Helpline
  - (888) 724-7240
  - <https://www.optumsandiego.com/content/sandiego/en/access---crisis-line.html>
- [Taking Care of Your Mental Health](#)

## Alcoholics Anonymous

- [AA Online Meetings](#)
- [Online Alcoholics Anonymous Intergroup Meetings](#)



## Domestic Violence

1. If you are concerned about being quarantined in an unsafe home situation or need help, all DV shelter resources are generally available on: [domesticshelters.org](https://www.domesticshelters.org). The National Domestic Violence Hotline is also available 24/7 at 1-800-799-7233 (SAFE) or 1-800-787-3223 (TTY)
2. This link has an update on bed availability for DV shelters in San Diego County, programs provide bed count updates throughout the week. It is highly encouraged for people to call the hotline directly for more information.  
<https://docs.google.com/spreadsheets/d/1bcZwIPa3iHoJDTObwDnMaz1UqocnCC9GFkaw5YzifTM/edit?usp=sharing>
3. Center for Community Solutions (CCS) shelters and hotline are remaining open. Crisis hotline is free, confidential, and operates 24/7 in Spanish and English. Please call us at 1-888-385-4657
4. Community Resource Center (CRC) 24/7 domestic violence hotline and emergency shelters are operating as usual. Case managers and counselors are primarily offering phone sessions. Hotline: (877) 633-1112 | [crcncc.org](https://www.crcncc.org) (Spanish available)
5. YWCA San Diego County offers shelter and services for Domestic Violence Victims/Survivors 24/7, their hotline is free, confidential and operates 24/7. Availability for singles, families: small and large. Spanish available, call 619-234-3164.
6. Family Justice Center (FJC)
  - a. Physical location is temporarily closed to the public, but the Family Justice Center staff are providing telephonic advocacy, resource referrals, and safety planning services to victims of domestic violence, sexual assault and sex trafficking at **619-533-6000** from 8:00-5:00 Monday through Friday
  - b. Community Partners continue to offer services remotely. Therapists are providing services through telehealth. Forensic examinations continue to be on site. Palomar Health is implementing procedures if a DV and/or SA victim has symptoms of COVID-19. San Diego Police Department, DV Unit still on site but they are not offering police reports to DV clients. If police reports are needed, it can be done at SDPD headquarters downtown.
  - c. Restraining order attorneys are starting phone consult systems. There are challenges to assisting clients remotely.
  - d. Court houses are mostly closed until April 3 but ex parte requests for gun violence restraining orders and domestic violence restraining orders are still be accepted.
7. South Bay Community Services (SBCS)

- a. All DV services are still operating. Some are being offered virtually (ex: therapy and DV Advocacy), however shelter is still open and staffed. If you have any families in imminent danger and fleeing DV please encourage them to still reach out to our agency for a hotline screening: **1-800-640-2933**
- b. Need to share the DV hotline discreetly? Please screenshot/save DV recipe flyers two in Eng and one in Spn. (Number provided is for SBCS Hotline)
  - i. English
    1. [https://drive.google.com/file/d/1M-lsEF\\_7us2B027UmQiC-4 IFI622kQA/view?usp=sharing](https://drive.google.com/file/d/1M-lsEF_7us2B027UmQiC-4 IFI622kQA/view?usp=sharing)
    2. [https://drive.google.com/file/d/1LDDbI1MKtfyQjIgsrHiZJW9C\\_UkSfkA3/view?usp=sharing](https://drive.google.com/file/d/1LDDbI1MKtfyQjIgsrHiZJW9C_UkSfkA3/view?usp=sharing)
  - ii. Spanish
    1. [https://drive.google.com/file/d/1\\_walGccTGXe4fccCcXEE5jSmA4GQyQ1m/view?usp=sharing](https://drive.google.com/file/d/1_walGccTGXe4fccCcXEE5jSmA4GQyQ1m/view?usp=sharing)

## Child Care Services

- **Child care for healthcare professionals:**
  - YMCA of San Diego County is offering enhanced child care referrals for health care professionals. Call (619) 952-0242 (*Mon-Fri, 8am-5pm*). If busy, leave a message

## San Diego Mutual Aid/Other Resources

- [We all We Got SD Aid Request Form](#)
- [We all We Got SD Mutual Aid Application for Volunteers](#)
- [We all We Got SD Donation link](#)
- [Toolkit to deal with anxiety/stress from impacts of virus](#)
- [Mutual Aid and Advocacy Resources Google Doc](#)