



Chairman Greg Cox's COVID-19 Resource List

During this unprecedented time, government and community leaders, medical experts, and other agencies are working together to address the COVID-19 pandemic and its impacts. This resource list provides a quick reference for general information and specific local resources for our constituents. STAY SAFE, LIVE WELL.

COVID-19 Testing

Health plans are required to cover COVID-19 tests at no cost to the enrollee, even if you are asymptomatic. It is recommended that you first contact your healthcare provider for a COVID-19 test.

If you are unable to get a test from your healthcare provider, the County of San Diego has **coordinated free diagnostic COVID-19 testing** at many locations. These tests take about 5-10 minutes. Results generally come back in approximately 3 days. Appointments are required up to one week in advance. To find the nearest site to you and make an appointment online, go to this [webpage](#). Alternatively you can call 2-1-1 (toll free).

General

For basic information on the [coronavirus](#) pandemic, go to **County of San Diego's** [webpage](#) on how to take action and protect yourself and your family during the COVID-19 pandemic. For details about the countywide health order, go to this [webpage](#). For updates on local cases, go to this [webpage](#).

Bilingual Resources

Detailed information is available in Spanish at the **State of California's** [webpage](#). Additional resources can also be found at the **Latino Coalition for a Healthy California's** [webpage](#).

Detailed information is also available at our County resource page in [Tagalog](#), [Arabic](#), [Somali](#), [Chinese](#), [Korean](#), and [Vietnamese](#).

Housing

On housing updates related to impacts of COVID-19, go to our County **Housing & Community Services Department** [webpage](#) to find your corresponding housing authority. The City of San Diego has established a **Rental Assistance program** that may support approximately 3,500 households with up to \$4,000 each, got more info go to this [webpage](#).

Businesses

Go to **County of San Diego's** [webpage](#) on updates for businesses and employers. Join weekly telebriefings to address business owner concerns, see frequently asked questions, learn about penalty cancelations for property taxes, and more.

The Board of Supervisors allocated Federal CARES Act funding to establish a **Countywide Small Business Stimulus Grant Program** to provide a lifeline grant to many local small businesses to get them open, keep them open, and help prevent more from going out of business. For more information and apply online go to this [webpage](#).

The City of Chula Vista allocated Federal CARES Act funding to establish the **Chula Vista Small Business Grant Program** to reimburse businesses for losses caused by the closures during the pandemic. Some of the requirements include having less than 10 employees, being independently owned and not being an essential business. For more information and to apply online go to this [webpage](#).

The City of San Diego's **Business and Relief Program** was established to help businesses impacted by COVID-19 retain employees and sustain continuity of operations. For more information go to this [webpage](#).

The **Better Business Bureau** in San Diego is offering grants to main street businesses that primarily have between 5 to 20 employees. Businesses can apply and find more information at this [webpage](#).

For guidance on how to proceed with safe reopening, go to this [webpage](#). For additional information on business relief and support go to **City of San Diego's** [webpage](#). Or, go to **San Diego Workforce Partnership's** [webpage](#) for businesses or call **619-228-2982**.

The Small Business Development Center unveiled a new [webpage](#) to provide free live and on-demand webinars to help small businesses prepare for reopening. The site also includes training, county resources, templates, and counseling.

For business support and resources from your respective city addressing business/employer resources, loans, employee resources and other information go to the following website:

City of Chula Vista's [webpage](#).

City of Coronado's [webpage](#).

City of Imperial Beach's [webpage](#).

City of National City's [webpage](#).

City of San Diego Economic Development's [webpage](#).

Seniors

For programs, services and resources supporting older adults, go to **County of San Diego's** [webpage](#). Information includes non-profit food assistance, transportation, pet care services, housing, health and fitness and scam prevention.

Sign up for updates and see Frequently Asked Questions at the **County's Aging and Independence Services** at this [webpage](#) or call **800-339-4661**, or view various available services at this [webpage](#).

For resources and information for multigenerational families and grand-families, go to **Generation United's** [webpage](#) offering bilingual fact sheets.

For senior-dedicated hours in grocery stores in the region, click to this [webpage](#). For information on home meal delivery for seniors go to this [webpage](#).

Workers

For worker resources, go to **State of California's Economic Development Department's** [webpage](#) with the latest news and a link to file an unemployment insurance claim.

For unemployed workers who are not eligible for regular unemployment insurance and who are unable or unavailable to work due to COVID-19, go to the Pandemic Unemployment Assistance [webpage](#).

For job seekers, go to San Diego Workforce Partnership's [webpage](#) or call **619-266-4200**.

Transportation

Go to **MTS's** [webpage](#) for more information about COVID-19 Updates, or call **619-233-3004**.

Childcare

Go to County of San Diego's [webpage](#) for information and resource materials.

Air/Border Travel

For information about air/border travel and other homeland security matters go to **Department of Homeland Security's** (DHS) [webpage](#) on COVID-19.

Community Sectors

Go to **County of San Diego's** [webpage](#) for resources for community organizations and specific sectors.

Families, Parents & Caregivers

For food resources go **2-1-1 San Diego's** [webpage](#) with lists of school meal distribution sites, home-delivered meal services, emergency food resources and more. Or dial **2-1-1**.

Families with **students who were receiving free or reduced-price breakfast and lunch** at school can get up to \$365 per child for groceries this summer. For more information go to this [webpage](#).

For utility assistance go to **2-1-1 San Diego's** [webpage](#). For specific information from SDG&E, including assistance, go their [webpage](#). Or dial **2-1-1**.

For information on qualifying for Mortgage Relief go to this [webpage](#).

For counseling and mental health resources go to this [webpage](#).

For a list of open parks in the City of San Diego go to this [webpage](#). For guidance on City of San Diego beaches go to this [webpage](#).

Go to **County of San Diego's** [webpage](#) on How to Manage Your Mental Health and Cope During COVID-19 and/or to **Live Well San Diego's** [webpage](#) for tips and strategies on how to stay healthy while living at home.

Schools

For updates and resources for grades K-12 schools, go to **County of San Diego's** [webpage](#), and for college and university-level schools go to this [webpage](#). Free and Low-Cost Internet access go to this [webpage](#).

For additional information on schools, go to **San Diego County Office of Education's** [webpage](#) on the latest on COVID-19.

Other General Info

Go to **County of San Diego's** [webpage](#) for general fact sheets, Frequently Asked Questions (FAQ's) and other informational tools to use.

To get text alert updates text **COSD COVID19** to 468-311.

Download the [Apple COVID-19 Screening Tool](#). Follow the White House on [Twitter](#) and [Facebook](#).

For a list of resources from **211 San Diego** including child-care, mental health, material goods and hygiene, and more, call **2-1-1** San Diego or go to their [webpage](#).

For a list of **PPE suppliers** for your business, go to this [webpage](#) (some located locally to support the local economy).

Scripps Health – Nurse line 888-261-8431 and virtual care options, including video visits go to this [webpage](#).

Sharp Healthcare – Nurse line 800-827-4277 and advice for members who have healthcare questions go to this [webpage](#).

Palomar Health – Information for patients and the public go to this [webpage](#).

UC San Diego Health Nurse Line – 800-926-8273 and information for patients go to this [webpage](#).

Kaiser Permanente Health Line – 877-813-7297 and information for patients go to this [webpage](#).

Ways to Help

To find ways to volunteer, go to this list of COVID-19 Response – Opportunities at this [webpage](#).

To donate medical equipment, go to **Rady Children’s Hospital Foundation’s** [webpage](#).

To donate food, go to **San Diego Food Bank’s** [webpage](#).