

San Diego COVID-19 Resources

GET HELP WITH FOOD ASSISTANCE

Government and Non-Profit Food Assistance Programs

There are numerous state, federal, and local government food assistance programs that can help low income families, especially during COVID-19. There are also resources offered directly by charities, churches as well as non-profit organizations. People that need help paying for groceries, meals or free food for their families or themselves have a number of options available to them. Due to COVID-19, services of these assistance programs may have changed, please check with the program to see what they are offering.

Learn more about national food assistance programs [here](#).

CalFresh EBT Online

As of April 28, 2020, you can use your EBT card to make purchases online. Individuals and families can purchase groceries online using their EBT card at Amazon and Walmart. If you receive CalWORKs, you may also be able to use your cash benefits to make purchases online at Walmart. Californians can call 1-(877)-847-3663 (FOOD) to be connected to your local county social service office.

Learn more about EBT online purchasing [here](#).

Foodpantries.org

A compiled list of food pantries and food banks in the state of California with the help of online users. FoodPantries.org works together with the best government and nonprofit subsidized grocery resources on the Internet.

See the list of food pantries in various California counties [here](#).

Pandemic EBT (P-EBT) Benefits

Because schools are closed due to COVID-19, children who are eligible for free or reduced-price meals can get up to \$365 in food benefits in addition to their pick up meals from school. These food benefits are called Pandemic EBT or P-EBT.

Get more information on E-EBT benefits and how to apply [here](#).

2-1-1 San Diego Food Resources

San Diego County has compiled a massive food distribution and meals list for San Diego residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find the massive resources list for San Diego County residents [here](#).

Feeding San Diego

Feeding San Diego distributes more than 26 million meals a year across San Diego County in partnership with more than 300 local charities, schools, faith communities, meal sites and food pantries. All distributions that are open to the public, with possible restrictions noted.

Find a food distribution near you [here](#).

San Diego Food Bank

The Jacobs & Cushman San Diego Food Bank and its North County Food Bank chapter are continuing food distribution programs during the COVID-19 crisis. Current distributions include Emergency Food Assistance Program, Neighborhood Food Distribution Program, Senior Food Program, and Diaper Bank Program. You can also call the Food Bank's toll-free number: 1-866-350-FOOD (3663).

Find dates, times, and more information about distributions during COVID [here](#).

San Diego Student Meals

Any child 18 or younger can go to any school site providing meals and receive food during this period of school closures due to COVID-19. The link provides food service sites confirmed by the San Diego County Office of Education. The page is updated frequently with new information.

Find student meal distribution sites near you [here](#).

StayHomeSD

If you are over 65, live in San Diego, and need basic necessities, fill out their form at the bottom of the page or call them at (619) 800-3252 to receive delivered groceries.

Sign up for their delivered groceries program [here](#).

San Diego Hunger Coalition

San Diego's nonprofit sector is working hard to make sure that everyone has the healthcare they need, enough to eat, and the information required to make it through the COVID-19 pandemic with as little discomfort and distress as possible. Food assistance programs include Meals for Kids, WIC, food pantries, CalFresh (SNAP), and Senior Meals. You can call them at (619) 501-7917

Find more information about their food programs [here](#).

Serving Seniors

All seniors age 60 and above can sign-up to receive meals delivered directly to their door. To sign up for home-delivered meals, call (619) 235-6572 and select Option 1 or email meals@serving seniors.org. To-Go Meals are also available for pick up at their Gary and Mary West Senior Wellness Center.

A flyer for more information about their food programs can be found [here](#).

ElderHelp

ElderHelp is accepting new clients (seniors 60 or above) for their program that delivers fresh groceries (at no charge) and supplies to doorsteps to maintain health and nutrition. These services are dependent on volunteer availability, so there may be a delay. Contact their office at (619) 284-9281.

More information about all their senior services can be found [here](#).

Meals on Wheels San Diego County

For seniors 60+ years of age, caretakers of seniors 60+ years of age, or disabled veterans of any age, Meals on Wheels offers the choice of one or two nutritious meals for seven days a week, including holidays. Deliveries are made by caring volunteers between 10:45 am and 1:30 pm. Sunday meals are delivered on Saturday.

Get more information, sign up for their program, and get contact information [here](#).

Friends & Family Community Connection

FFCC is providing hundreds of households in Northern San Diego with essential food supplies during the stay-at-home order. During COVID-19, they are continuing to offer Front Porch Food Drives, Senior Outreaches, Food Distribution Outreaches, and Homeless Outreaches. To find a local neighborhood that participates in their Front Porch Food Drives near you, contact Becky Palenske at ffccsdlocal@gmail.com.

Get more information on their website [here](#).

Catholic Charities Diocese of San Diego

Designed to meet the challenge of the ever-changing community by utilizing spiritual, human and financial resources, Catholic Charities' programs enable those they serve to experience dignity and respect. Their immediate needs assistance programs are for families, youths, children, communities, homeless, refugees, immigrants, and seniors.

Learn more about their services [here](#).

Senior Meals in San Diego

To improve the nutritional health of seniors in our region, Aging & Independence Services contracts with community partners to provide meals at various locations throughout the County. Meals are available to seniors age 60+ for a suggested donation. When meals are available, no senior shall be turned away for inability to donate. For meal service information, contact your nearest site or the AIS Call Center at (800) 339-4661.

Information on sites and contact information can be found [here](#).

Vista Community Clinic Free Monthly Food Distribution

Appointments and locations vary within Vista and Oceanside. To make an appointment in Vista call (760) 631-5000 x7014. To make an appointment in Oceanside call (760) 631-5000 x2131. Support will not be provided without an appointment.

Further information can be found [here](#).

North County Health Services

NCHS Program & Resource Specialists are available to help you enroll in CalFresh or answer any questions you may have. Contact (760) 736-6734 for help with enrolling in CalFresh. NCHS also provides free lunches for kids aged 1 to 18 and food distributions in San Marcos and Oceanside.

Information on free lunches for kids and San Marcos and Oceanside distributions [here.](#)

San Diego WIC Food Assistance Affected By COVID-19

WIC provides healthy food and support services. If you're pregnant or a caretaker of a child under age five and your income has been affected by recent events, you may qualify for WIC. Applying is easy and you will receive your food benefits following your initial appointment.

View more information about SDSU's Research Foundation WIC Program [here.](#)

GET HELP WITH FINANCIAL ASSISTANCE

Employment Development Department (EDD)

The EDD provides a variety of support services to people who have lost their jobs, had their hours reduced, or had their businesses affected due to the impacts of COVID-19 in California. They also gathered a COVID-19 Unemployment Benefits Guide for anyone to reference.

Resources for workers and employers impacted by COVID-19 can be found [here.](#)

Small Business COVID Resources

Resources are available throughout California for small businesses impacted by COVID-19 including funding opportunities during COVID-19, labor and workforce support, and business taxes.

The collection of resources can be found [here](#) and information for stimulus programs [here.](#)

U.S. Small Business Administration (SBA) Disaster Loans

The SBA provides low-interest, long-term disaster loans to businesses of all sizes, private non-profit organizations, homeowners, and renters to repair or replace uninsured/underinsured disaster damaged property. SBA disaster loans offer an affordable way for individuals and businesses to recover from declared disasters.

More information and how to apply for SBA disaster loans can be found [here.](#)

Low Interest Loans Programs

There are various short to medium loan options, some of which may offer borrowers low interest rates and/or affordable fees. Families can use a payday loan organization in order to get help for paying bills, rent and other expenses. Always read the fine print of any payday loan offer or when borrowing funds from any lender, as the repayment terms and interest rates can vary widely. Due to COVID-19, services of these assistance programs may have changed, please check with the program to see what they are offering.

More information on low interest loans and options can be found [here.](#)

Reopening Businesses Guideline

Governor Newsom is now slowly reopening some sectors including retail, manufacturing, and logistics with modifications beginning Friday, May 8. Reopening sectors must adhere to the California resilience roadmap.

Follow the guidelines for reopening your business [here](#).

Worker Benefits Matrix

What employees are entitled to may be confusing. The purpose of this matrix is to make it easier for workers to understand what resources may be available to them.

COVID-19 worker program eligibility information can be found [here](#).

Economic Impact Payments

To support Americans, the government is issuing stimulus checks to provide funding for individuals to use. You may be entitled to earn more depending on your family situation.

Learn more about the economic impact payments and filing resources [here](#).

2020 Rebate Information

The House Committee on Ways & Means have compiled frequently asked questions that shed some light on the 2020 rebates.

Receive more information about the 2020 rebates [here](#).

California Health Corps

California is preparing for an increase in the number of people who urgently need health care in our communities during the COVID-19 outbreak. To meet this moment, we're opening additional health care sites to treat people affected by COVID-19 and to relieve the pressure on our health care system by providing care for non-COVID-19 cases.

View available healthcare positions and apply [here](#).

List of Employers Hiring During the Coronavirus Pandemic

Despite the COVID-19 outbreak, there are some companies that are expecting to hire more employees to continue providing for customers.

View potential employers [here](#).

Work from Home Jobs

Due to COVID-19, work-at-home opportunities allow for some source of income. Popular work-at-home jobs include customer service/phone work, driving/transportation jobs, remote teaching jobs, selling a product, or providing a service.

A list of work-from-home job opportunities can be found [here](#).

Extra Money from Work at Home Positions and Hobbies

There are a number of different part or full-time jobs that can be done from home. There are also ways to turn a hobby into some extra cash or to maybe find some type of side job in the gig economy that fits your schedule and lifestyle. Due to COVID-19, some of these options may have been affected, please consider social distancing requirements for some positions.

Earn extra money from home positions, hobbies, or gigs [here.](#)

Undocumented Emergency Funds

If you are undocumented yourself or have family members who are undocumented and have been impacted by the COVID-19 pandemic, Betancourt Macias Family Scholarship Foundation is offering emergency funds. If folks do not have access to internet/or a computer, you can now access their emergency funds by calling them at (360) 524-3664.

Apply for undocumented emergency funds [here.](#)

Non-filer Federal Assistance

There are about 10 million U.S. families who don't file taxes across the country because they make under the minimum filing threshold. Meaning, those who need the economic impact payments most will get nothing unless they submit information to the IRS. Use this informational flyer to walk through the process of receiving your stimulus check if you have never filed a tax return before.

Download the non-filer federal assistance flyer and apply for the stimulus check [here.](#)

San Diego County Assistance Programs

In an emergency, low income or struggling families in San Diego may be given financial help. There are programs that provide free food, prescription medication, health care, school supplies, or clothing. Grants are offered to help pay rent, electric or utility bills, security deposits, car repairs or gasoline, and more. Due to COVID-19, the programs may have been affected, please connect each resource to see what they currently offer.

Find the large list of various available assistance programs in San Diego County [here.](#)

San Diego Workforce Partnership

San Diego Workforce Partnership offers resources for both workers and businesses. They provide assistance and information for Unemployment Insurance (UI), virtual career workshops, on-demand training courses, and other resources for workers. They also provide layoff assistance, hiring support, and other resources for businesses.

Information and assistance for workers can be found [here.](#) and for businesses, [here.](#)

Legal Aid Society of San Diego

Provides low-income clients with free civil legal assistance, including legal advice and counsel, effective referrals, and legal representation. They offer assistance in health coverages and services, housing rights (including eviction and tenants' rights), support for families, maintaining economic stability, and safety and stability.

Contact information and more information on their services can be found [here](#).

United Way of San Diego County

The San Diego Worker Assistance Initiative provides flexible resources to individuals impacted by layoffs and reduced working hours implemented by employers. Low-wage workers who need support for a limited but undetermined length of time receive money for utilities and rent/mortgage payments.

Information on the Worker Assistance Initiative and how to apply can be found [here](#).

San Diego for Every Child

Supporting essential workers and at-risk populations with financial assistance for child care services through June 30, 2020. Financial Assistance for child care services is available for children 0-12 years old and children 13-21 years old that are on an Individualized Education Plan (IEP) and parent confirms child care services are needed.

More information on financial assistance for child care and how to apply [here](#).

GET HELP WITH EDUCATIONAL ASSISTANCE

PBS Learning Media

PBS have curated FREE, standards-aligned videos, interactives, lesson plans, and more for California teachers and students. They also provide at home learning resources for parents and teachers online.

See their online education resources [here](#).

Khan Academy Kids

Khan Academy Kids is a free, fun, educational program designed to inspire young children to become learners for life. The robust Khan Academy Kids curriculum and original content make learning engaging and fun for children ages two to seven. Their free program contains learning materials across math, language arts, and social-emotional learning, aligned to the Head start Early Learning Outcomes Framework and Common Core.

Start learning online with Khan Academy Kids [here](#).

Khan Academy

A nonprofit with the mission to provide a free, world-class education for anyone, anywhere. Khan Academy formulates personalized learning, trusted content with practice and lessons that cover K-12 through early college, and tool to empower teachers.

Join Khan Academy and start learning online [here.](#)

From ABCs to ACTs

An online resource to supplement your child's curriculum. You can find crafts and activities for toddlers and preschoolers, free resources for new homeschoolers, and tons of fun printables to add to your homeschooling day.

Find more educational resources [here.](#)

Youngzine.org

Youngzine is news and more for the young, where kids can read and write their own opinion pieces, poetry, and stories and showcase their art! Kids can also find articles on world news, science, technology, Earth, history, and society/arts.

Join the Youngzine community [here.](#)

National Geographic Kids

National Geographic Kids is a children's magazine published by the National Geographic Society for kids to explore science, animals, and social studies. Kids can stay engaged with games, videos, and facts of so many animals.

Visit their website [here.](#)

Children Books to Support Racial Diversity

Diverse BookFinder has offered some starting recommendations for some diverse and multicultural children's books to find great books the children in your life would love or creating an anti-bias children's book collection.

Visit a list of diverse books for children [here.](#)

2-1-1 San Diego Education Resources

San Diego County has compiled a massive educational resources list for San Diego residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find the massive resources list for San Diego County residents [here.](#)

2-1-1 San Diego County Office of Education

SDCOE content coordinators have developed a list of resources specific to subject matter to support distance learning.

A curated list of learning resources can be found [here.](#)

Computers 2 Kids

C2K is working with community representatives to minimize the educational disruption and facilitate the continuity of learning, especially for those most vulnerable by ensuring that everyone has the tools to access and continue their education from home.

Learn more about their program and apply for a computer [here](#).

Balboa Park Coloring Book

Balboa Park Cultural Partnership has created an educational coloring book to feature the amazing environmental efforts in Balboa Park. The book contains a sustainability scavenger hunt and tips on how everyone can make every day Earth Day featuring Balboa Park Cultural Partnership member organization.

A curated list of learning resources can be found [here](#).

GET HELP WITH FAMILY AND CHILDCARE RESOURCES

MyChildCare.ca.gov

Find information on licensed childcare providers that are currently open including location, health and safety details, ages of children served, capacity, and hours of care throughout California.

Find available childcare providers near you [here](#).

Wild Kratts Activities

Featured Creature Crafts combine science facts of animals and easy arts-and-crafts together for a fun time for any family.

Find more arts-and-crafts projects for the family [here](#).

Education.com

If you're looking for hands-on activities, printable worksheets, online games, guided lessons, lesson plans, and science projects for the whole family to enjoy. Resources for projects require only items around your house.

Find available childcare providers near you [here](#).

TheSpruceCrafts.com

The Spruce Crafts is a DIY craft and hobby site covering helpful tips and step-by-step tutorials from passionate makers. If you're bored at home during the stay-at-home order due to COVID, find a new crafting project to keep you and your family occupied.

Explore new craft projects for your family [here](#).

GreatSeniorLiving.com

Great Senior Living has some great general crafting ideas and games for seniors, and the whole family, to keep them occupied during the stay-at-home order.

Find your some inspiration for your next craft project [here](#).

San Diego County YMCA

Families may face new challenges as communities around the world respond to COVID-19. Strengthening Families is a research-informed approach to increase family strengths, enhance child development and reduce the likelihood of child abuse and neglect.

A curated list of learning resources can be found [here](#).

San Diego County Diaper Distribution

San Diego County is offering plenty of diaper distributions for families. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find a San Diego diaper distribution site near you [here](#).

Vista Community Clinic Diaper Distribution Program

Vista Community Clinic and the San Diego Food Bank are partnering to provide a diaper distribution program every first and third Tuesday of the month. Limit 1 package of diapers per month for one family. Reservations are required to participate. Reserved your spot at (760) 631-5000 x7014.

More information like times and location can be found [here](#).

2-1-1 San Diego County Childcare Services

San Diego County has compiled a massive childcare referrals list for San Diego residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find the massive resources list for San Diego County residents [here](#).

Childcare for Essential workers and At-Risk Population

If the family includes a two-parent household, both parents/caregivers must either be essential workers or the other parent must be unable to provide care for their children due to incapacitation. San Diego for Every Child, Child Development Associates, and San Diego YMCA are now offering financial assistance for child care services until June 30, 2020. To get a list of child care providers, contact the Child Care Referral Line at 1-(800)-481-2151 or by email at myreferral@ymca.org.

More information like times and location can be found [here](#).

Dad's Club

The Dads' Club provides a safe and comfortable environment where fathers can come together and learn about the vital role they play in the healthy development and success for children. Programs include supportive services and parenting workshops.

For more information on services, legibility, and how to apply can be found [here](#).

Safe Families for Children

Safe Families for Children surrounds families in crisis with caring, compassionate community. Compassionate volunteers provide a Safe Home for your children to stay in, while you work on becoming more stable. For more information and how to apply, you can call them at 1 (714) 543-5437 x1234 or safefamilies@olivecrest.org

Learn more about the benefits of their program [here](#).

San Diego County Office of Education Childcare

If you are in immediate need of care, YMCA Childcare Resource Service can provide an enhanced child care referral to help you connect with available care that may meet your needs. Health care, first responders, law enforcements and military workers may call (619)- 952-0242. All families may also call 1-(800)-481-2151 or visit www.ymcasd.org/childcarereferrals for more information, including possible access to subsidized care.

Fill out the survey to request childcare resources [here](#).

Balboa Park TV

The Balboa Park Cultural Partnership program have produced some amazing online videos which will provide a welcome break from streaming regular TV. The Partnership program are also excited to answer your Balboa Park questions.

Watch videos of Balboa's cultural organizations [here](#), or have questions answered [here](#).

GET HELP WITH RACIAL DIVERSITY RESOURCES

Raising Race Conscious Children

An article from BuzzFeed has included important steps that parents can take with their children to open up honest conversations about race or racism. Within the article, there are also additional resources parents can use.

Learn how to start conversations about race and racism with your child [here](#).

Words Matter When Talking About Race

USA Today, a nationwide online newspaper, has covered the importance of using correct terminology during this current cultural divide.

Read more on how the selection of words when talking about race is important [here](#).

Your Kids Aren't Too Young to Talk About Race: Resource Roundup

So, you've realized your kids aren't too young to talk about race, so now what? Prettygooddesign.org has rounded up some resources for parents, caregivers, teachers/educators, adults, and children to learn more and encourage discussions about race.

View their list of educational resources regarding race [here](#).

Sesame Street Town Hall: Standing Up to Racism

On June 6, CNN and Sesame Street held their second town hall that addressed racism, embraced diversity, and being more empathetic and understanding. During the town hall, CNN and Sesame Street characters came together to answer questions regarding race submitted by families.

Watch the entire CNN/Sesame Street Town Hall [here](#).

YouTube Kids: Understanding Each Other Playlist

YouTube Kids has compiled a playlist for you and your children to watch regarding the importance of viewing different perspectives and accepting everyone.

Watch the Understanding Each Other Playlist [here](#).

YouTube Kids: Togetherness Playlist

YouTube Kids has also compiled another playlist for you and your children to watch that focuses on loving yourself and everyone around.

Watch the Togetherness Playlist [here](#).

GET HELP WITH HEALTH AND PREVENTION INFORMATION

National Medical Bills or Free Health Care

Get information and assistance programs that can help with medical bills. In addition, find how to get free or affordable medical or dental care as well as prescription medications. Low income families, seniors and people who either lack health insurance or who are underinsured can explore these various financial assistance programs.

Find information on state and federal governments, grant programs, and non-profits [here](#).

Covered California

Since the beginning of the coronavirus emergency, millions of Californians have filed for unemployment benefits, including many who lost their job-based health coverage. If your job was affected by COVID-19, or if you lack income because your hours were cut or if you're no longer working, you can receive health insurance from Covered California

Find information on available coverages, legibility, and how to apply [here](#).

Local Health Services/Offices in California

The California Department of Public Health informs, coordinates, and assists local health services and offices in the matters of public health. Because California has such a large and diverse population across a vast geographic area, we encourage you to contact your local health services department for more information on programs and information related to you and your region.

The full list of local health services departments in California can be found [here](#).

Caring for Children During COVID-19

The Centers for Disease Control and Prevention (CDC) has included tips, advice, and information in regards to protect children and other from getting sick on their website.

Get more information on how to protect your children from COVID-19 [here](#).

General COVID-19 Prevention Advice

The World Health Organization (WHO) are updating their website with materials and protective measures based on new scientific findings as the epidemic evolves. With the current situation being so unpredictable, check regularly for the latest news.

Get updated information and downloadable materials regarding prevention [here](#).

Each Mind Matters Blog

Each Mind Matters is millions of individuals and thousands of organizations working to advance mental health. Each Mind Matters is dedicated to providing ongoing information and resources for your mental health during these trying times. Check often for updated resources, blog posts, and news.

View mental health resources and blog posts [here](#).

Protective Plastic Splash Face Shield

With the rising demand of facial covering, namebadge.com has convert into creating protective face shields for public purchase. Their liquid splash shields are intended to be used as face splash shields for nonhazardous liquids.

Purchase protective plastic splash face shields before they run out [here](#).

Custom Face Masks

Custom face masks are being produced for purchase by totallypromotional.com with very affordable prices. Their masks are face contoured for a snug, comfortable fit, as recommended by the CDC.

Order a custom face mask [here](#).

GoNoodle

GoNoodle gets kids moving so they can be their best. GoNoodle engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!

Join GoNoodle's movement for free [here](#).

COVID-19 Positive Employee Flowchart – Non-healthcare Employees

If you are non-healthcare business and have an employee that is suspected or confirmed positive to have COVID-19, please follow this flowchart to determine what to do next. Following these procedures will keep your business following proper prevention standards.

Download the COVID-19 positive non-healthcare employee flowchart [here](#).

COVID-19 Positive Employee Flowchart – Healthcare Employees

If you are healthcare business and have an employee that is suspected or confirmed positive to have COVID-19, please follow this flowchart to determine what to do next. Following these procedures will keep your business following proper prevention standards.

Download the COVID-19 positive healthcare employee flowchart [here](#).

Safe Reopening FAQs for Workers and Employees

Protecting workers, employers and the public is absolutely critical to safely reopening workplaces. The California government gathered some FAQs to address many workplace-related issues as California proceeds through its Resilience Roadmap.

Get some answers to frequently asked questions regarding reopening [here](#).

State Employer Playbook for Safe Reopening

A safe re-opening requires compliance with both state and local public health guidance, and local guidance can come from your country and your city. This Employer Playbook provides guidance for employers to help them plan and prepare for reopening their business and to support a safe, clean environment for workers and customers.

View the California COVID-19 Employer Playbook [here](#).

2-1-1 San Diego County Health Insurance Application Services

San Diego County has compiled a massive list of health centers and services San Diego residents can reference when applying for Medi-Cal and Covered California. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find the massive resources list for San Diego County residents [here](#).

ElderHelp

ElderHelp have tripled the number of daily check-in calls made each day and are accepting new applications for their RUOK program that offers live daily check in calls (Monday-Friday) for seniors age 60 and over. Seniors will receive friendly visits via phone chats, allaying fears and anxiety and alerting staff of potential serious medical concerns. Contact them at (619) 284-9281.

Explore all their other services for elders [here](#).

Positive Solutions Program for Seniors

The program provides a Program to Encourage Active Rewarding LiveS and/or Psycho-education to homebound seniors. They serve homebound seniors (60+) with minor depression from all cultural backgrounds who reside in the San Diego County's Central, North Inland and North Coastal Regions. Contact them at (619) 238-1783 or (760) 736-8373.

Get more information about their program [here](#).

County of San Diego Public Health Services Phone Numbers

Phone number for employers to notify the County of San Diego Public Health Services about an employee who tests positive with COVID-19: **(888) 950-9905**. Leave a message with:

- Your name and contact number
- Name of Business
- Employee's name, date of birth, and contact number

Healthy Compliance Call Center: **(858) 694-2900**

GET HELP WITH TRANSPORTATION ASSISTANCE

Care.com – California Senior Transportation

California residents are offering rides all across California for seniors needing transportation to go to essential health appointments.

Find a massive list of drivers driving seniors across California [here](#).

2-1-1 San Diego Transportation Resources

San Diego County has compiled a massive list of basic transportation needs for San Diego residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find the massive resources list for San Diego County residents [here](#).

Ride Well to Age Well

The Age Well San Diego Transportation Theme Team created a resource guide to transportation services for San Diego County residents during COVID-19. In response to COVID-19, many transportation providers have suspended or changed services. Due to rapid changes to programs and policies, please contact the transportation providers directly for the most up-to-date information.

Get extensive information of San Diego transportation resources [here](#).

Facilitating Access to Coordinated Transportation (FACT)

In order to assist with the COVID-19 crisis, FACT is offering free transportation for San Diego residents for any essential need until the stay at home order is lifted. Seniors with disabilities, students, veterans and other residents who need assistance, may call FACT at (888) 924- 3228 between 8 am and 3pm, Monday through Friday, to request free transportation anywhere in San Diego County.

Find a ride around San Diego [here](#).

Jewish Family Service

When you make the tough decision to turn in your keys, the Jewish Family Service's dedicated team of volunteers show up to drive you where you need to go – whether to the doctor or the grocery store. More than a ride, On the Go is about fueling the sense of connection, independence, and mobility that defines aging well. They also have flexible options for individuals and group for adults 60+. To request a ride, contact them at (858) 637- 7320.

More information on their ride services can be found [here](#).

Elder Help

ElderHelp has their Senior A Go Go program that provides medically necessary transportation to ensure ongoing health needs are met through volunteers and staff. Contact their office at (619) 284-9281

View all the senior services they provide [here](#).

GET HELP WITH UTILITY ASSISTANCE

EveryoneOn

EveryoneOn works with a wide range of Internet Service Providers (ISPs) and device providers to feature their low-cost internet service programs and computers on their platform. In response to the coronavirus pandemic and its impact on society, multiple ISPs have made updates to their low-cost internet service programs to ensure individuals and families stay connected during this challenging time.

Find low-cost internet service and computers in your area [here](#).

human-I-T

human-I-T is here to help those who are not connected or are paying too much for internet. Take advantage of their free resource by filling out the form on their website or text them for assistance at (562) 372-6925.

View options for low-cost internet [here.](#)

Rent Hardship Letter

Due to the stay-at-home order across California, many Californians have lost the means to pay their monthly rent. This letter can be used to inform your landlord that you are unable to afford this month's rent.

Download a printable version of the rent hardship letter [here.](#)

Rent and Find Housing Assistance Programs

Find help with rent from government agencies, non-profit organizations and charity programs. The exact type of assistance available, whether for a past due or upcoming rent payment or other bill, will depend on the amount of funds available as well as the tenant's situation. Due to COVID-19, services of these assistance programs may have changed, please check with the program to see what they are offering.

View rent and housing help [here.](#)

COVID-19 Emergency Rental Assistance Program

The City of San Diego's COVID-19 Emergency Rental Assistance Program helps individuals and families with low income in the City of San Diego who have lost income due to COVID-19. The program will provide one-time payments of up to \$4,000 per qualifying household to help pay past-due and/or upcoming rent. Payment will be made directly to the household's landlord through direct deposit on behalf of the tenant.

Get more information on eligibility requirements and how to sign up [here.](#)

Find Help with Electric, Utility, or Heating Bills

There are places you can turn to if you need help with paying your electric, utility, water or heating bills. Several different applications are available to energy bill assistance programs. Emergency financial help is provided to pay electric bills by numerous federal and state government organizations as well as charities. There are also non-profits that may offer grants for paying a portion of a utility or light bill and there are solutions, such as payment plans, that are offered directly by utility companies. Due to COVID-19, services of these assistance programs may have changed, please check with the program to see what they are offering.

Get help with utility bills [here.](#)

Find Help with Other Utility Bills

There are programs to help you pay bills, debts, mortgage, rent, and more in the form of financial assistance, free items, and other forms of support. There are companies (private and non-profit) that will offer direct financial aid or that will help you save on bills, government programs, tax breaks, and coupons. Due to COVID-19, services of these assistance programs may have changed, please check with the program to see what they are offering.

Get help with various kinds of utility bills [here](#).

2-1-1 San Diego Utility Resources

San Diego County has compiled a massive list of financial assistance for San Diego residents at risk for having their utilities shut off. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find the massive resources list for San Diego County residents [here](#).

San Diego Gas & Electric (SDG&E)

In recent days, SDG&E has taken many actions to protect their customers and employees. They are offering help to their customers and support their energy needs. SDG&E are also offering flexible payment plans, assistance programs, energy saving tips, and removing late payment fees for their customers.

More information on their affordable payment plans and energy services [here](#).

Southern California Gas Company (SoCalGas)

SoCalGas is committed to providing safe and reliable gas service to their customers and have implemented money saving plans with CARE for their customers. Customer service hours continue to be available 24/7 to answer any of your questions and can be contacted at 1- (800)-427-2200

View SoCalGas's response to the COVID-19 situation [here](#).

Free and Low-Cost Internet Access During COVID-19

Many local San Diego internet service providers are offering free and low cost COVID-19 Assistance. Including ATT, Charter Spectrum, Comcast/Xfinity, and Cox.

More information for free and low-cost internet and additional technology resources [here](#).

GET UPDATES OF COVID-19

Center of Disease Control (CDC)

CDC is aggressively responding to the global outbreak of COVID-19 and community spread in the United States. They continuously update information of the COVID-19 situation, data, and preventive measures.

Keep up to date with the COVID-19 situation [here](#).

World Health Organization (WHO)

WHO works worldwide to promote health, keep the world safe, and serve the vulnerable. On their website, they update global data of the COVID-19 situation daily, post their press conferences, provide available research, and offer strategies and plans.

Browse their extensive resources regarding COVID-19 [here.](#)

California Department of Public Health

California Department of Public Health have been keeping updates, data, and resources specifically for California.

Get California specific data and resources regarding COVID-19 [here.](#)

COVID-19 Fraud Alert

Unfortunately, many frauds regarding COVID-19 including offering vaccinations, test kits, and receiving texts, emails or checks from the government have started to arise. Make sure you're aware of the latest fraud cams and protect your family and your money.

Stay aware of the latest frauds and scams regarding COVID-19 [here.](#)

FDA List of Hand Sanitizers That Should Not Be Used

The FDA is keeping an updated list of companies and distributors that have procured unsafe-to-use hand sanitizers that are or may be contaminated with 1-propanol, in addition to other hand sanitizers the agency is urging consumers not to use.

Learn more and find the FDA's list [here.](#)

San Diego County Public Health Department

The County of San Diego is working closely with federal and state agencies and the local healthcare community to monitor and test for the COVID-19 virus in the region.

Get San Diego County specific data and resources regarding COVID-19 [here.](#)

San Diego Public Health Order

Effective 12:00 a.m. on Saturday, August 8, 2020 and continuing until further notice, the following public health order will be in effect for San Diego County.

View the updated San Diego's Public Health Order [here.](#)

San Diego Quarantine Health Officer Order

All persons who have had close contact with a COVID-19 Patient must immediately take the following actions outlined by the order of San Diego's Health Officer.

View the Quarantine Health Officer [here.](#)



San Diego General Election 2020 Dates/Polling Places/Drop-Off Locations

With the general election coming up in November of this year, important San Diego dates, polling places, and mail ballot drop-off locations have been announced. If you haven't already, register to vote online and don't forget to vote on November 3rd.

Get important San Diego information regarding the election in November [here](#).