The COVID-19 situation is rapidly changing, the information provided in this presentation is accurate as of:

September 17, 2020
• About Coronavirus Disease 2019 (COVID-19)
  • Overview
  • Transmission
  • Symptoms
  • Testing & Diagnosis
  • Treatment

• Guidance for San Diego County
  • Public Health Officer Orders
  • Protective measures and stopping the spread
  • What to do if you think you have COVID-19

• Local situation

• Resources Available
WHAT IS A CORONAVIRUS?

- A coronavirus is a common type of virus that can infect your nose, sinuses, or upper throat.
- Common coronaviruses usually cause mild to moderate symptoms much like the common cold with illness that only lasts for a short amount of time.
- Coronaviruses are named for the crown-like spikes on their surface.
- Most people get a coronavirus infection at some point in their lives.
Coronaviruses are common in many different animal species but most coronavirus do not infect people.

On rare occasions, coronaviruses can evolve and infect humans and then spread between humans.

There are currently seven coronaviruses that can infect people:

<table>
<thead>
<tr>
<th>Common Coronaviruses</th>
<th>Newer Coronaviruses</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. 229E (alpha coronavirus)</td>
<td>5. MERS-CoV*</td>
</tr>
<tr>
<td>2. NL63 (alpha coronavirus)</td>
<td>6. SARS-CoV**</td>
</tr>
<tr>
<td>3. OC43 (beta coronavirus)</td>
<td>7. SARS-CoV-2***</td>
</tr>
<tr>
<td>4. HKU1 (beta coronavirus)</td>
<td></td>
</tr>
</tbody>
</table>

* MERS-CoV (the beta coronavirus that causes Middle East Respiratory Syndrome, or MERS)
** SARS-CoV (the beta coronavirus that causes severe acute respiratory syndrome, or SARS)
***SARS-CoV-2 (the novel coronavirus that causes coronavirus disease 2019, or COVID-19)

MERS-CoV, SARS-CoV, and SARS-CoV-2 are recent examples of the coronavirus evolving and spreading between humans.
WHAT IS THE 2019 NOVEL CORONAVIRUS (COVID-19)?

A novel (new) coronavirus, not previously seen in humans, that was first identified as the cause of an outbreak of respiratory illness in Wuhan, China in December 2019.

- Coronavirus Disease 2019 or COVID-19 is a disease caused by the NEW coronavirus.
- Cases of COVID-19 have now been detected worldwide.
HOW DOES THE COVID-19 VIRUS SPREAD?

Through respiratory droplets produced when a person sneezes, coughs, or talks.

**Person-to-Person Spread** is believed to be the main way the COVID-19 virus is spreading

- Between people who are in close contact (6 feet) with one another—The more closely a person interacts with others and the longer that interaction is, the higher the risk of COVID-19 spreading.

**Contact with Infected Surfaces or Objects**—It may also be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching one’s mouth, nose, or eyes, but this is not the main way the virus is spreading.
People with COVID-19 have reported no symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus and may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

People can spread the virus even if they don’t have symptoms.
There are three kinds of tests available for COVID-19

<table>
<thead>
<tr>
<th></th>
<th>Molecular Polymerase Chain Reaction (PCR)</th>
<th>Antigen</th>
<th>Serology</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Detects</strong></td>
<td>Virus</td>
<td>Virus</td>
<td>Antibodies</td>
</tr>
<tr>
<td><strong>Good For Identifying</strong></td>
<td>Current Infection</td>
<td>Current Infection</td>
<td>Past Infection</td>
</tr>
<tr>
<td><strong>Common Sample Type</strong></td>
<td>Nose or Throat Swab (or Saliva)</td>
<td>Nose or Throat Swab</td>
<td>Blood draw or fingerstick</td>
</tr>
<tr>
<td><strong>Key Considerations</strong></td>
<td>Most accurate test for diagnosis</td>
<td>Less accurate, rapid test for diagnosis</td>
<td>Should <strong>NOT</strong> be used to diagnose someone who is currently sick</td>
</tr>
</tbody>
</table>

Most samples must be sent to a laboratory, specimen analysis takes 1-2 days.
If you are experiencing symptoms of COVID-19, call your healthcare provider to determine if you should get tested.

If you don’t have a healthcare provider or are unable to get tested by your healthcare provider, FREE testing sites are available throughout San Diego County for people 12 years old and older.

- **Testing locations map**
- **Testing site schedule**

A doctor’s referral is **NOT** required, and some locations allow walk-ins without an appointment.

For more information, **next steps**, or to schedule an appointment, visit our **Testing web page** or call 2-1-1.
The scientific and medical community are researching methods to prevent and treat COVID-19 infections.

- The FDA is allowing a few medications to be used for COVID-19.
- **Convalescent Plasma** from people who have recovered from COVID-19 is one of the potential treatments allowed by the FDA — People who were infected with COVID-19 develop antibodies to the infection; giving someone who is currently infected convalescent plasma may enhance their immunity and help them fight the virus.

Recommendations for individuals infected with COVID-19 will depend upon their specific condition:

- People with mild illness may be advised by their healthcare provider to isolate and care for themselves at home — [Home Isolation Instructions for COVID-19](#).
- For severe cases, treatment should include care to support vital organ function.
- People at higher risk for serious illness if infected should contact their healthcare provider early to seek treatment, even if their illness is mild.
WHO IS AT HIGHER RISK?

- Older Adults—Risk for severe illness increases with age
- People of any age with underlying medical conditions, including:
  - Cancer
  - Chronic Kidney Disease
  - Chronic Obstructive Pulmonary Disease (COPD)
  - Immunocompromised State—From solid organ transplant
  - Obesity—Body Mass Index (BMI) ≥30
  - Serious Heart Condition
  - Sickle Cell Disease
  - Type 2 Diabetes

To learn more about high risk groups and other medical conditions that might put people at an increased risk for severe illness, visit the [CDC website](https://www.cdc.gov).
WHO SHOULD BE TESTED FOR COVID-19

**TIER 1**
- High-Risk Symptomatic Individuals and Public Health Investigations
  - *Symptomatic* individuals* who are hospitalized, in congregate facilities, older adults, those with underlying medical conditions, and vulnerable populations
  - Persons Identified by public health through investigations and disease control activities

**TIER 2**
- Other Symptomatic Individuals and Hospital Ad Procedure Testing
  - Symptomatic persons who do not meet above criteria, including healthcare workers and first responders*
  - Hospital admission testing for patients who do not exhibit COVID-19 symptoms
  - Scheduled surgical procedures, especially those that are aerosol generating

**TIER 3**
- Asymptomatic Individuals from High-Risk Settings and Close Contacts
  - Screening of asymptomatic individuals* who are residents or employees of congregate living facilities, such as skilled nursing facilities, assisted living facilities, homeless shelters, substance use disorder residential facilities, and detention centers.
  - Asymptomatic close contacts* at 5-7 days after last exposure to a known COVID-19 case.

**TIER 4**
- Asymptomatic High-Risk Individuals
  - Asymptomatic healthcare workers and first responders* in direct patient contact roles.
  - Asymptomatic individuals in vulnerable populations* who are not in other categories above
  - Asymptomatic individuals* in other essential occupations
  - Asymptomatic older adults OR individuals of any age with chronic or other underlying medical conditions*
  - Asymptomatic caretakers of older adults or those with underlying medical conditions*
  - When facing limitations of testing capacity for Tier 4, consider using prevalence data

**TIER 5**
- Public Health Surveillance
  - Other asymptomatic individuals being tested for purposes of public health surveillance for COVID-19

*Not diagnosed with COVID-19 in the past 3 months.

See [Health Advisory Update #17](#) for more information
The County of San Diego, in collaboration with the local healthcare provider community, first responders, and other stakeholders, is implementing a community-based intervention to reduce the impact of COVID-19 in our region.

The goal is to increase economic, educational, and social activity, while minimizing COVID-19 infections, illnesses, and deaths through a robust plan to Test, Trace, and Treat—The T3 Strategy.

**Test**

Goal: 6,740 Tests/7-day average

**Trace**

Goal: 90% of case investigations initiated and close contacts reached out to within 24 hours/7-day average

**Treat**

Provide Treatment if needed: Temporary Lodging Medical Options
**Blueprint for a Safer Economy**

California has a new tier-based system for reducing COVID-19 in the state. Color coded tiers provide criteria for loosening and tightening restrictions on activities—*Tier 1 Purple is equal to the previous “State Monitoring List”*

<table>
<thead>
<tr>
<th>Measures</th>
<th>Tier 1 Widespread</th>
<th>Tier 2 Substantial</th>
<th>Tier 3 Moderate</th>
<th>Tier 4 Minimal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Case Rate Per 100,000</td>
<td>&gt;7</td>
<td>4-7</td>
<td>1-3.9</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Testing Positivity %</td>
<td>&gt;8%</td>
<td>5-8%</td>
<td>2-4%</td>
<td>&lt;2%</td>
</tr>
</tbody>
</table>

*Both metrics are calculated using a 7-day average with a 7-day lag period.*
Rules of the framework:

1. The state will assess indicators weekly.

2. A county must stay in a tier for at least 3 weeks before they are allowed to advance to a less restrictive tier.

3. A county can only move forward one tier at a time, even if metrics qualify for a more advanced tier.

4. If a county's case rate and test positivity measure fall into two different tiers, the county will be assigned to the more restrictive tier.

5. If a county's case rate or test positivity increases to a higher risk tier for two weeks in a row, the county must go back to the more restrictive tier.
As of Tuesday, September 15th the County of San Diego County is in Tier 2

This is the first week with the case rate >7, if our case rate remains >7 for one more week, San Diego County will go back to Tier 1 Purple
Activities and sectors will begin to open according to risk-based criteria for that tier. Lower risk activities are permitted sooner. As a county reduces its level of transmission, operations are expanded.

**Sector Guidance for Activities and Business Based on Tier.**

<table>
<thead>
<tr>
<th>Sector</th>
<th>Substantial Tier 2-Red</th>
</tr>
</thead>
<tbody>
<tr>
<td>Critical Infrastructure</td>
<td>Open with modifications</td>
</tr>
<tr>
<td>Limited Services</td>
<td>Open with modifications</td>
</tr>
<tr>
<td>Hair Salons &amp; Barber Shops</td>
<td>Open with modifications</td>
</tr>
<tr>
<td>All Retail</td>
<td>Open Indoors with modifications—Max 50% capacity</td>
</tr>
</tbody>
</table>
| Shopping Centers (Malls, Destination Centers, Swap Meets) | Open indoors with modifications  
  • Max 50% capacity  
  • Closed common areas  
  • Reduced capacity food courts (see restaurants) |
# SECTOR FRAMEWORK FOR TIER 2

<table>
<thead>
<tr>
<th>Sector</th>
<th>Substantial Tier 2-Red</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Care Services</td>
<td>Open with modifications</td>
</tr>
</tbody>
</table>
| Museums, Zoos, & Aquariums    | Open indoors with modifications  
  • Indoor activities max 25% capacity |
| Places of Worship              | Open indoors with modifications  
  • Max 25% capacity or 100 people, whichever is fewer |
| Movie Theaters                 | Open indoors with modifications  
  • Max 25% capacity or 100 people, whichever is fewer |
| Hotels and Lodging             | Open with modifications      |
| Gyms & Fitness Centers         | Open indoors with modifications  
  • Max 10% capacity            |
| Restaurants                    | Open Indoors with modifications  
  • Max 25% capacity or 100 people, whichever is fewer |
# SECTOR FRAMEWORK FOR TIER 2

## Substantial Tier 2-Red

<table>
<thead>
<tr>
<th>Sector</th>
<th>Substantial Tier 2-Red</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wineries</td>
<td>Outdoor Only with modification</td>
</tr>
<tr>
<td>Bars, Breweries and Distilleries</td>
<td>Closed (Where no meal is provided; follow restaurants where meals are provided)</td>
</tr>
<tr>
<td>Family Entertainment Centers</td>
<td>Outdoor Only with modifications (e.g. Kart Racing, Mini Golf, Batting Cages)</td>
</tr>
<tr>
<td>Cardrooms, Satellite Wagering</td>
<td>Outdoor Only with modifications</td>
</tr>
<tr>
<td>Offices</td>
<td>Remote when possible</td>
</tr>
<tr>
<td>Professional Sports</td>
<td>Open</td>
</tr>
<tr>
<td></td>
<td>• Without live audiences</td>
</tr>
<tr>
<td></td>
<td>• With Modifications</td>
</tr>
</tbody>
</table>

Learn more about California County Data Monitoring—Blueprint for a Safer Economy

[Industry Guidance to Reduce the Risk](#) | [Industry Guidance in Other Languages](#)
### COVID-19 TRIGGERS DASHBOARD METRICS

<table>
<thead>
<tr>
<th>Epidemiology (Surveillance)</th>
<th>Healthcare (Hospital Capacity)</th>
<th>Public Health (Response)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Case Rate</strong> 6.9/100,000 Cases or less/7 days</td>
<td><strong>5. Hospital Capacity Beds Occupied</strong> ≈80%+</td>
<td><strong>10. Testing Positivity + Tests/Total Tests</strong> 8%+</td>
</tr>
<tr>
<td>0-6.9</td>
<td>0-79%</td>
<td>1-7%</td>
</tr>
<tr>
<td><strong>2. Community Outbreaks</strong> New Outbreaks over 7 days</td>
<td><strong>6. Increased Hospitalizations Patients with COVID-19</strong> 10%+</td>
<td><strong>11. Case Investigation Follow-up within 24 hours</strong> 0-70%</td>
</tr>
<tr>
<td>0-6</td>
<td>0-9%</td>
<td>71-100%</td>
</tr>
<tr>
<td><strong>3. COVID-Syndromic Trajectory</strong></td>
<td><strong>7. ICU Capacity Beds Available</strong> 0-19%</td>
<td><strong>12. Contact Tracing Follow-up within 24 hours</strong> 0-70%</td>
</tr>
<tr>
<td>= / ↓</td>
<td>20-100%</td>
<td>71-100%</td>
</tr>
<tr>
<td></td>
<td><strong>8. Ventilator Capacity Ventilators Available</strong> 0-24%</td>
<td></td>
</tr>
<tr>
<td>= / ↓</td>
<td>25-100%</td>
<td></td>
</tr>
<tr>
<td><strong>4. Influenza Like Illness Trajectory</strong></td>
<td><strong>9. PPE Supply Hospitals have at least 22-day supply</strong> 0-50%</td>
<td><strong>13. Shelter for Homeless Shelter Available</strong> 0-14%</td>
</tr>
<tr>
<td></td>
<td>50-100%</td>
<td>15-100%</td>
</tr>
</tbody>
</table>
The best way to prevent getting sick is to avoid being exposed to the virus.

Follow the San Diego Public Health Officer Orders AND the California Public Health Executive Order—Stay home as much as possible, especially if you are at high-risk for health complications if exposed.

- Maintain at least 6 feet between yourself and others.
- Use a face covering if you leave your home.
- Stay home and keep your distance from others in the home if you are sick.
- Cover your cough or sneeze with a tissue, then throw it in the trash and wash your hands.
- Avoid close contact with people who are sick.
The best way to prevent getting sick is to avoid being exposed to the virus.

Wash your hands often with soap and water for at least 20 seconds—if soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Avoid touching eyes, mouth and nose with unwashed hands.

Clean and disinfect frequently touched surfaces often.
Social or physical distancing can help stop or slow the spread of a contagious disease by reducing close contact and the opportunity for germs to spread.

Limit the number of interactions you have with individuals outside of your household.

- Create and maintain 6 feet of space between yourself and other individuals when in a social setting.
- Avoid gatherings—they are not allowed for public safety reasons.
- Everyone is encouraged to stay home as much as possible, especially high-risk populations.
The County of San Diego requires face coverings for all people 2 years old and older.

Face coverings...

- should cover the nose and mouth and be used when individuals may be around people outside of their household.
- block respiratory particles from being released into the air when someone coughs, sneezes, speaks, or sings.
- help slow the spread of the virus by people who may have the virus but do not yet know it.
- should be used in addition to other protective measures.

Medical grade face masks should be reserved for those who need them so that the current supply is not impacted.

Visit our face coverings web page for more information.
As of June 18, 2020
Face coverings are required for everyone in California

Guidance based on:

- California has limited the spread of COVID-19 and associated hospitalizations and deaths in our state.
- As the state reopens, more people are leaving their homes which increases the risk of exposure and infection.
- We now know people can have COVID-19 and no have symptoms or not yet be showing symptoms.
- Face coverings limit the release of infected droplets and reinforce physical distancing.

Additional information and guidance can be found at www.covid19.ca.gov
 DOES WEARING GLOVES PROTECT YOU FROM COVID-19?

Gloves are not a substitute for handwashing. The best way to keep your hands clean and germ-free is to wash them frequently with soap and water or use hand sanitizer.

Gloves can actually spread germs if they are not used correctly.

- If the gloves touches a surface such as a grocery cart, door handle, or other object that has germs on it and then touch another surface, they can spread those germs.

You may not be protecting yourself from germs either.

- Gloves may have very tiny holes in them that you cannot see but that germs can pass through.
- It is possible for germs on the outside of the gloves seep inside.
- Gloves can be torn, break down, or be damaged.

Gloves can give you a false sense of safety and protection.

- If you touch your face while wearing gloves, germs can enter the body and cause infections
- Gloves, unlike hands, cannot be washed.
WHAT DO THE PUBLIC HEALTH ORDERS MEAN?

EVERYONE NEEDS TO STAY HOME, EXCEPT...

Workers of essential or reopened businesses, to take care of essential needs, go to or from reopened businesses, or to participate in allowed outdoor activities as defined by the San Diego County Health Officer Order

<table>
<thead>
<tr>
<th>Essential Workers</th>
<th>Essential Businesses</th>
<th>Reopened Businesses and Other Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Healthcare/Public Health</td>
<td>• Grocery/Food and Beverage Stores</td>
<td>See Sector Framework for Tier 2</td>
</tr>
<tr>
<td>• Emergency Services</td>
<td>• Restaurants—<em>take-out, delivery, or outdoor dining</em></td>
<td></td>
</tr>
<tr>
<td>• Law Enforcement, Public Safety, and First Responders</td>
<td>• Pharmacies</td>
<td></td>
</tr>
<tr>
<td>• Public Works</td>
<td>• Banks</td>
<td></td>
</tr>
<tr>
<td>• Food and Agriculture</td>
<td>• Gas Stations</td>
<td></td>
</tr>
<tr>
<td>• Energy Services</td>
<td>• Laundromats</td>
<td></td>
</tr>
<tr>
<td>• Water and Wastewater</td>
<td>• Hardware/Home Improvement Stores</td>
<td></td>
</tr>
<tr>
<td>• Transportation and Logistics</td>
<td>• Airports and Public Transportation</td>
<td></td>
</tr>
</tbody>
</table>

See Sector Framework for Tier 2
Many recreation sites are open to the public for limited use:

- Parks
- Campgrounds and RV Parks
- Outdoor Recreation Sites and Day Camps
- Beaches
- Swimming Pools

Certain Businesses implementing safety procedures in compliance with the State of California’s Blueprint for a Safer Economy are allowed to reopen.

Reopened locations as well as visitors to these locations must comply with County and Statewide Industry Guidelines which include mandatory face covers, social distancing, and proper sanitation measures.

The County has a Healthy Compliance Call Center. Community members can call (858) 694-2900 24 hours/day to report violations to the Health Officer Order.

The Health Officer Order requires employers and school administrators to notify the County of San Diego of a person with COVID-19 at their workplace or school site. Notifications can be made by calling (888) 950-9905.

Visit our Safe Reopening page to learn more or see the Public Health Officer Order for additional details.
San Diego County schools are required to provide instruction through distance learning until specific requirements are met.

- State guidance applies to ALL schools: public, charter, and private schools.
  - Guidance for Schools and School Based Programs
  - Guidance for Institutions of Higher Education
- In-person school reopening and closure is based on data and local trends associated with COVID-19.

As of September 1st, schools in San Diego County are permitted to reopen for in-person instruction in compliance with state and local guidance.

Visit our Resources for School Staff, Students, and Families page for more information about schools.

- COVID-19 and Reopening In-Person Learning-Framework for K-12 Schools in California, 2020-2021 School Year
- Industry Guidance is available for the following: Childcare, Cohorts of Children and Youth, Day Camps, and Youth Sports
Hospitals and other healthcare providers, including dentist, can provide non-emergent or elective procedures and preventive care services.

Infants, children, and adolescents need to stay up-to-date on vaccines and well child visits even during the COVID-19 pandemic.

Call your pediatrician’s office to see how they are keeping patients safe and healthy.

An important message for parents:

If your child is due for immunizations or a well child check up, contact your pediatrician’s office for further guidance.
**Isolation** and **quarantine** are used to protect the public by preventing exposure to infected people or people who may be infected by separating those individuals from others to limit the spread of an infectious disease.

People who have COVID-19 or have been in close contact (≤6 feet for 15 minutes or more) should stay home and separate themselves from others.

**ISOLATION**
For **infected people (both symptomatic and asymptomatic)** who have or may have COVID-19 staying home, and away from others until they recover.

**QUARANTINE**
For **healthy people** who had contact with a person with COVID-19, staying home and away from others for 14 days to prevent potential spread and see if they develop symptoms.
Protective measure can make a serious impact by lowering the infection rate and reducing stress on the healthcare system.

Protective Measures

Personal:
Wash hands, avoid touching your face, and stay home.

Social:
Cover your cough or sneeze, wear a face covering and practice social distancing.

Environmental:
Clean and disinfect high touch surfaces and objects often.
Mathematical modeling helps us respond to the pandemic and make informed decisions about implementing protective measures, resources, and planning.

- Modeling is used at the national, state, and local level.
- Modeling is used to forecast:
  - Cases (including in various situations or scenarios)
  - Services
  - Hospitalizations
  - Deaths
TRAVELERS RETURNING FROM HIGH RISK COUNTRIES

There is ongoing transmission of COVID-19 within the United States and in destinations throughout the world—See the CDC’s COVID-19 Travel Recommendations by Destination page for more information.

Foreign nationals who visited certain countries in the past 14 days may not enter the U.S.

Travel can increase your chance of getting and spreading COVID-19 Learn more about traveling during the COVID-19 pandemic

- Resources for People Considering Travel
- Information for After You Travel
- Communication Resources for Travelers
- Travel: Frequently Asked Questions and Answers
WHAT SHOULD YOU DO IF YOU THINK YOU HAVE COVID-19?

If you are feeling sick and think you have been exposed to the COVID-19 virus stay home and **call** your healthcare provider for medical advice.

- Stay home except to get medical care
- Separate yourself from other people in your home
- Wear a face cover if you will be around others.
- Cover your coughs and sneezes
- Wash your hands often
- Avoid sharing personal household items—Dishes, cups, utensils, towels, etc.
- Keep your hands clean
- **Clean all “high-touch” surfaces everyday**
- Monitor your symptoms—Seek prompt attention if your illness worsens
The County of San Diego is closely monitoring COVID-19 cases in our region. Data information tables, graphs, and dashboards are available at [www.coronavirus-sd.com](http://www.coronavirus-sd.com).
MAIN TAKEAWAYS

- There are more than 6.5 million cases of COVID-19 and over 190,000 deaths in the United States, including a growing number of cases in San Diego County.

- The best way to prevent getting sick is to avoid being exposed to the virus.

- Everyone should continue to practice social distancing when out in public.

- Cloth face coverings are required when leaving your home to help slow the spread of the virus by people who may have the virus but do not yet know it.

- Frequent hand washing and disinfection of high-touch surfaces can help prevent the virus from spreading.

- If you have symptoms and want to get tested for COVID-19, call your healthcare provider or schedule an appointment online or call 2-1-1.

- The County of San Diego is working closely with local, state, and federal partners to respond to this public health threat.

Everyone needs to do their part to help prevent COVID-19. We all have a role to play!
For more information about the COVID-19:

County of San Diego
www.coronavirus-sd.com

California Coronavirus (COVID-19) Response
www.covid19.ca.gov

California Department of Public Health—COVID-19
www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx

Centers for Disease Control and Prevention—COVID-19

World Health Organization—COVID-19 Outbreak
www.who.int/westernpacific/emergencies/covid-19
LOCAL RESOURCES

Media updates are provided by the County of San Diego on Mondays and Wednesdays at 2:30—Latest News Briefing Slides

Text COSD COVID19 to 468-311 for updates to be sent via text message.

Call 2-1-1 or visit 211sandiego.org for information about community resources, help scheduling a test, or to report a face covering violation.
LIVE WELL @ HOME

Live Well @ Home is a free resource to help community residents find tips and strategies to stay healthy in both mind and body while staying at home. We've organized the below resources and activities by age group and topic to help you find the right tools to match your needs.

ACCESS & CRISIS LINE

CRISIS LINE
(888) 724 - 7240
7 Days a Week 24 Hours a Day

LIVE CHAT
Available Mon-Fri (4pm -10pm)

HOW TO MANAGE YOUR MENTAL HEALTH AND COPE DURING COVID-19

Información en español en la sección debajo
Thank You!

Presentation Feedback Form: Sector