

MILITARY & VETERANS SECTOR UPDATE

CORONAVIRUS
DISEASE 2019 (COVID-19)

FRIDAY, MAY 22, 2020



COVID-19
ONLINE FORUM Q&A

Thank you to everyone who was able to join us for this week's telebriefing for military, veterans and their families! **Make sure you join us next Thursday, June 4 from 10 - 11 AM** for another online forum and Q&A.

To submit your questions in advance, [click here](#).

Special Thanks to our May 28th Telebriefing Guest



Colonel Charles Dockery,
Commanding Officer, Marine
Corps Air Station Miramar

Click Here to Provide Your Feedback

The telebriefing feedback form can also be found [here](#).

County Resources for Military & Veterans



Visit our [County site for Military/Veterans/Families and Serving Organizations](#)

General COVID-19 Frequently Asked Questions – [Click here](#)

Military and Veterans-Specific Frequently Asked Questions – [Click here](#)

In Case You Missed It...

Armed Services YMCA San Diego serves the families of those who serve in our military, by offering specialized counseling, educational, and social programs to help them cope, connect, and thrive. For more information, visit www.asymca.org/san-diego-home.

Interfaith Community Services empowers people in need to stabilize and improve their lives through comprehensive programs, in partnership with diverse faith communities and people of compassion. For more information, visit www.interfaithservices.org.

Support The Enlisted Project (STEP) builds financial self-sufficiency among junior active duty enlisted members and recently discharged enlisted veterans and their families facing financial crisis through individualized counseling, education, emergency grants and other support programs. STEP has activated in emergency response to provide local military families with essential supplies and financial support during the COVID-19 pandemic. For more information, visit www.stepsocal.org.

UPDATE: Sitting & Sunbathing at Beaches



Starting Tuesday, June 2, people will be allowed to sit and lounge at local beaches, provided that they maintain proper physical distancing (six feet) and wear a face covering when close to others. Groups must be members of the same household. Activities, such as football and volleyball, will not be permitted. All piers and parking Lots will also remain closed.

All beach communities agreed to ease this restriction, however, each city can decide to open up later and how they will enforce the guideline.

Additional Permissions to Reopen: Places of Worship, Hair Salons and Barbershops

The County announced on Tuesday, May 26, that houses of worship, hair salons and barbershops can now all resume services as long as they implement a variety of safety measures to prevent the spread of COVID-19.

Places of Worship will need to limit attendance to 25% capacity (or 100 or fewer). Worshippers who do not live in the same household will have to sit or stand six feet apart. Hair salon and barbershop employees will need to complete a health screening at the beginning and end of each shift and both stylists and customers must wear facial coverings for the duration of the hair appointment. Eyelash and eyebrow services, facials and shaves are still not allowed.

For more information and other local updates, visit www.coronavirus-sd.com

New Testing Sites Available in San Diego County

The County is opening additional COVID-19 testing sites for people who are not showing [symptoms of the virus](#). A doctor's referral is not required, however, an appointment is necessary. To make an appointment, call 2-1-1.

People who are showing symptoms of COVID-19 are encouraged to contact their health care provider and arrange for testing. If you don't have a health care provider, call 2-1-1 and ask for a public health nurse who will give you a referral.

The new testing sites include:

Aquatica

2052 Entertainment Circle,
Chula Vista, CA 91911
Monday to Friday
9 a.m. to 3 p.m.

St. Anthony's of Padua

410 W 18th St.,
National City, CA 91950
Sunday, Wednesday and Friday
10 a.m. to 2 p.m.

University of San Diego – Parking Lot

5998 Alcalá Park,
San Diego, CA 92110
Monday to Friday
9 a.m. to 3 p.m.

North Coastal Live Well Center

1701 Mission Ave.,
Oceanside, CA 92058
Monday to Friday
10 a.m. to 2 p.m.

San Diego LGBT Community Center

3909 Centre St.

San Diego, CA 92103

Mondays (*Starting June 1*)

11 a.m. to 5 p.m.

CALFIRE and the San Diego County Fire Authority also announced six more dates when testing will be offered in rural communities.

For a complete list of testing sites [click here](#).

Plasma from Recovered COVID-19 Cases Needed

The San Diego Blood Bank is partnering with the County to encourage San Diegans who have recovered from COVID-19 to donate plasma.

While currently there is no vaccine or proven treatment for COVID-19, what's known as convalescent plasma may help patients who are hospitalized or seriously ill from the virus because the plasma has antibodies against it. The effort supports the County's T3 Strategy of test, trace and treat. It could help treat people

[To donate convalescent plasma](#), people must also meet the regular screening criteria for blood donation. Donor information will be kept confidential and used for screening purposes only.



For more information or to donate convalescent plasma, [click here](#).

Mental Health Resources



Mental Health Month may be coming to an end, however, resources and support **will always be available to you. No matter the time of the year, you are never alone, and we are here for you.**

Courage To Call. Every day, current and former service members and their families deal with the complex maze of issues that accompanies military life. Often times the most difficult problem is not knowing where to turn when you need help. Courage to Call is a free, confidential, veteran-staffed, 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of discharge status. For more information or to chat with a veteran, visit www.courage2call.org, or call 1-877-698-7838, or 2-1-1

The County's Access and Crisis Line (ACL) is confidential, toll-free, and available 24/7. If you or someone you care about is experiencing a suicidal or mental health crisis, please call 1-888-724-7240.

The It's Up to Us campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and find resources and help. www.up2sd.org

VA Veteran Suicide Prevention and Crisis Line, 1-800-273-8255 and Press 1 to talk to someone, or Send a text message to 838255 to connect with a VA responder.

The National Suicide Prevention Lifeline, 1-800-273-8255, provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

Be Kind to Your Mind - 5 tips from the CDC to cope with stress during COVID-19:

1. **PAUSE.** Breathe. Notice how you feel
2. **TAKE BREAKS** from COVID-19 content
3. **MAKE TIME** to sleep and exercise
4. **REACH OUT** and stay connected
5. **SEEK HELP** if you ever feel overwhelmed or unsafe

More resources to help you manage mental health and cope during the COVID-19 pandemic can be found [here](#).



Additional County of San Diego COVID-19 telebriefings are available throughout the week (via Zoom) for a variety of community sectors. For information, updates, and Q&A with other sectors, view the full telebriefing schedule [here](#).

COVID-19 Posters Available



To request English or Spanish posters for your installation, please e-mail COVID-Military-Veterans@sdcounty.ca.gov with your contact information, drop-off location, and delivery instructions. A member of our Outreach & Education Team will contact you to coordinate delivery and obtain any additional details (if necessary).

Additional resources and materials are available [here](#) for your use.

Stay Informed About COVID-19



[Coronavirus in San Diego County](#)

Daily updates on positive cases



[About Coronavirus](#)

How the virus spreads, symptoms, and prevention



[Resources and Materials](#)

FAQs, posters, videos, and other materials



[Prepare for Pandemic](#)

Plans, supplies, and social distancing



[Military and Veterans Resources](#)

Information for military/veterans/families and serving organizations



[Testing](#)

Current testing recommendations

