

MILITARY & VETERANS SECTOR UPDATE

CORONAVIRUS
DISEASE 2019 (COVID-19)

FRIDAY, MAY 8, 2020



COVID-19
ONLINE FORUM Q&A

Thank you to everyone who was able to join us for this week's telebriefing!

Join us next Thursday, May 14 from 10:00 AM– 11:00 AM
for another online forum and Q&A!

Special thanks to our May 7th Telebriefing Guest:



Tim Ney
Executive Director,
Armed Services YMCA San Diego

[Click Here to Provide Your Feedback](#)

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

****Public Health Order Updates – Effective May 8, 2020** Safe Reopening for Businesses**

****UPDATED** San Diego County Public Health Order (May 7, 2020) - [See PDF](#)**

The state has released a [Resilience Roadmap](#) for modifying its stay-at-home order. The roadmap allows certain businesses to reopen, with restrictions, [starting May 8](#). This will be phased-in, starting first with curbside pickup and delivery only until further notice. Curbside retail will be allowed for the following businesses:

- Bookstores
- Jewelry stores
- Toy stores
- Clothing stores
- Shoe stores
- Sporting goods stores
- Antique stores
- Music stores
- Florists

Businesses will need to complete the County's [Safe Reopening Plan](#), print and post it at their entrance. Businesses should also review and refer to the state checklist for their specific industry, such as the Retailer [guidance](#) and [checklist](#), when completing the County's Safe Reopening Plan. Supply chains supporting the above businesses, in manufacturing and logistical sectors, can also reopen. They should refer to their industry's [guidance and checklists](#) when completing their [Safe Reopening Plan](#).

Each business' plan may need to be updated and reposted when state guidance changes. The County will not require approval for this plan. Essential businesses already operating do not need to submit a new plan.

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

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...

Veterans Association of North County (VANC) continues to provide food to active duty, veterans, and family of veterans in need. VANC has also partnered with the [American Legion](#) to host food distribution the 2nd Friday of each month in their parking lot, located at 1617 Mission Ave., Oceanside, CA 92058. Their next event will take place on [June 12](#). For more information or to register to receive food, visit www.vanc.me/food.

Armed Services YMCA San Diego enhances the lives of military members and their families in spirit, mind and body through programs relevant to the unique challenges of military life. For more information, visit www.asymca.org/events-san-diego-1-1.

The Southern Caregiver Resource Center offers free and confidential caregiver support services from clinical coaching (specific to military and veteran caregivers), respite, bilingual education and programs, and more. For more information, please visit <http://scrc.care/> or call 1-800-827-1008.

Art for Veterans provides free online literary, performing, and visual arts resources for all ages and skill levels. Enjoy the education, entertainment and healing benefits of the arts during COVID-19 at www.artsforveterans.org.

2020 US Census There's still time to respond! All veteran and military households are strongly encouraged to complete the US Census. The process is quick and easy, and only takes about 10 minutes to complete. www.census.ca.gov.

Volunteer Opportunities:

- Organizations actively looking for volunteers in San Diego county, including the San Diego Medical Reserve Corps, can be found at www.justserve.org/sdcounty

May is Mental Health Month



***Mental Health Month** was launched in 1949 to raise awareness about mental health conditions, offer support and encouragement and provide local resources to help anyone experiencing a mental health challenge. Below is a list of resources available to support you as we continue to navigate the COVID-19 pandemic. You are never alone and we are here for you.*

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. For more information or to chat with a veteran, visit www.courage2call.org, or call the hotline at 1-877-698-7838.

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

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](#).

All Department of Veterans Affairs National Cemeteries are open and will continue to provide interments for Veterans and eligible individuals. Immediate family members (10 or less) may witness the interment, if requested. Due to COVID-19, committal services and the rendering of military funeral honors will not be conducted until further notice, however, families may schedule a committal service at a later date. For more information contact your local cemetery.



The VA's National Cemetery Administration (NCA) has also set up a [special website](#) to honor and remember veterans during this time. Each day, the NCA will add the names, branch of service and location of burial for each Veteran interred in a national cemetery on the previous day.

State COVID-19 Testing Sites

COVID-19 testing is now more widely available in the region. In addition to increased testing at local hospitals, medical groups, some community clinics and private labs, the state has opened three testing sites in San Diego county. Testing is free and by appointment only:

- **Grossmont College** – 8800 Grossmont College Dr, El Cajon, CA 92020
- **Former Sears - Chula Vista** – 565 Broadway, Chula Vista, CA 91910
- **Live Well Center - North Inland** – 649 West Mission Ave, Escondido, CA 92025

To schedule an appointment, visit <https://lhi.care/covidtesting>, or call [888-634-1123](tel:888-634-1123), 7 a.m. to 7 p.m., Monday through Friday.

The new Live Well Mobile Office, as well as the County Library's bookmobiles and other County vehicles will also be deployed for testing throughout the region.



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

