



Please feel free to share this message with your students and staff!

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Stay Connected with the COVID-19 K-12 Schools Sector:

[Website](#) | [Tuesday Telebriefings](#) | [Submit Your Questions](#)

Need help connecting to resources? Email us at COVID-Education@sdcounty.ca.gov

SCHOOL REOPENING INFORMATION



NEW! Updated Guidance for Schools ([click here](#))

- This afternoon CA Governor announced that Counties on the [State's Monitoring list](#) may not open schools for in person learning. San Diego County schools will have to begin distance learning until the County meets specific requirements. The update school reopening guidance can be seen [here](#).

SAVE THE DATE



Reminder: K-12 Sector Telebriefing on COVID-19 in San Diego County |Tuesdays 10:00am – 11:00am ([Click here](#))

- Join us on July 21st to review the new guidance and answer your questions!
- Submit your questions ahead of time [here](#) which will be answered by public health officials and guest speakers during the call.



Black Leadership Panel with San Diego County Educational Leaders ([click here](#))

- July 21st 6pm – 7pm
- Open to teachers, leaders, administrators and community members
- Guests including state Assembly member Dr. Shirley Weber will be discussing the disproportionate impact of COVID-19 on the Black community and the impact this is having on our educational systems. Topics of discussion will also include the current civil rights movement and proactive measures to both address and support our students and communities. Join us in this important San Diego dialogue.



Virtual Roundtable: Reopening Schools in San Diego County ([click here](#))

- July 22nd 11:00AM – 12:30PM
- Please register in advance to Susy Villegas: svprcommunications@gmail.com



SDCCU Stuff the Bus ([click here](#))

- SDCOE is partnering with San Diego County Credit Union (SDCCU) to collect money to purchase school supplies for students experiencing homelessness
- Donate by July 31st



SDCCU Biz Kid\$ Events Online This Summer ([click here](#))

- SDCCU is hosting SDCCU® Biz Kid\$ Events online this summer to help engage kids at home this summer with a fun and interactive way to learn about money and business. Topics include: Crash Course on Starting a Business, Entrepreneurship; How Do You Get Money?, Credit and Debit; and What's Your Money Personality?, Financial Basics.
- These Biz Kid\$ Event online presentations will be held July 15 through August 12 on Wednesdays at 12:00 p.m. To register for an upcoming event, visit sdccu.com/fww.



Train & Run with us on August 16th: Live Well Virtual 5K & Fitness Challenge ([click here](#))

- Now more than ever, it is important to maintain a good exercise routine, manage stress and eat well, as these activities can help [boost your immune system](#) and maintain a defense against the coronavirus.
- Join *Live Well San Diego* for our [2020 Virtual 5K & Fitness Challenge](#). The 5K Fitness Challenge starts on **July 13th** (*Live Well San Diego's* 10th Birthday!) and finishes on **August 16th** with a 5K Virtual Race. With your **FREE registration** grab a sweet, limited edition trucker hat (while supplies last!) and a virtual bib to wear while completing the race.
- To help you prepare to walk or run in the 5K we've created a month-long [training schedule](#) with [live virtual "meet-ups"](#) hosted by Partners to help you get active and share a workout with others.

SAFETY & SUPPORT



Who Should Get a COVID-19 Test? ([Click here](#))

- As cases rise in San Diego County there is a higher demand for testing. There is also a global supply chain shortage with testing supplies. These factors are presenting delays in receiving testing results, so the County of San Diego is now focusing testing efforts on individuals who are symptomatic or asymptomatic individuals who are in the following priority groups. See link above for more details.



What to do after your COVID-19 Test ([click here](#))



Teen Vaping

- Teen Vaping and COVID: What's Different? What's the Same? ([click here](#))
- **How to Quit Vaping ([click here](#))**
 - Now more than ever it is important to take care of your lung health.
 - There are tools available to help you quit. Download the [quitSTART app](#) or try SmokefreeTXT by [signing up online](#) or texting QUIT to 47848.

LIVE WELL & THRIVE



Restorative Practices for Schools by the National Conflict Resolution Center ([click here](#))



Check In With Your Mental Health ([click here](#))



Nutrition

- Call [2-1-1 San Diego](#) for assistance finding food distribution in your community or to sign up for CalFresh (You can also go to [GetCalFresh.org](#))
- [San Diego Food Bank](#)
- [Eating Healthy on a Budget](#)



Helpful ways to strengthen your immune system and fight off disease ([click here](#))

ONGOING RESOURCES



WWW.CORONAVIRUS-SD.COM

- [Public Health Order](#)
- [Testing in San Diego County](#)
- [Local COVID-19 Cases](#)
- [Resources and Materials](#)
- [Care For Your Mental Health](#) (English/Spanish)



[211 San Diego](#)

- Call **2-1-1** for general questions about COVID-19 or for information about community resources.
- [2-1-1 San Diego Flyer](#) (English & Spanish)



[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.

For the latest updates text:
COSD COVID19 to 468-311

www.coronavirus-sd.com

