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**May 5th Telebriefing Topic:
Planning for Recovery**

- **Bob Mueller**, Emergency Operations Center Duty Officer & Assistant Incident Commander, San Diego County Office of Education

**REMINDER: K-12 Sector
Telebriefing on COVID-19 in San
Diego County |Tuesdays 10:00am
– 11:00am**

- **Submit your questions ahead of time [here](#)** which will be answered by public health officials and guest speakers during the call.
- **Computer (*preferred*)**: Click on the following link <https://zoom.us/j/516756508> using your computer. Meeting ID: 516 756 508.
- **Option 2- Phone (*listen-in only*)**: Call into the meeting using this number: 1 (669) 900-6833 or 1 (346) 248-7799. Meeting ID: 516 756 508.
- For additional questions and resources, please email: COVID-Education@sdcounty.ca.gov

NEW RESOURCES

#STAYHOMESD



**COVID-19 Updates and New
Materials**

- **[Public Health Order Updates](#)**:
 - Starting May 1, everyone must wear face coverings anywhere in public they come within 6 feet of another person.
- **[Social distancing poster](#)**: how do we estimate 6ft apart and why is it important?
- **[COVID-19 Información en Español](#)**
- American sign language videos: [CDC videos on multiple COVID-19 topics](#)



Lunch Heroes in action at Escondido Union School District. Thank you to all heroes across the county!

Happy Lunch Hero Day (May 1st)!

- Two ways you can show your appreciation for our local School Lunch Heroes:
 - Email your personal note of thanks to Child Nutrition directors and staff you know
 - **[The Lunch Tray](#)**'s Bettina Elias Siegel has created a Thank You card for the public to [sign](#) to let our nation's school food professionals know how much we appreciate them. Names are optional; what's important is your personal note of thanks! You can also [Click here](#) to view the messages people have already posted.
- **[Click here](#)** for the list of where school meals are being served in San Diego County. *You can go to any site to receive meals and children do not have to be present for parents to pick up meals.*



Nutrition & Keeping Kids Fed During Coronavirus

- More CalFresh on Your EBT Card in May ([English](#) | [Spanish](#))
- On Friday, April 24, 2020, the State of California was approved to operate Pandemic Electronic Benefit Transfer (EBT). This program, authorized by the [Families First Coronavirus Response Act](#), will provide **non-cash benefits on an EBT card for families with children enrolled in the Free and Reduced Price Meal Program**. The benefit will offset the cost of meals that would have otherwise been consumed at school. More information on this program, how and when it will be implemented in our region is forthcoming. Please visit www.sdhunger.org/meals-for-kids for future updates: *(Information Credit: San Diego Hunger Coalition)*



May is Mental Health Awareness Month

- [Click here](#) for the Mental Health Awareness Month message from Each Mind Matters (English & Spanish)
- The [2020 Activation Kit](#) includes sample social media posts to show your support and help reduce the stigma
- Join [#ManySidesToMyStory](#) on TikTok, Instagram and Snapchat



Childcare Survey for Essential Workers ([click here](#))

- The survey is being managed by the San Diego County Office of Education; data will be used to better understand the need for care throughout the County of San Diego and aim to connect essential workers with childcare. The deadline to complete the survey is May 6.



Resources for Students Experiencing Housing Insecurity

- [Homeless education services](#) (SDCOE)
- [Foster Care and Homeless resources](#) (SDCOE)
- Call 2-1-1 or visit 211SanDiego.org for help finding basic needs and shelter
- Call the [Disaster Distress Hotline](#): 1-800-985-5590 or text TalkWithUs to 66746
- Call [The Trevor Project](#) (For LGBTQ+ youth) at 1-866-488-7386 or text START to 678-678 to chat with trained professionals



Distance Learning & Wellness

- 8 FBI-recommended ways to **keep kids safe online** ([Click here](#))
- **FREE TUTORING:** The STEAM Collaborative focuses on Science, Technology, Engineering and Mathematics (STEM) from an artistic perspective. They offer free math tutoring services for all students in San Diego County ([Click here](#))
- **Webinar recording for Parents in Spanish:** Prevención Durante la Pandemia: Una Conversación para Padres ([Click here](#))
- **Paid Internship Opportunity (Ages 16-20)** [Click here](#) to learn more about the program and requirements
- EVERFI [Parent Portal](#) that gives parents direct access to EVERFI content for their children. EVERFI is a no-cost an education technology company that aims to connect education with the real world, such as Financial Literacy, Social Emotional Health, STEM Career Exploration and more!
- **Remote Activity Guide** ([Click here](#)) Expand your mind with free music, books, video, virtual tours and learn how you can support your community!



- **Resilience and Routines** for Families During the Pandemic ([Click here](#))



Call for Donations of New Fans

- Please email COVID19-Donations@sdcounty.ca.gov to donate new fans if you are able. With the sudden rise of temperatures and lack of access to public facilities with air-conditioning ([Cool Zones](#)), our vulnerable populations are struggling to maintain healthy body temperatures. Thank you in advance for helping to support your community!

ONGOING RESOURCES



WWW.CORONAVIRUS-SD.COM

- [Click here](#) to view K-12 School updates and resources.
- [Click here](#) to view mental health resources for families, parents and caregivers (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.
- **Join us for a NEW month-long LiveWell@Home challenge starting Friday, May 1st!** May is Physical Fitness Month, so we are partnering with the [YMCA of San Diego County](#) and other Recognized Partners to connect you to virtual fitness or healthy eating classes each day to help you stay fit and socially connected. To participate, follow *Live Well San Diego* right here on [this website](#) or follow along on [Facebook](#), [Twitter](#) or [Instagram](#) where we will be posting the daily challenges. #LiveWellSD #StayHomeSD



Text **COSD COVID19** to **468-311** to get text alert updates.

