



# COVID-19 Resources

## CONTINUING CARE SERVICES

*This information is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.*

### **CHILDCARE FOR HEALTHCARE PROFESSIONALS AND ESSENTIAL WORKERS**

San Diego YMCA has enhanced childcare referrals for health care professionals. You may call them directly at 619-952-0242 Monday-Friday 8 am-5 pm.

The Ray and Joan Kroc Center of San Diego has set up childcare for medical workers by appointment starting Monday, March 23, weekdays and weekends. You may email them directly at [Jorge.andrade@usw.salvationarmy.org](mailto:Jorge.andrade@usw.salvationarmy.org) or leave a message at 619-269-1438.

Calvary Christian Academy is offering childcare for parents that are essential workers.

Currently they are open from 7am – 6pm Mon-Fri for children Pre-K to K. They may expand as need increases. Call 619-591-2260 for more information.

Hired Care Agencies:

<https://tootris.com/>

<https://www.care.com/>

<https://www.urbansitter.com/>

### **CHILDREN - HOMESCHOOL ACTIVITIES**

Easy Indoor Activities for Kids

<https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/?fbclid=IwAR37n9j4Rc97K371gSR6ihOx0rVQQSDwzLDE9wdZfQ05vAmyKXQCcrul8c>

37 Free Online Resources for schools shifting to online learning

<https://schoolchoiceweek.com/37-free-online-resources-for-schools-shifting-online-during-coronavirus/>

60+ Free Online Resources for School Closures

<https://www.weareteachers.com/free-online-learning-resources/>

Free Literacy Program (Actors read to children)

<https://www.storylineonline.net/>

Daily Free Arts & Craft Tutorials

<https://www.mcharpermanor.com/blog>

Scholastic Learn at Home

<https://classroommagazines.scholastic.com/support/learnathome.html>

English Language Learning

<https://www.duolingo.com/>

<http://continuingcare-sandiego.kp.org>



## **CHILDREN - HOMESCHOOL ACTIVITIES (continued)**

English Language Learners

<http://www.eslgamesworld.com/links.html>

Zoom on PBS

<https://ny.pbslearningmedia.org/collection/zoom/#.Xm7JGnJKj3g>

Virtual Field Trips

<https://www.discoveryeducation.com/community/virtual-field-trips/>

Parents' Guide to Google Classroom

[https://docs.google.com/presentation/d/1PDVZvie0DnFbFEVFB8U3j89o1mD5BCUXTE6ymbb9y\\_k/mobilepresent?fbclid=IwAR2L91aogDzLuxuNCOOakvCHvYvtkmsVAgUDDJmnz4B90Up5nGoVOW\\_PRz0&slide=id.g4f60ec15fb\\_1\\_157](https://docs.google.com/presentation/d/1PDVZvie0DnFbFEVFB8U3j89o1mD5BCUXTE6ymbb9y_k/mobilepresent?fbclid=IwAR2L91aogDzLuxuNCOOakvCHvYvtkmsVAgUDDJmnz4B90Up5nGoVOW_PRz0&slide=id.g4f60ec15fb_1_157)

Learn and play games focused on Animals

<https://switchzoo.com/>

Learn about geography & Animals

<https://kids.nationalgeographic.com/>

Reading (available in English & Spanish)

<https://reading.ecb.org/>

High School

<https://ny.pbslearningmedia.org/grades/high-school/>

Early Childhood

<https://www.zerotothree.org/resources/series/parent-favorites>

Hang out with Dr. Seuss

<http://www.seussville.com>

Math & Reading Skills

<http://www.abcya.com>

Fun Brain

<http://www.funbrain.com>

PBS Kids

<http://www.pbskids.org>

Phonics!

<http://www.starfall.com>

Cool science experiments

<http://www.highlightskids.com>

## **CHILDREN**

Breakfast and lunches for children ranging 0-18

<https://www.sdcoe.net/news/Pages/20-03-13-student-food-service-during-district-closures.aspx>

Diaper Distribution and Food Bank Locations: San Diego Food Bank: 1-866-350-3663,  
[www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)

San Diego COVID -19 Children's Fund

New fund to support families continuing to work in essential fields (such as healthcare workers) and those impacted by lost wages.

<http://www.sandiegoforeverychild.org/covid19/>

The flyer includes information on how to apply for one of the micro-grants:

*Child Care Payments to Support Families (\$575)*: Micro-grants to support low-income essential service workers who must continue to work but lost childcare, school services and/or need extended childcare hours because of this crisis.

*Parent Basic Needs Support (\$100)*: Micro-grants to help families purchase supplies necessary to keep children healthy and safe such as: food, cleaning supplies, emergency diapers, and other emergency supplies.

## **CORONAVIRUS UPDATES**

San Diego County

[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\\_epidemiology/dc/2019-nCoV.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV.html)

California COVID-19 General Information ..... 1-833-544-2374

<https://covid19.ca.gov/>

California Department of Public Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

## **ECONOMIC RELIEF**

2-1-1 (Outlying Areas Only: 800-227-0997)

United Way is providing economic relief to individuals impacted by lay-offs and reduced working hours due to the pandemic. Note that utility payments will only cover the following: gas, electric, water, trash, telephone, and internet. To apply:

<https://uwsd.org/covid19/>

Small Business Relief Funds

<https://www.covid19businesscenter.com/>

## **FITNESS**

ClassPass

Kaiser Permanente members get unlimited on-demand video workouts at no cost and reduced rates on livestream and in-person fitness classes.

[kp.org/exercise](http://kp.org/exercise)

Exercise Videos

<https://positivechoice.org/nutrition-and-fitness/exercise-videos>

Live Well @ Home

A free resource to help community residents find tips and strategies to stay healthy in both mind and body while staying home. Resources are organized by age group and topic. <https://www.livewellsd.org/content/livewell/home/live-well-every-day/LiveWellatHome.html>

Wellness Coaching by Phone (free lifestyle coach) ..... 866-862-4295

*(weight management, stop smoking, get active, eat healthy, reduce stress)*

<https://positivechoice.org>

## **FOOD**

Coastal Roots Farm (North County).....760-479-6505

Pay-What-You-Can Farm Stand, open twice a week offering those in need up to \$30 of produce at little to no cost. Open Thursdays 12pm-3pm & Sundays 10am-3pm. Located at 441 Saxony Rd, Encinitas, CA 92024.

<https://coastalrootsfarm.org/covid-19-faq/>

For Food Bank Locations, contact San Diego Food Bank: 1-866-350-3663

[www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)

Great Plates Programs .....(select option 7)..... 800-339-4661

Great Plates Delivered: Home Meals for Seniors – Provides 3 meals per day to adults 65+, and those 60-64 with certain health conditions.

Great Plates 2.0: Dinner Delivered – Serves dinner daily to adults 18+ with health conditions or disabilities.

<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/greatplates.html>

## **FOOD (continued)**

San Diego County Meals for Pick-up and Home Delivery

[https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/ais/documents/AllPrograms\\_COVID-19\\_032920.pdf](https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/ais/documents/AllPrograms_COVID-19_032920.pdf)

## **HOMELESS**

Healthcare Workers: For temporary lodging for isolation for a patient, please call (858) 715-2350 between 7:00AM and 7:00PM 7-days a week to speak with the Placement Coordinator as soon as possible.

## **HOTELS FOR HEALTHCARE WORKERS**

No-cost or low-cost hotel rooms for nurses, physicians, and other critical frontline healthcare workers who have exposure to or test positive for COVID-19. To reserve a room, call the CalTravelStore at 1-877-454-8785. Be prepared to provide the following information: county of employment, medical facility of employment, and job title.

## **HOUSING**

Emergency Rental Assistance Program

Provides grants of up to \$3,000 to cover rent for eligible households financially impacted by the COVID-19 pandemic.

<https://www.sandiegocounty.gov/content/sdc/sdhcd/community-development/COVID-19-Emergency-Rental-Assistance-Program.html>

San Diego Housing Federation

[https://urldefense.com/v3/\\_\\_https://www.housingsandiego.org/covid19-resources-for-affordable-housing\\_\\_;!!BZ50a36bapWJ!6Q4PpN8Td\\_HwJjTa01RftpS5rAF\\_ef11Gpfcq2Wav-NIR0xky1-6R-Oc7xAE1IkLYSXjqg\\$](https://urldefense.com/v3/__https://www.housingsandiego.org/covid19-resources-for-affordable-housing__;!!BZ50a36bapWJ!6Q4PpN8Td_HwJjTa01RftpS5rAF_ef11Gpfcq2Wav-NIR0xky1-6R-Oc7xAE1IkLYSXjqg$)

## **IMMIGRANTS – ASSISTANCE & RESOURCES**

Disaster Relief Assistance for Immigrants (operated by Jewish Family Services)

<https://www.jfssd.org/drai-project/>

Undocumented Immigrants and their families

<https://mydocumentedlife.org/2020/03/30/resources-for-undocumented-immigrants-and-their-families-during-covid-19/>

## **KP DISABILITY**

Disability Claims:

Online: [kp.org/requestrecords](http://kp.org/requestrecords)

email: [sdrou@kp.org](mailto:sdrou@kp.org)

FMLA, Disability insurance filing assistance, other Medical Certifications: 619-528-5280

Medical Correspondence:

Online: [kp.org/requestrecords](http://kp.org/requestrecords)

email: [sdrou@kp.org](mailto:sdrou@kp.org)

Medical Records for members and other physician's offices: 619-583-4293

X-Ray Files:

All Images: 619-528-9136

## **LEGAL ASSISTANCE**

Legal Aid Society: Assistance with Eviction due to COVID.....1-877-534-2524

Legal Aid at Work: Info about unemployment, work furlough, and more.....1-800-880-8047

## **MENTAL HEALTH**

Access & Crisis Line: Call 888-724-7240

CHAT Services: <https://omnidigital.uhc.com/SDChat/>

Can't call or feel more comfortable chatting online?

CHAT services are available via computer, tablet or smartphone Mon-Fri, 4pm-10pm

Friendship Line California ..... 1-888-670-1360

*If you or someone you know would benefit from a friendly conversation, we're here to listen.*

<https://www.ioaging.org/friendship-line-california>

### **MENTAL HEALTH (continued)**

Mental Health and Emotional Wellness apps: at no cost to Kaiser Permanente members

Calm – an app for meditation, mental resilience, and sleep

myStrength – an app to improve your awareness and adapt to life

<https://healthy.kaiserpermanente.org/southern-california/health-wellness/mental-health/tools-resources/digital>

National Domestic Violence Hotline: call 1-800-799-7233 or 1-800-787-3224 for TTY, or if you're unable to speak safely, you can log onto [thehotline.org](http://thehotline.org) or text LOVEIS to 22522

National Crisis Text Line, Text "HOME" to 741741 to connect with a Crisis Counselor 24 hours a day, 7 days a week.

Suicide Prevention & Mental Health Resources

CDC: *Mental Health & Coping During COVID-19*

CDC: *Reducing Stigma During COVID-19*

CDC: *Helping Children Cope with Emergencies*

AFSP: *Mental Health & COVID-19*

AFSP: *Taking Care of Your Mental Health in the Face of Uncertainty*

*7 Science-Based Strategies to Cope with Coronavirus Anxiety*

*Coronavirus Anxiety - Helpful Expert Tips and Resources*

### **ONLINE SUPPORT**

Our mental health and wellness landing page ([kp.org/mentalhealth](http://kp.org/mentalhealth)) has a wealth of material related to mental health and self-care. The wellness resources section ([kp.org/selfcare](http://kp.org/selfcare)) contains a mix of articles, recordings and suggested exercises. The ones below may seem particularly useful at the present time. You do not have to be logged into the site or be a KP member to access these tools.

- Stress Management: <https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/stress-management>
- Self-Compassion: <https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/self-compassion>
- Sleeping Better: <https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/insomnia>
- Parenting: <https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/parenting>
- Self-Care: Digital Tools on KP.org: [kp.org/selfcareapps](http://kp.org/selfcareapps)

### **PROTECTION FROM ABUSE, NEGLECT AND FRAUD**

AARP's Fraud Watch Network Helpline ..... 1-877-908-3360

<https://covid19.ca.gov/>

Adult Protective Services .....(when living at home)... 1-833-401-0832

Ombudsmen Crisis Line ...(when living in a Long-Term Care facility)..... 1-800-231-4024

### **SENIORS**

AgeWell Services Social Call List: city of San Diego Parks & Recreation AgeWell Services staff will call just to check in and say "Hello". Sign up by calling 619-236-6905 or email them at: [thescroll@sandiego.gov](mailto:thescroll@sandiego.gov)

Elderhelp: providing supportive calls and grocery shopping for seniors sheltering in place.

Call them at: 619-284-9281; or contact them online at: [info@elderhelpofsandiego.org](mailto:info@elderhelpofsandiego.org)

Serving Seniors, Free Meal Delivery: 619-235-6572, press option 1 and leave a message

with your name and phone number and a representative will call you back.

### **STATE TESTING SITES**

California has opened sites in Chula Vista, El Cajon and Escondido to test for active COVID-19 infection. You need to make an appointment. Testing is free, and you do not need to have symptoms. To make an appointment, either call 1-888-634-1123 or click [https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\\_epidemiology/dc/2019-nCoV/testing.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/testing.html)