



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 619-952-0242

Enhanced childcare referrals for health care professionals. Monday-Friday 8 am-5 pm.

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/>

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/>

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



CHILDREN - HOMESCHOOL ACTIVITIES (continued)

Parents' Guide to Google Classroom

https://docs.google.com/presentation/d/1PDVZvie0DnFbFEVFB8U3j89o1mD5BCUXTE6ymbb9y_k/mobilepresent?fbclid=IwAR2L91aogDzLuxuNCOOakvCHvYvtkmsVAgUDDJmnz4B90Up5nGoVOW_PRz0&slide=id.g4f60ec15fb_1_166

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

Diaper Distribution and Food Bank Locations: San Diego Food Bank: 866-350-3663

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/>

CORONAVIRUS UPDATES

San Diego County

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV.html

California COVID-19 General Information 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

ECONOMIC RELIEF (continued)

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

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/farm-stand/>

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

www.sandiegofoodbank.org

San Diego County Meals for Pick-up and Home Delivery

<https://www.sandiegocounty.gov/hhsa/programs/meals-and-senior-dining/Oct2021pdf>

San Diego County Senior Nutrition Centers 800-339-4661

<https://www.sandiegocounty.gov/hhsa/programs/Senior-Nutrition-Centers-Oct2021pdf>

HOMELESS

Healthcare Workers: Temporary isolation lodging for a patient 858-715-2350

Placement Coordinators available 7-days a week between 7:00AM and 7:00PM.

HOTELS FOR HEALTHCARE WORKERS

CalTravelStore (call to reserve a room) 877-454-8785

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. Be prepared to provide the following information: county of employment, medical facility of employment, and job title.

HOUSING RELIEF

Consumer Financial Protection Bureau (CFPB)

Find help with rent and utilities

HOUSING RELIEF *(continued)*

City of San Diego – San Diego Housing Federation

The City of San Diego COVID-19 Housing Stability Assistance Program helps to pay past-due, unpaid rent and utilities for individuals and families with low income in the City of San Diego who experience financial hardship due to the COVID-19 pandemic.

<https://covidassistance.sdhc.org/>

County of San Diego – Emergency Rental Assistance Program

The County's 2021 Emergency Rent and Utilities Assistance Program (ERAP) helps eligible households in qualifying areas who have been financially impacted by the COVID-19 pandemic.

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

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/covid-19/>

KP DISABILITY

Online: kp.org/requestrecords

email: sdroi@kp.org

Disability Insurance Claims, FMLA, other Medical Certifications 619-583-4293

Medical Correspondence (medical records for members) 619-583-4293

X-Ray Files and all images..... 619-528-9136

LEGAL ASSISTANCE

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

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

MENTAL HEALTH

Access & Crisis Line..... 888-724-7240

Can't call or feel more comfortable chatting online? CHAT services are available via computer, tablet, or smartphone Mon-Fri, 4pm-10pm

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

Friendship Line California 888-670-1360

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

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

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

Mindfulness apps – No Cost for Members | Kaiser Permanente

National Crisis Text Line, Text "HOME" to..... 741741

Connect with a Crisis Counselor 24 hours a day, 7 days a week.

National Domestic Violence Hotline 800-799-7233

If you're unable to speak safely: <https://www.thehotline.org>. 800-787-3224

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) has a wealth of material related to mental health and self-care. The wellness resources section (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

PROTECTION FROM ABUSE, NEGLECT AND FRAUD

AARP's Fraud Watch Network Helpline 877-908-3360
Money/Scams-Fraud/Helpline

Adult Protective Services(when living at home)..... 833-401-0832
Ombudsmen Crisis Line ...(when living in a Long-Term Care facility)..... 800-231-4024

SENIORS

AgeWell Services Social Call List..... 619-236-6905
Call to sign up for the City of San Diego Parks & Recreation AgeWell Services staff to call just to check in and say "Hello", or email them at: thescroll@sandiego.gov

Elderhelp of San Diego 619-284-9281
Providing supportive calls and grocery shopping for seniors sheltering in place.
Or contact them online at: info@elderhelpofsandiego.org

Serving Seniors(press option 1)..... 619-235-6572
Call for free Meal Delivery. Leave a message with your name and phone number and a representative will call you back.

STATE TESTING SITES

California testing sites 888-634-1123
Call to locate a testing site in your area. Appointments required. Testing is free and you do not need to have symptoms. Call or click: [Testing \(sandiegocounty.gov\)](https://www.sandiegocounty.gov/testing)

For corrections or additions to this handout, please call (619) 641-4456