

# Round-Up of Resources

## During the COVID-19 (2019 Novel Coronavirus) Pandemic

### Translated Facts and Advice

[In English»](#)

[In Amharic»](#)

[In Arabic»](#)

[In Creole»](#)

[In Somali»](#)

### Stay-Healthy Recommendations

Everyone, stay away from groups of people whenever possible.

Everyone age 65+ and everyone of any age with lung, heart, or another chronic illness, stay at home.

### Medical Help Recommendations

If anyone in your family feels ill, consult your doctor before going to a hospital.

If you think you have COVID-19, consult your doctor, or call 2-1-1 to be connected to a medical provider.

Call 2-1-1 if you have any other questions or needs that have not been addressed.

### San Diego Unified School District

#### School Closure

All schools will be closed between March 16, 2020 and April 6, 2020.

#### Instructional Resources»

Teachers have provided students with reading, writing, and online resources to facilitate continuity during at-home learning.

#### Schools Offering Meals»

Some schools will offer all children ages 18 and younger drive-through and pick-up breakfast and lunch from 11:00am to 1:00pm, Monday through Friday.

### Emergency Assistance

#### Food Distribution»

#### Free Internet Wi-Fi Access

#### Comcast»

Spectrum Call 1 (844) 488-8395, and ask to speak with the sales department.

Coverage depends upon address, and not all San Diego addresses will be eligible.

#### Claim Unemployment»

The California Unemployment Insurance Program offers compensation to those whose work hours have been reduced or interrupted by COVID-19 quarantine.

### NSDI Availability

#### Office Closure

From Tuesday, March 17, 2020, until Friday, March 31, 2020

#### Phone Assistance

Call or text Community Outreach Specialist Rachael Cunningham at (619) 844-6644.

#### Website Updates»