



Friday, March 13, 2020, 6pm

Dear Neighbors,

This week and today especially, you may be receiving a lot of **notices of events and programs being cancelled** due to our collective response to **COVID-19, the coronavirus**.

Our local public schools, city recreation centers, and libraries will all be closed until April 6, or further notice.

**Please do not panic!** An estimated 80% of those with COVID-19 experience mild to moderate symptoms.

**COVID-19 (the coronavirus) does not have a high mortality rate, but is highly contagious.**

In addition to our great concern for its impact on our elderly and those with compromised immune systems/underlying conditions, **we all need to make sacrifices in order to slow, stall, and stop the progression.**

We must be mindful of our **healthcare system and first responders**, and collectively try to prevent an overload on our public systems by self-quarantine at the first sign of chills or illness, by practicing 6' social distances, hand washing, frequent cleaning of surfaces, and all of the other good measures mentioned on the CDC, county's, and city of Chula Vista's website (see below/attached to this email).

If our healthcare system or first responders take ill with the highly contagious COVID-19, those who need medical or emergency treatment for standard care (pregnant mothers and newborns, patients with cancer, diabetes, heart conditions, etc.) may not be at full capacity to provide aid.

Therefore, we are collectively trying to take an extremely cautious approach. Every case of COVID-19 that we can contain or prevent helps flatten the impact curve of a potentially catastrophic outcome, to make it manageable.

Our nation, state, and beautiful city of Chula Vista are coming together to strengthen and protect the safety net that we are all part of.

**We are looking forward to the great reward of our nation's successful containment of COVID-19 until a vaccine is discovered and available.**

We strongly believe that **we are minimizing the impact of COVID-19 by taking emergency measures.**

But mostly, **we are grateful for the help, sacrifice, and part that each and every one of us are now playing on a daily basis to stop the spread of this virus.**

**Most upcoming community events/public gatherings** that you may have in your calendars, seen in my newsletter, or advertised by the city have been postponed, including South Bay Earth Day on April 4<sup>th</sup>. Many local charitable banquets, student competitions, and other important events have also been **cancelled or postponed.**

Suffice it to say that if you were planning to attend a public event in the next 2-3 weeks, chances are it has been or will be **cancelled or postponed.**

Please feel welcome to share, modify, or comment, to help spread the message that this is not about panic, this is about **preserving and protecting our healthcare system, first responders, and those who are vulnerable to either COVID-19 or other conditions.**

Finally, **please call to check in on people you love and care about**, especially the elderly. Although most in-person social activities are being cancelled, we are not prevented from having nice long phone conversations or enjoying time at home with our families.

Please email me at [jmgalvez@chulavistaca.gov](mailto:jmgalvez@chulavistaca.gov) with any questions or concerns.

At the bottom of this email, you will find useful links to resources that could be of help to you.

Let's get through this together!

Sincerely,

**Jill M. Galvez** | Deputy Mayor | Councilmember | District 2, Northwest  
276 Fourth Avenue | Chula Vista, CA | 91910  
Phone: 619.691.5177 | Cell: 619.997.1016 | Email: [jmgalvez@chulavistaca.gov](mailto:jmgalvez@chulavistaca.gov)



## **PLEASE NOTE THAT CLOSURES MAY BE EXTENDED**

### **Public Events**

- All social gatherings in California of more than 250 people are prohibited.
- The public is asked to maintain a social distance of 6', to wash hands and surfaces frequently, and to self-quarantine at home if you feel chills, fever, cough, or any other cold or flu symptoms.

### **Government Websites**

- City of Chula Vista press release, *click [here](#)*
- City of Chula Vista COVID-19 coronavirus website, *click [here](#)*
- County of San Diego COVID-19 coronavirus website, *click [here](#)*

- County of San Diego Public Health Officer has issued a Public Health Order, *click [here](#) to read it*
- State of California Department of Public Health COVID-19 coronavirus website, *click [here](#)*
- State of California Department of Public Health list of recommendations to avoid contracting COVID-19 coronavirus, *click [here](#)*
- Federal Government COVID-19 coronavirus website, *click [here](#)*

### **Chula Vista Facilities**

- All recreation centers and programs, including the Norman Park Senior Center, will be closed from March 14 – April 5<sup>th</sup>.
- All libraries and programs will be closed from March 14 – April 5<sup>th</sup>.
- The Living Coast Discovery Center has cancelled all programming and is closed from March 15 – April 5<sup>th</sup>.

### **Public Meetings**

- The Chula Vista City Council meeting scheduled for March 17<sup>th</sup> will commence. Some councilmembers may teleconference. The public can email comments in lieu of presenting them in person at this [link](#).
- All board and commission meetings for March have been cancelled.

### **Schools**

- The Chula Vista Elementary School District, Sweetwater Union High School District will be closed and not open until 4/6/2020.
- NOTE: Regarding food service next week, March 16-20, **all CVESD school sites will provide breakfast and lunch to any child between the ages of 1 to 18.** Breakfast will be served from 8:00 - 8:30 a.m. and lunch will be served from 11:00 a.m. to 12:00 p.m. It is a requirement that any child receiving food must be present when the food is served.
- All Catholic schools in the county will be closed until further notice.
- Most of our colleges and universities are offering or mandating online courses beginning immediately or for spring semester.
- Please note that school aged students may not have access to the programs they normally would have during traditional school breaks. If you're an aunt, uncle, grandparent, or close family friend that can help people close to you with students or young children at home, give them a call!

### **Elderly and Infirm**

- Please check in daily by phone with your loved ones. Let them know you're OK and find out how they're doing.
- Resources such as Meals on Wheels will still make deliveries.

### **Health Lines**

- Call 211 – County of San Diego's Health and Human Services support line
- Scripps Health COVID-19 nurse line, 888-261-8431, staffed by dedicated nurses who can screen people with symptoms associated with the new coronavirus, 7am – 9pm Monday-Friday, and 8am-5pm Saturday/Sunday.

### **Religious**

- The Catholic Church of San Diego County has dispensed catholics from the obligation to attend Sunday Mass in the coming weeks and will be streaming mass in four languages at [sdatholic.org](#)
- Check with your local parish about their policies, and remember, if you are not feeling well, stay home and self-quarantine!

## **Businesses**

- If you have employees, please offer extra paid sick days.
- The Federal Government is offering small businesses emergency loans and other assistance that may be of help to you.
- If your business has suffered substantial economic injury as a result of COVID-19, forecasts economic losses due to events that bring in high revenues being cancelled due to COVID-19, request an Economic Injury Worksheet from [Dustin.Ivers@sdcountry.ca.gov](mailto:Dustin.Ivers@sdcountry.ca.gov) and return it to the same email address.

## **Employees**

- If you are ill, ask your employer for extra sick days and self-quarantine!
- If you are unemployed due to COVID-19 coronavirus, please file for unemployment benefits ASAP.

## **Entrepreneurs**

- Now is the time to invent that great app that is just as fun as watching major league basketball or baseball!
- Now is not the time to profiteer from this emergency. District Attorney Summer Stephan's office is monitoring scams and price gauging! *Read more [here](#).*

## **Financial Assistance**

- If you need financial assistance, please reach out first to your local service providers: Cox, SDG&E, etc. Many utility and service providers have indicated that they would like to help constituents who may have a tough time making ends meet during this pandemic. Also reach out to your bank, landlord, insurance companies and more if you anticipate a loss of income that could leave you or your family at risk.