

Student Resource Guide: Life Edition



Steps to Prevent the Spread of COVID-19



The [Centers for Disease Control and Prevention](#) has provided a list of steps to follow to care for yourself and provide protection to those in your home and community. You can also find additional resources for the community [here](#).

If you need money.



You can apply for \$500.00 from the [Cuyamaca College Cares Emergency Fund](#). Submit your [Emergency Funds Application](#) today. **All students can apply**; funds can be used for food, bills, technology, etc. Email Cuyamaca.Cares@gcccd.edu with questions.

If you are stressed.



Cuyamaca offers free [Personal Counseling](#) for all students. Students can call (619) 660-4200 and leave a message, or email HealthandWellness@gmail.com to schedule a session.

If you need food.



Find a local distribution site by calling 1-866-350-FOOD (3663) or go to SanDiegoFoodBank.org OR NorthCountyFood-Bank.org. **No documentation is needed.** You can also email Cuyamaca.Cares@gcccd.edu for information on local food resources and CalFresh.

If you are sick or are taking care of someone who is sick.



The Small Business Administration (SBA) Loans for Small Businesses - SBA's Economic Injury Disaster Loans offer up to \$2 million in assistance and can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing. For more information, visit the [SBA website](#).

If you or someone you know has a small business.



Email Cuyamaca.Cares@gcccd.edu for information and housing referrals.

If you need a place to live.



If you cannot pay rent.

The Families First Coronavirus Response Act (starting April 1, 2020) provides paid time off for employees who are sick or are taking care of the sick. The Department of Labor [posted a questions and answers page](#); questions 7-14 and 16-31 relate to employees & discuss how much & for how long they will be paid, etc.

If you were laid off, furloughed, or fired because of COVID-19.



File for unemployment through the [Employment Development Department \(EDD\) Services](#) - EDD provides various support services to individuals affected by COVID-19 in California. This includes Disability Insurance, Unemployment Insurance, and Paid Family Leave.

If you need diapers.



Find a local distribution site here: sandiegofoodbank.org/programs/diaper-bank-program/
Make sure to call ahead.

The City of San Diego has extended their moratorium on evictions through September 30th.

The ban on evictions for San Diego residents can be found at: www.sdhc.org/evictionban