

# 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 emergency funding at the [Cuyamaca Cares website](#). Emergency funds will be awarded as they become available. When funds are not available, students will be placed on a waitlist. The emergency funds can be used for food, bills, technology, etc. Please contact [Cuyamaca.Cares@gcccd.edu](mailto:Cuyamaca.Cares@gcccd.edu) with any 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 [cuyamaca.healthandwellness@gmail.com](mailto:cuyamaca.healthandwellness@gmail.com) to schedule a session. In addition to the email, students can directly schedule their appointment with a personal counselor via [eSARS](#).

## 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](mailto: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 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.

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.



For information about housing resources, please access the Cuyamaca Cares housing website at:

<https://www.cuyamaca.edu/student-support/cuyamaca-cares/housing-assistance.php>

## If you need a place to live.



## If you cannot pay rent.

Access the San Diego resource page at:

<https://www.sdhc.org/housing-opportunities/help-with-your-rent/covid-19-rental-assistance/>

or

Email [Cuyamaca.Cares@gcccd.edu](mailto:Cuyamaca.Cares@gcccd.edu) for information and housing referrals.

## 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/](http://sandiegofoodbank.org/programs/diaper-bank-program/)  
Make sure to call ahead.