



April 2, 2020 – COVID-19 Update No. 14

**NIH** National Institute of Mental Health

## Coping with COVID-19

- Take breaks from the news** (Icon: TV with slash)
- Take care of your body** (Icon: Person meditating)
- Make time to unwind** (Icon: Person with dice)
- Connect with others** (Icon: Two people on a screen)
- Set goals and priorities** (Icon: Checklist)
- Focus on the facts** (Icon: Line graph)



### STATE AND NATIONAL GUIDANCE/EXECUTIVE ORDERS

Gov. Gavin Newsom today gave an update on the state’s response to the COVID-19 pandemic. (All daily news conferences are streamed live at noon on his [Twitter page](#) and the [California Governor Facebook page](#).) You can also [find more information here](#).

Among the highlights in today’s update:

- A [new website](#) that will match out-of-work Californians with critical jobs available statewide;
- [More support](#) for small businesses, including [\\$50 million in loan guarantees](#) for small businesses that may not be eligible for federal relief;
- More than 70,000 applications have been submitted to [California's Health Corps](#) initiative.

[You can watch the full update here](#). (Please note: the broadcast begins around the 7:05 mark.)

Gov. Newsom today also issued an executive order [protecting homeowners and small businesses from water shutoffs](#).

The governor on Wednesday [issued an executive order](#) that allows for the immediate use of funds to support the state’s continuing efforts to protect public health and respond to the COVID-19 crisis.

A coronavirus relief law gives [California state workers](#) with children up to 12 weeks of paid leave.

A record 6.65 million Americans [filed for unemployment benefits](#) last week, including nearly 879,000 Californians. The state’s Employment Development Department maintains [a list of resources](#) that people can receive while going through the unemployment process. La página también está disponible [en español](#).

The Trump administration is [moving towards new guidance](#) to recommend that most, if not all, Americans wear face coverings when leaving home.

The IRS said today many Americans will start seeing relief checks via direct deposit as soon as April 13. For those without direct deposit, checks could take several months to disperse. [Find more answers to common questions about economic impact payments here.](#)



### SYSTEM GUIDANCE

The Chancellor's Office is committed to providing accurate and timely information to staff, faculty, administrators and students during this challenging time. We encourage everyone to routinely check the [Chancellor's Office COVID-19 resource page](#), as it is updated daily with memos, recommendations and common questions/answers related to the pandemic and its impact on our system.



### CALIFORNIA STATE UNIVERSITY GUIDANCE

The California State University system has announced updated admission guidance for incoming transfer students and first-time freshmen. The system says all CSU campuses are prepared to be as flexible as possible when working with fall 2020 applicants on meeting admission requirements and selection. [Read the full announcement here.](#)



### UNIVERSITY OF CALIFORNIA GUIDANCE

University of California President Janet Napolitano and the 10 UC chancellors sent [this letter](#) to provide assurances to UC employees during this unprecedented time.



### ONLINE INSTRUCTION

Our partners at SDSU, Dr. Frank Harris III and Dr. Luke Wood, are hosting another webinar: Equity-Minded Student Services in the Online Environment. The webinar will focus on equity-minded student services strategies and practices that can be employed by community college professionals in the online environment, and is a wonderful way to support the *Vision for Success*. The webinar is Thursday, April 9, at 10:00 a.m. [Register at this link.](#)

The California Virtual Campus-Online Education Initiative has developed an [Emergency Preparedness Resources](#) web site for assistance converting in-person classes to online. Several webinars are scheduled to help during this transition. *(Please note: Recordings will be posted afterward for people who are unable to attend).*



### RESOURCES

Calbright College is offering free mutual aid support for rural colleges with immediate need for mental health services and laptop / Wi-Fi devices. To keep inventory available, rural colleges have been prioritized at this time. Please contact [tamika@calbright.org](mailto:tamika@calbright.org) if your college has an immediate need and you would like to learn more about what's being offered.

Cal OES, the Governor's Office of Emergency Services, has a [COVID-19 Recovery page](#) that provides guidance on how to submit requests for public assistance and application documents. Organizations can now go directly to the Grants Portal website, create an organization profile and submit a Request for Public Assistance.

College practitioners can find COVID-19 resources, information, and community within the [Vision Resource Center](#). Create an account or log in. Under the "Connect" menu, visit "All Communities" and look for the "CCC | COVID-19 Resources, Tools and Discussion" section. Click "Join Community" to access the content within.

For online instruction support requests, please contact [CVC-OEI](#).



### STUDENT SUPPORTS

The College Futures Foundation and the Mission Asset Fund has created the California College Student Emergency Support Fund to provide one-time \$500 hardship grants to students in need. If approved, students can receive funds electronically within 72 hours.

To be eligible for the California College Student Emergency Support Fund, students must:

- Be currently enrolled full-time (12+ units) as an undergraduate at a California Community College, California State University, or University of California campus.
- Have earned at least 24 semester units or 36 quarter units (i.e., one academic year of coursework).
- Be low-income, with a maximum Estimated Family Contribution (EFC) of \$5,576 (equivalent to eligibility for Pell Grant) or eligible for a California College Promise Grant Fee Waiver (formerly known as the BOG fee waiver). [Students can apply for a grant online.](#)

[CVC-OEI has a full page of resources dedicated to helping students transition to online learning.](#) Resources include a number of videos on how to prepare for and succeed in a virtual classroom, as well an overview of Canvas. The page also details the companies offering free or low-cost internet access across the state.

If you or someone you know is struggling with mental health or suicidal thoughts, please call the National Suicide Prevention Lifeline at [800-273-8255](tel:800-273-8255) or text the Crisis Text Line at [741741](tel:741741).



#### HOW TO HELP

Philanthropic and corporate partners, as well as those looking to make a major gift or grant, are encouraged to contact the [Foundation for California Community Colleges](#). Individual donations are also being accepted through the Foundation and will be deployed to individual colleges supporting students impacted by lost wages, campus closures and the transition to distance education caused by COVID-19. [Check here for more details on how to give now.](#)

Food banks across the state are in need of help now more than ever. Please consider volunteering your time, donating supplies or providing financial support. The [California Volunteers website](#) has a list of nonprofit organizations and food banks across California so you can find one in your area.

The COVID-19 pandemic has led to a severe blood shortage across the country. If you're able to donate, please visit the [American Red Cross](#) or your local blood bank to schedule a donation.



#### OTHER INFORMATION

California is providing a path to health insurance for millions of residents. Effective immediately, anyone uninsured and eligible to enroll in health care coverage through Covered California can sign up through the end of June. [Find more information here.](#)

Californians can now track the number of COVID-19 cases by county. [The dashboard](#) provides a localized look at cases and deaths in your area, as well as risk assessments.

Many of us have increased anxiety during this uncertain time. A UC Berkeley psychology professor offers some [important information](#) on how to rein in our worrying.

"I wouldn't go in the water if you paid me \$1 million right now." So says a chemist at the Scripps Institution of Oceanography, who explains why the beach is one of the most dangerous places to be right now. [Read the full article here.](#)

#### TIP OF THE DAY

To help with communications related to COVID-19, The Associated Press has prepared a guide based on the AP Stylebook and common usage. [Find the helpful guide here.](#)

*Did you get this from someone else? [Sign up to receive the daily COVID-19 Special Update](#) under 'Subscribe and Connect.'*



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