The San Bernardino Valley College MakerSpace recently made and donated 400 3D masks to frontline health care workers at Arrowhead Regional Medical Center. Pictured above are Arrowhead Regional Medical Center CEO William Gilbert, San Bernardino Community College District Workforce Development Director Deanna Krehbiel, ARMC Dr. Rodney Borger, SBCCD 3D printing staff member Juan Zavala, SBCCD Trustee Anne Viricel, Assemblymember Eloise Gomez Reyes, SBCCD Trustee Frank Reyes, Senator Connie Leyva and SBCCD Workforce Development Manager Tim Vasquez. (Erick Zambrano/SBCCD)

The COVID-19 Special Update publishes on Monday, Wednesday and Friday.

STATE AND NATIONAL GUIDANCE/EXECUTIVE ORDERS/NEWS

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

Among the headlines from today’s update:

- Speaking from Stockton, Gov. Newsom announced the Central Valley, which has been disproportionately impacted by the coronavirus, will get extra financial help to fight the surge in cases. A $52 million federal grant will help provide more testing and give area hospitals more support. Some of the eight counties in the Central Valley are seeing COVID-19 positivity rates as high as 17%.

- Gov. Newsom also announced the creation of a Central Valley task force. Nearly 200 teams made up of social services, CalOSHA, community-based organizations and state health officials will be deployed to help businesses, hospitals and communities reduce transmission rates.

- California now has 460,550 confirmed cases of COVID-19, resulting in 8,445 deaths, up 0.3% from Saturday.

- The state has completed nearly 7.3 million tests; the rate of positive tests over the last 14 days is 7.5%.

You can watch the full update here. (Please note: the update begins around the 9:20 mark.)

Protestors today chained themselves to Gov. Newsom’s home, calling on him to release prison inmates and stop inmate transfers amid the pandemic.

The California Legislature is back in session today, with a focus on COVID-19 recovery, unemployment, housing and police brutality. When asked during his update if a special session would happen, Gov. Newsom said one would be considered as needed.

Senate Republicans today unveiled the HEALS Act, a new coronavirus aid package that includes another round of stimulus checks, more money for schools and additional help for businesses, but would change the expiring $600
The Governor’s Office recently launched its “Wear A Mask” campaign in an effort to promote public awareness about the importance of wearing protective masks to prevent the spread of COVID-19. The California Community Colleges Chancellor’s Office recognizes the importance of getting this information to students and families and has partnered with the Governor’s Office to create co-branded creative assets that can be used to help spread the word. A Zoom background (and instructions on co-branding), website buttons, social media graphics and digital banners are now available in the Vision Resource Center.

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**WEBINARS/ONLINE CONVERSATIONS**

The [A2MEND Organization](http://a2 mend.org) will moderate a nationwide discussion across racial lines to discuss anti-blackness and its various impacts on US society. New York Times- Best Selling Authors and renowned scholars [Dr. Ibram X. Kendi](https://www.ibramkendi.com) ([How to be an Anti-Racist]), [Tim Wise](https://www.timwise.org) ([Dear White America]) and [Dr. Marc Lamont Hill](https://lamonthill.org) ([The Classroom and the Cell]) will present on challenges and solutions to equip educators with the knowledge to ensure that Black lives matter more than their respective campuses. The webinar is Saturday, August 1 from 11:00 a.m. – 12:30 p.m. The cost is $75. [Register at this link](https://a2 mend.org).

**STUDENT SUPPORTS**

With new COVID-19 measures, it’s now easier than ever for eligible California community college students to sign up and receive money every month to help buy groceries. The average eligible student receives $150 each month and it only takes a couple of minutes to apply. Call 1-877-847-3663 (FOOD) or [click here](https://studentsupports.ca.gov/apply) to fill out an application.

We know students are looking for extra support during this trying time. We have compiled a list of mental health support services available to students and we’ll continue to share them on a daily basis.

- If students have Medicaid and are in need of mental health services, they can call the number on their health plan membership card, or call their local county mental health line. For help finding what services are covered, call the [Medi-Cal Managed Care and Mental Health Office of the Ombudsman](https://www.omeODO.ca.gov) at 888-452-8609 Monday through Friday from 8:00 a.m. – 5:00 p.m.
- If you are concerned about a family in need of food or assistance, or you need resources yourself, call [211](https://211la.org), contact your local non-profit [Family Resource Center](https://www.familyresourcecenter.org), or apply for public benefits, which may include health care, cash aid, and food and nutrition assistance, through your county’s [Social Services or Health and Human Services department](https://sos.ca.gov).
- Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty and staff are available on the [California Community Colleges Health & Wellness website](https://www.cchigher.org). Specific COVID-19 resources are available on the home page.
- [Wellness Central](https://www.calbears.edu/) is a free online health and wellness resource that is available 24/7 in your space at your pace.
- [Each Mind Matters](https://www.eacmeast.org) offers resources, tools and activation kits for mental health.
- The [California Youth Crisis line](https://www.211la.org) runs 24 hours a day, seven days a week: 800-843-5200. The [National Suicide Prevention Lifeline](https://www.suicidepreventionlifeline.org) provides confidential assistance to anyone in crisis and their loved ones through a live chat and free 24-hour hotline at 800-273-8255. You can also text COURAGE to the Crisis Text Line at 741741.
- Our LGBTQ+ students can also contact the Trevor Project by calling 1-866-488-7386 or text START to 678678 for 24/7 information. The Lesbian, Gay, Bisexual and Transgender National Hotline is available from 1:00 – 9:00 p.m. at 1-800-273-8255. Or call or text the Victims of Crime Resource Center at 1-800-842-8467 for help.

**ITEMS OF INTEREST**

California was once a model of prevention as we bent the so-called COVID-19 curve. Now the state is desperate for [signs of turnaround](https://www.latimes.com/california/story/2020-07-28/california-reopens) after stunning coronavirus setbacks.

weekly federal unemployment bonus. As Congress and the White House continue to [battle over the details](https://www.latimes.com/california/story/2020-07-28/california-reopens), analysts say the economy needs help now.

The biggest test yet of an [experimental COVID-19 vaccine](https://www.latimes.com/california/story/2020-07-28/california-reopens) today got underway. It will likely be months before results begin to come in, but a [vaccine expert](https://www.latimes.com/california/story/2020-07-28/california-reopens) weighs in on whether a vaccine could help return life to normal.

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Sales of hand sanitizer and antibacterial wipes have skyrocketed since the start of the pandemic, though as we’re learning more about the virus, experts say the focus on those things might be misdirected. Here’s why you can probably stop scrubbing your mail.

**HOW TO HELP**
The Foundation for California Community Colleges, in partnership with the California Community Colleges, has launched an effort to provide emergency aid, technology, connectivity and other essential supports to students. [Click here for more on ways to support students through this campaign.](#)

**TIP OF THE DAY**
With many indoor fitness centers closing down, you may be looking for other ways to get a workout in. If you’re in search of a way to break a sweat from where you are, check out [Yoga with Adriene](#) on YouTube for yoga at all levels, ages and time commitments.

**More Tips of the Day**

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