



**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 \$250.00 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](mailto:Cuyamaca.Cares@gcccd.edu) with questions.



**If you are stressed**, Cuyamaca offers free personal counseling for all students. Students can call (619) 660-4200 or email [CuyamacaHealthandWellness@gmail.com](mailto:CuyamacaHealthandWellness@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](http://SanDiegoFoodBank.org) OR [NorthCountyFoodBank.org](http://NorthCountyFoodBank.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 need diapers**, find a [local distribution site](#). Make sure to call ahead.



**If you need a place to live**, email [Cuyamaca.Cares@gcccd.edu](mailto:Cuyamaca.Cares@gcccd.edu) for information and housing referrals.

**If you cannot pay rent**, you can stay in your rental until May 31, 2020. [Governor Newsom issued an executive order](#) (effective March 27, 2020) banning evictions for renters in California affected by COVID-19 through May 31, 2020. Landlords cannot evict tenants for nonpayment of rent but **tenants must declare in writing, no more than seven days after the rent comes due, that the tenant cannot pay all or part of their rent due to COVID-19.** Tenants will still have to repay the full rent and could still face eviction after the ban is lifted.



**If you were laid off, furloughed, or fired because of COVID-19 you can file for unemployment** through the [Employment Development Department \(EDD\) Services](#) - EDD provides a variety of support services to individuals affected by COVID-19 in California. This includes Disability Insurance, Unemployment Insurance, and Paid Family Leave.



**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 who 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 and discuss how much and for how long they will be paid, etc.



**If you or someone you know has a small business**, 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](#).



**Tax Day Changed to July 15** - You now have an additional three months to file and pay your federal and California state taxes. For questions about federal taxes, visit the [Internal Revenue Service](#) website.