



EL CERRITO COMMUNITY NEWSLETTER

Volume Fourteen: Number 4 April 2020



El Cerrito Community Council Meeting

APRIL 16TH MEETING

7:00 – 8:30 PM

**VIA ZOOM WITH
CITY COUNCIL PRESIDENT
GEORGETTE GOMEZ AND
COMMUNITY RELATIONS
OFFICER TERRY HOSKINS**

7:00 – 8:30 PM

This month the ECCC meeting will take place via Zoom. This platform will allow all interested community members to ask our District 9 Representative and City Council President, Georgette Gomez, and San Diego Police Community Relations Officer, Terry Hoskins, any questions you have.

There are many options to join in the meeting, including by phone and Skype. The meeting portal will be open at 6:30 so you can make sure you can log-in in advance.

You may join the meeting via your computer by clicking on the link "join Zoom Meeting" or cutting and pasting the link into a new browser window. You may also join by telephone by dialing in on the phone (not these are not toll-free numbers).

The meeting ID for joining the meeting is the same for all methods: **729 371 5780**.

If joining by phone you will add "#" at the end of the number **7293715780#**.

Join Zoom Meeting videoconference

- <https://nu.zoom.us/j/7293715780>

Meeting ID: 729 371 5780

- One tap mobile
- +16699006833,,7293715780# US (San Jose)
- +13462487799,,7293715780# US (Houston)

Join by Phone - Dial by your location

- **+1 669 900 6833 US (San Jose) - CLOSEST for El Cerrito**
- +1 346 248 7799 US (Houston)
- +1 253 215 8782 US
- +1 301 715 8592 US
- +1 312 626 6799 US (Chicago)
- +1 646 558 8656 US (New York)
- Meeting ID: 729 371 5780
- Find your local number:
<https://nu.zoom.us/u/acAmJfJqFA>

Join by SIP Phone System

- 7293715780@zoomcrc.com

Join by H.323 videoconference

- 162.255.37.11 (US West)
- 162.255.36.11 (US East)
- 221.122.88.195 (China)
- 115.114.131.7 (India Mumbai)
- 115.114.115.7 (India Hyderabad)
- 213.19.144.110 (EMEA)
- 103.122.166.55 (Australia)
- 209.9.211.110 (Hong Kong)
- 64.211.144.160 (Brazil)
- 69.174.57.160 (Canada)
- 207.226.132.110 (Japan)
- Meeting ID: 729 371 5780

Join by Skype for Business videoconference

- <https://nu.zoom.us/skype/7293715780>

If you know what questions you have now, please email them to

<http://www.elcerritocommunitycouncil.org>

We will send questions we received in advance to Georgette and Terry and will also take emailed questions during the meeting. So far we have the following questions for them:

1. What is the current status of the City's isolation.
2. Please provide an update on the capital improvement projects - specifically the repaving of roads in el Cerrito that submitted on our behalf.

3. What is being done to ensure neighborhood safety.
4. How has the quarantine affected the crime rate and what can we do to be as safe as possible.
5. What can we do to help you better do your job.
6. What is your best idea as to when isolation will end.

CDC INFORMATION

The U.S. Centers for Disease Control and Prevention (CDC) is emphasizing that while the current COVID-19 poses a potentially serious public health threat, the risk to individuals is dependent on exposure.

The most common symptoms include:

- Fever
- Cough or shortness of breath
- Headache

COVID-19 is most likely spread from droplets from coughing and sneezing, and symptoms may appear in as few as two days, or as long as 14 days, after exposure.

There is currently no specific treatment for COVID-19, however, most people with this infection will recover on their own. For patients who are more severely ill, hospitals can provide supportive care.

Since COVID-19 affects the lungs, it has been found that when lying down it is best to lay on your stomach to take as much pressure off the lungs as possible.

If you think you may have been exposed to COVID-19, contact your health care provider immediately.

IT'S A GOOD IDEA TO COVER YOUR MOUTH AND NOSE - PAY ATTENTION TO SOCIAL DISTANCING

It is recommended that you cover your nose and mouth with face masks, scarves or other covering while in public.

San Diego County health officials are requiring employees who interact with the public to cover their faces to help prevent the spread of the coronavirus.

Currently all employees at grocery stores, pharmacies/drug stores, convenience stores and gas stations are required to wear a cloth covering their face at work if they come into contact with the public as part of their job.

Parking lots at beaches and all public parks are closed. Activities in the parks will be restricted to passive recreation, meaning no basketball or similar sports that have physical contact.

Rule #1 - Stay home if you are sick.

KEEP CURRENT WITH REPORTED COVID-19 CASES

There is an interactive map available that shows the number of reports cases of COVID-19 by Zip Code at <https://www.10news.com/interactive-map-confirmed-coronavirus-cases-in-san-diego-county>.

By using the following link you can see Zip Code boundaries:

<https://california.hometownlocator.com/zip-codes/map,zipcode,92115.cfm>

El Cerrito's Zip Code is 92115, which has a population of approximately 65,855 – map is below. In the 92115 Zip Code as of April 10, 20 there are 36 reported cases of COVID-19 and countywide there are 1,693 cases of COVID-19, 44 deaths. The San Diego County population is approximately 3,600,000.

Map of 92115 Zip Code



STAYING PHYSICALLY ACTIVE DURING SELF-ISOLATION

150 minutes of moderate or 75 minutes of vigorous exercise each week. That is 22 moderate and 11 vigorous minutes each day.

Muscle-strengthening exercises two or more days per week. Start doing push-ups, sit-ups, and planks for building strength.

Sit less! Take breaks from continuously sitting every 20-30 minutes - take a short walk around the house.

Take Walks. Get outside with house members. Take long walks with kids, pets and family members and get to know your neighborhood better.

Alternate between sitting and standing when working at a desk by creating a standing desk area.

Climb stairs – You can improve your fitness by climbing stairs. Three 20-second fast stair-climbs each day can improve fitness in only 6 weeks.

Turn up the volume and dance. Dancing is an excellent aerobic exercise helps protect the heart and maintains fitness.

WAYS TO HELP OTHERS DURING COVID-19

We know many of our El Cerrito community members are wondering how they can help others right now, so here are a few ideas. Not only great for others, but good for your heart too:

1. Check on your neighbors. Contact your neighbors, especially elderly neighbors, to make sure they are okay and do not need anything. Help supply each other's needs. We are trying to not go out much, so someone might be short on certain items – toilet paper, paper towels, flour, cleansers, etc. If you feel safe, you can visit through screen doors. If not, make a porch drop off so there is no contact.
2. Give blood. The San Diego Blood Bank reports that their blood supplies are critically low. All healthy, eligible individuals are encouraged to schedule a blood or platelet donation. Donating blood is a safe process and people should not hesitate to give or receive blood. The need for blood is constant, and volunteer donors are the only source of blood for those in need of transfusions.
3. Explore ways to connect and volunteer. Nonprofits are working to continue to run their programs and may need extra help.
4. Donate food and money. If you are able to without shorting your own stock, donate food items to groups and churches that are helping supply food to more people right now or make money donations.
5. Take care of yourself and your family! Make sure your family's needs are covered. Reach out for help if you need anything. You can only help others when your household is healthy and its needs are covered.

HELPFUL SAN DIEGO WEBSITES AND PHONE NUMBERS

2-1-1 COVID-19 INFORMATION & RESOURCES

2-1-1 San Diego, in partnership with the County of San Diego Health and Human Services Agency's Public Health Services department, is actively responding to the Coronavirus (COVID-19) outbreak. <https://211sandiego.org/resources/health-wellness/>



PublicHealth COVID-19 – STATEWIDE INFORMATION

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

CORONAVIRUS IN SAN DIEGO COUNTY

https://www.sandiegocounty.gov/content/sdc/hhsa/prgrams/phs/community_epidemiology/dc/2019-nCoV/status.html



THE SAN DIEGO FOOD BANK PROGRAMS
<https://sandiegofoodbank.org/response/>

SAN DIEGO HOUSING COMMISSION - HELP FOR SDHC RESIDENTS AND SDHC RENTAL ASSISTANCE PARTICIPANTS
<https://www.sdhc.org/about-us/coronavirus-covid-19/>

CITY COUNCIL, District 9 Council Member
Georgette Gomez619-236-6699
georgettegomez@sandiego.gov
El Cerrito Representative – Christopher Vallejo

SAN DIEGO POLICE
Non-Emergency - 619-531-2000
EMERGENCY – 911

POLICE COMMUNITY RELATIONS
Mid-City Division Officer - Terry Hoskins
THoskins@pd.sandiego.gov
Desk Phone. . . .619-516-3091
(Non-Emergency)619-516-3000

Eastern Division Officer - John Steffen
jmsteffen@pd.sandiego.gov
Desk Phone. . . . 858-495-7971
(Non-Emergency). . . . 858-495-7900
Abandoned Vehicles. . . .858-495-7556

Balboa Park Information619-239-0512
Beach & Bay Advisory619-239-0512
Construction/Building Permits619-446-5000
Buses/MTS Access619-233-3004
City Council Docket Info 619-533-4000
Crimestoppers888-580-8477
Curb Maintenance619-527-7500
Dead Animal Removal (City Property). . . .858-694-7000
Dog License619-767-2675
Feral Cat Coalition619-758-9194
Spay/Neuter. . . . 619-544-1222
Fire Station Headquarters619-533-4300

GRAFFITI REMOVAL
Graffiti Hotline. . . .619-525-8522
Urban Corps Graffiti Hotline800-829-6884
Graffiti Reporting (Strike Force). . . .619-531-2948
Officer Lori Black-lablack@pd.sandiego.gov
Cal Trans. . . . 858-467-4042
City Traffic Signs619-525-8522 or 619-527-7500
Traffic Signal Control Boxes619-527-7500

Humane Society619-299-7012
I Love A Clean SD619-291-0103
Illegal Dumping & Litter. . . . 858-694-7000
Library619-236-5800
Park and Recreation. . . . 619-525-8213
Pot Hole Hotline 619-527-7500
Public Transit, www.sdcommute.com . . 619-233-3004
Recycling Hotline 800-237-2583

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PLEASE HELP US KEEP PRINTING THE NEWSLETTER THROUGH YOUR DONATIONS

I/we donate \$ to the printing of the El Cerrito Community Council Newsletter.

Name(s) or Company Name (if corporate sponsor):

Address: _____ Phone #(s): _____

_____ DO _____ DO NOT print our name(s) in the newsletter.

Send donation to: ECCC, P.O. Box 151268 ♦ San Diego, CA 92175-1268

OR

Go to elcerritocommunitycouncil.org and use our PayPal account