

— U.S. Congressman  
**Juan Vargas**

# COVID-19

## INFORMATION & RESOURCES

*UPDATED: 3/26/2020*

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## INFORMATION & RESOURCES

# COVID-19

Congress is working with you in mind.

### **We are working for the people.**

For families, for workers and small businesses affected by this unprecedented pandemic.

During this unique time, it's important for all of us to closely follow the advice of health experts about the steps we must take to prevent spreading this disease to others. We must all do our part to protect ourselves and our loved ones.

I will continue fighting to ensure our government is taking all the necessary steps to protect our community.

It is important to have accurate and up-to-date information to reduce risk. I want to provide you with the latest information and resources so you can stay prepared.

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## SERVING YOU

Like many businesses, schools, and organizations — my office has instituted a telecommuting policy to protect public health and slow the spread of COVID-19.

While our office is not open for in person meetings, we are fully operational, and here to assist you with federal agencies, answer questions and concerns, and are performing all essential legislative functions.

Should you have questions or comments, please contact our district office at (619) 422-5963.

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# PUBLIC HEALTH INFORMATION

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**All information below is pulled from credible COVID-19 resources:**

[Live Updates and Guidance Measures Recommended by the CDC](#)

[How to Protect Yourself](#)

[If You Think You Are Sick](#)

[COVID-19 Response in California](#)

## **UPDATED COVID-19** **NATIONWIDE STATISTICS**

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### **COVID-19 SYMPTOMS:**

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed COVID-19 cases.

These symptoms may appear 2-14 days after exposure (based on the known information about the incubation period of MERS-CoV viruses).

- Fever
- Cough
- Shortness of breath

More information [here](#).

# PUBLIC HEALTH INFORMATION

## CALIFORNIA'S STAY-AT-HOME ORDER:

The California State Public Health Officer and Director of the California Department of Public Health is ordering all individuals living in the State of California to stay home or at their place of residence, except as needed to maintain continuity of operation of the federal critical infrastructure sectors.

Essential services will remain open, such as:

- Gas stations
- Pharmacies
- Food: Grocery stores, farmers markets, food banks, convenience stores, take-out and delivery restaurants
- Banks
- Laundromats/laundry services

Essential state and local government functions will also remain open, **including law enforcement** and offices that provide government programs and services.

What's closed?

- Dine-in restaurants
- Bars and nightclubs
- Entertainment venues
- Gyms and fitness studios
- Public events and gatherings
- Convention Centers
- Hair and nail salons
- Retail Shops

Need more information? [Click here.](#)

## HOW TO CARE FOR SOMEONE AT HOME:

This guidance has information on how to best assist if you are caring for someone at home, how to monitor for emergency signs, prevent the spread of germs, treat symptoms, and carefully consider when to end home isolation. The information can be found [here](#).

# RESOURCES

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## GENERAL RESOURCES

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### TAX DEADLINES:

Federal: Tax day has been postponed to July 15th.

State: Tax day has been postponed to July 15th.

### RENT DEADLINES AND EVICTIONS:

Governor Newsom has [issued an executive order](#) that authorizes local governments to halt evictions for renters, landlords, and homeowners, slows foreclosures, and protects against utility shutoffs for Californians affected by COVID-19.

For more information about how this may impact you, you may wish to contact your respective city representative.

### DOMESTIC VIOLENCE RESOURCES:

The [National Domestic Violence hotline](#) is open 24/7. They also offer a chat option. All chats and calls are completely confidential. Call 1-800-799-SAFE (7233).

# RESOURCES

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## TRAVEL RESOURCES

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### DOMESTIC TRAVEL RESTRICTIONS:

There are currently no domestic travel restrictions or advisories in place. However, several states are enforcing “stay at home” restrictions. The [CDC recommends](#) that travelers at higher risk for COVID-19 complications avoid all cruise travel and nonessential air travel.

### INTERNATIONAL TRAVEL RESTRICTIONS:

The State Department is advising Americans to avoid all international travel at this time. In countries where commercial departure options remain available, Americans seeking to return home should make immediate arrangements to do so, unless they are prepared to remain abroad for an indefinite period. For more information on the State Department’s worldwide “Level 4” travel advisory, please click [here](#).

The State Department has created a 24-hour public hotline for Americans abroad who are impacted by the COVID-19 crisis. For callers in the U.S. and Canada, the number is 888-407-4747. For those dialing from overseas, the number is 202-501-4444. Travelers are also strongly encouraged to enroll in the [State Department’s Smart Traveler Enrollment Program \(STEP\)](#) to receive alerts and make it easier to locate them in an emergency.

[CDC Materials for Incoming Travelers from High-Risk Countries](#)

[State Department Capabilities in a Crisis](#)

[Country-Specific Information/Health Alerts](#)

[Embassy-Specific COVID-19 Information](#)

[Reducing Stigma](#)

[CDC’s Travel Website](#)

## TEMPORARY TRAVEL RESTRICTIONS BETWEEN THE UNITED STATES AND MEXICO

Temporary travel restrictions applicable to land ports of entry and ferries service between the United States and Mexico and went into effect Saturday, March 21st at 12:01 AM. These restrictions will temporarily prohibit non-essential travel between both countries. The restrictions will be limited to essential travel including individuals traveling for medical, educational, military or business purposes. [More details can be found here.](#)

# RESOURCES

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## SMALL BUSINESS RESOURCES

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**Small businesses are the backbone of our economy and community.**

Congress worked on securing more than \$375 Billion in Small Business Relief: The Families & Workers-First Coronavirus Legislation provides more than \$375 billion in small business relief, including \$349 billion for forgivable loans to small businesses to pay their employees and keep them on the payroll; \$17 billion for debt relief for current and new SBA borrowers; and \$10 billion in immediate disaster grants.

[Small Business Administration](#)  
[Congressional Committee on Small Business](#)  
[San Diego & Imperial Small Business Development Center Network](#)

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## CURRENT CALIFORNIA BUSINESS CLOSURES:

All businesses, [except those on this list](#), must close. You may contact the [State](#) with additional questions.

## ADDITIONAL SMALL BUSINESS RESOURCES:

The Office of the Governor of California has compiled several resources to assist Small Business owners. [Click here](#) to access.



# RESOURCES

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## WORKER RESOURCES

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Congress must support CA-51 families by providing full salary and wage benefits for up to six months. That includes ALL workers — hourly, salary, gig, and commission-based. Congress is working to pass a nearly \$2 trillion relief package to assist Americans through a combination of direct assistance and strengthened social safety net programs.

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### PAID SICK LEAVE:

I voted to pass the bipartisan Families First Coronavirus Response Act, which guarantees two weeks of paid sick leave and up to three months of paid family and medical leave for many American workers. An FAQ from the Department of Labor on these provisions can be found [here](#).

### ENHANCED UNEMPLOYMENT INSURANCE:

Congress has appropriated a massive increase in unemployment insurance benefits to match the average paycheck of laid-off or furloughed workers.

### FILING FOR UNEMPLOYMENT:

If you are unable to work, have been laid-off, or had your hours reduced due to COVID-19, you may be eligible for unemployment benefits. [Click here](#) for more California-specific information about what type of unemployment insurance you can file for. For individuals working outside of California, [click here](#).

# RESOURCES

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## STUDENT RESOURCES

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Students across California's 51st District are struggling. I've been working to ensure our school districts and universities receive emergency educational funding. Additionally, I am pushing for aggressive student loan relief.

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### STUDENT LOANS:

The Trump Administration announced that they [will freeze interest on all student loans](#).

If you are a borrower who has found themselves unable to make payments on their student loans due to the crisis, please reach out to your loan provider and enter into an income-driven repayment plan. Many loan providers will also allow you to defer payments if you have lost your job or are dealing with other economic issues.

### ELIMINATED STUDENT LOAN REPAYMENT ASSISTANCE TAX:

Some individuals may be participating in their employers student loan assistance programs. The income tax on employer-driven student loan repayment assistance has been temporarily eliminated.

# RESOURCES

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## VETERAN RESOURCES

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Congress must ensure that school closures and layoffs due to the impact of COVID-19 does not affect the benefits our veterans earned through their service or exacerbate the issue of veterans' homelessness in our community. My office has stayed in regular contact with veterans and veterans' advocates in our district and is committed to providing veterans with the resources they need to make ends meet and continue their education.

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### U.S. DEPARTMENT OF VETERANS AFFAIRS:

The Veterans' Administration (VA) has implemented an aggressive public health response to protect and care for veterans in the face of the health risks presented by COVID-19.

For more information on the VA's preparations for COVID-19, [click here](#).

### GI BILL RECIPIENTS:

The House unanimously passed S. 3503, which would clarify that if student veterans are forced to change enrollment status from full-time to online/distance learning as a result of COVID-19, their GI Bill housing allowances will not be affected. President Trump signed this bill into law on March 21, 2020.

Further bipartisan efforts are underway to ensure that no student veteran will have their housing payments cut off, lose their work study income, exhaust their disaster housing stipend continuation payments, or lose their benefits due to a school closure in response to the COVID-19 public health emergency.

# CONGRESSIONAL ACTION

## PHASE ONE

The first bipartisan congressional package to address COVID-19 consisted of an \$8.3 billion emergency supplemental appropriations bill. It appropriated funds to develop and research a vaccine, fund public health programs, procure pharmaceuticals and medical supplies, facilitate the development of new therapies and treatments, and gave an estimated \$7 billion in low-interest loans to affected small businesses, to help cushion the economic blow of this public health emergency.

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## PHASE TWO

The second bipartisan congressional COVID-19 bill, the Families First Coronavirus Response Act, secured free COVID-19 testing and provided family and worker protections. The Families First Coronavirus Response Act (H.R. 6201):

- Established free testing for COVID-19 for all Americans.
- Secured emergency paid leave with two weeks of paid sick leave and up to three months of paid family and medical leave.
- Secured enhanced Unemployment Insurance, a step that will extend protections to furloughed workers.
- Strengthened nutrition security initiatives, including SNAP, student meals, seniors' nutrition, and food banks.
- Increased federal funds for Medicaid to support our local, state, tribal, and territorial governments and health systems, so that they have the resources necessary to combat this crisis.

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## PHASE THREE

The third bipartisan congressional COVID-19 funding bill is a nearly \$2.5 trillion stimulus package to help American families, businesses, and workers get back on their feet including:

- \$260 Billion in Dramatically Expanded Unemployment Benefits.
- Immediate Direct Cash Payments to Lower and Middle-Income Americans: Provides for immediate, direct cash payments to lower-and middle-income Americans of \$1,200 for each adult and \$500 for each child.
- More Than \$375 Billion in Small Business Relief.
- Approximately \$200 Billion for Our Hospitals, Health Care Workers, and Health Research including expanding funding for the personal protective equipment desperately needed by our health care workers.
- More Than \$100 Billion in Additional Emergency Appropriations.
- A \$150 Billion State and Local Coronavirus Relief Fund.

**Stay up to date with what I am doing in Congress and around the district!**

U.S. Congressman  
**Juan Vargas**  
Representing California's 51st District