

# COVID-19 RESPONSE

ISSUE #004.1

A response to Grossmont College's shift to remote/online learning in the wake of COVID-19, and our commitment to continue to serve and provide resources to our students.

## “Wear a mask when in public...”

The Center for Disease Control and California Governor Newsom, strongly recommend that individuals wear a mask when in public (for example: grocery stores, pharmacies) to reduce the spread of COVID-19.

See below for how to make (No Sew) masks:

**Source:** Diagram and instructions from Center for Disease Control Website

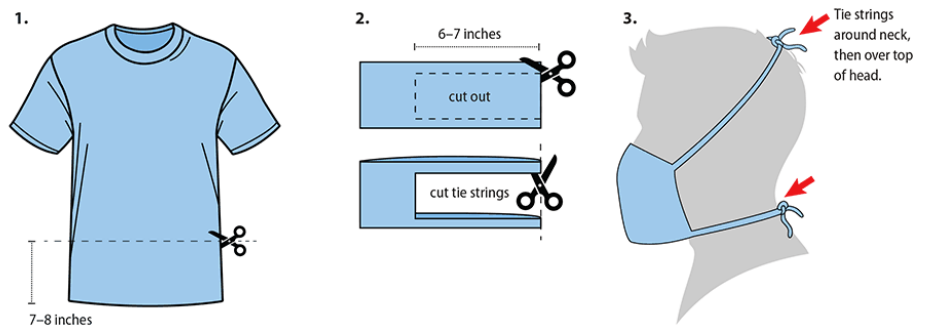
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

### Quick Cut T-shirt Face Covering

(no sew method)

**Materials:**

Old T-Shirt, Scissors



### Bandana Face Covering

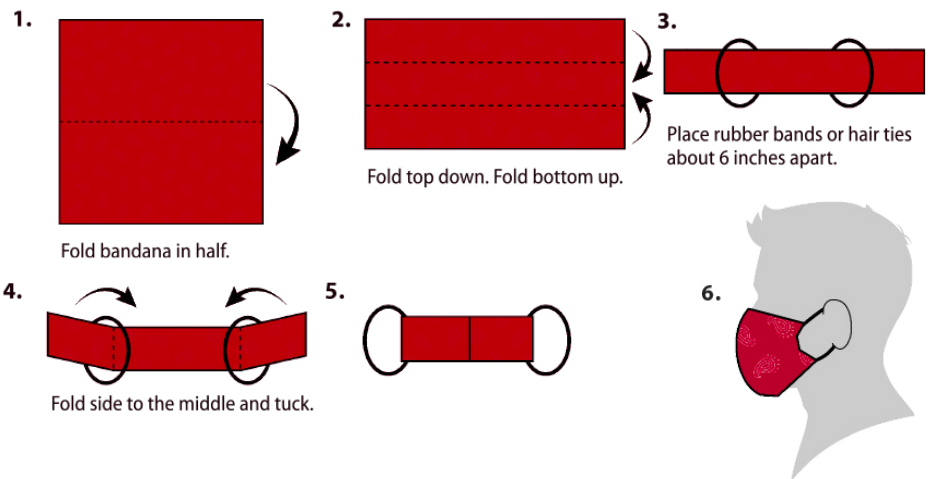
(no sew method)

**Materials:**

Bandana (or square cotton cloth approximately 20"x20")

Rubber bands (or hair ties)

Scissors (if you are cutting your own cloth)



### ResourceSpotlight

**211** <https://211sandiego.org/>

**What is 2-1-1:** An online database compiled of community (organizations) resources with the goal to help San Diegans efficiently access needed services.

**Accessibility:** It's accessible 24/7 via phone (just dial 2-1-1) or their website: <https://211sandiego.org/>

Phone service is confidential & available in 200+ languages.

**Features:** You can search COVID-19 specific resources related to food, health, housing & utilities, income & employment, and more!

**Website Languages:** English | Spanish | Arabic | Filipino | Persian | Chinese (simplified & traditional) | Vietnamese

### Editor's Note



**Haile Wright, ASW**  
**CalWORKs Counselor**

While things have been operating differently due to the campus' and nation's response to COVID-19, my commitment to supporting and counseling Grossmont College students remains unwavering.

Feel free to contact me [haile.wright@gccd.edu](mailto:haile.wright@gccd.edu) with questions, comments, or topics you would like to see in upcoming newsletters.