



U.S. CONGRESSMAN
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REPRESENTING THE 48TH DISTRICT OF CALIFORNIA

COVID-19 INFORMATION & RESOURCES

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INFORMATION & RESOURCES

COVID-19

As we all navigate uncharted waters — I wanted to share COVID-19 information, resources, and updates with you all. This document will be continuously updated to provide you with current federal, state, and local information.

Thousands of you have written, called, and emailed my office desperate for answers. You want to know how you can put food on the table when your job has laid you off. You want to know why our brave health care workers don't have access to personal protective medical equipment. You want to know what to do if you have COVID-19 symptoms. You want to know what resources are available for small businesses.

My office and I have been working around the clock to provide those answers and advocate for you, your families, and your businesses.

I hear you, and I am here to fight for and serve you.

I will continue doing everything I can, in Washington and Orange County, to help us survive and thrive. It's an honor to serve you.

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. We are fully operational, and are here to assist you with federal agencies, answer questions and concerns, and are performing all essential legislative functions.

[Click here](#) to contact my office.

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PUBLIC HEALTH INFORMATION

All information below is pulled from the following updated and credible coronavirus disease 2019 (COVID-19) resources:

[Centers for Disease Control](#)
[COVID-19 Response in California](#)
[OC Public Health Care Agency](#)

Information from additional sources is cited.

UPDATED COVID-19 CASE STATISTICS:

[Nationwide](#)
[Orange County-specific](#)

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

Anosmia, the loss of sense of smell, and ageusia, an accompanying diminished sense of taste, [have emerged as peculiar telltale signs of Covid-19](#)

WHAT TO DO IF YOU HAVE SYMPTOMS:

Call your doctor: If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your health care provider for medical advice, including whether you should be tested for COVID-19.

If you do not have a medical provider, you may wish to contact the Orange County Health Care Agency's referral hotline at 800-564-8448.



PUBLIC HEALTH INFORMATION

WHEN TO SEEK EMERGENCY MEDICAL CARE:

If you develop emergency warning signs for COVID-19 get medical attention (call 911) immediately. Emergency warning signs include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Please call ahead if you are experiencing COVID-19 symptoms so health care providers can properly prepare for your arrival.

HIGH-RISK GROUPS:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility
- Other high-risk conditions could include:
 - People with chronic lung disease or moderate to severe asthma
 - People who have serious heart conditions
 - People who are immunocompromised including cancer treatment
 - People of any age with severe obesity (body mass index [BMI] >40) or certain underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure, or liver disease might also be at risk
 - People who are pregnant should be monitored since they are known to be at risk with severe viral illness, however, to date data on COVID-19 has not shown increased risk

Many conditions can cause a person to be immunocompromised, including cancer treatment, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.

COPING DURING COVID-19 — MENTAL HEALTH RESOURCES:

COVID-19, and the accompanying physical and financial worries, can cause considerable amounts of stress. [Click here](#) for resources on how to cope. Orange County has [mental health resources](#), including a phone help line. Call 1(855) OC-LINKS.



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

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](#).

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

GENERAL RESOURCES

TAX DEADLINES:

Federal: [Tax day has been postponed to July 15th](#).

State: [Tax day has been postponed to July 15th](#).

Local: Orange County property taxes **are still due on April 10th**. I [have written](#) to the Orange County Board of Supervisors to request consideration of waiving all late fees.

AVOIDING COVID-19 SCAMS:

Scammers are taking advantage of fears surrounding COVID-19. [Click here](#) to protect and educate yourself about scams. You can call Orange County's COVID-19 scam hotline at 714-834-3482. Our senior community is particularly at risk for scam calls and emails.

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. I have written to the Orange County Board of Supervisors not to enforce evictions, and have not received a response. For more information about how this may impact you, you may wish to contact your city council.

ASSISTANCE (FOOD, SUPPLIES, ETC.):

[Click here](#) for Orange County specific resources.

DIRECT CASH PAYMENTS:

The Internal Revenue Service (IRS) will work to deliver rebates quickly in the form of advance payments. For people who filed a federal income tax return in 2018 or 2019, payment processing will be based on payment or address information already on file with the IRS. Electronic distributions will be automatic to an account the payee authorized January 1, 2018 or later. Taxpayers must have Social Security Numbers for themselves and their qualifying children in order to receive rebates. [Click here](#) for additional information.



RESOURCES

TRAVEL RESOURCES

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](#).

- A number of countries have suspended all international air travel, and more may follow suit. We are in regular contact with the State Department and are working around the clock to ensure Americans in those countries can return home safely.
- 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](#)



RESOURCES

SMALL BUSINESS RESOURCES

Small businesses are the backbone of our economy and community. Congress is working to secure \$375 billion in emergency assistance for small businesses struggling to stay open. See below for additional information and resources.

All information, unless cited, are pulled from the following updated COVID-19 resources:

[Small Business Administration](#)
[Small Business Administration Orange County + Inland Empire Office](#)
[Congressional Committee on Small Business](#)

CURRENT CALIFORNIA BUSINESS CLOSURES:

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

SMALL BUSINESS ADMINISTRATION GUIDANCE:

The following guidance is from Small Business Administration:

- It is crucial to find out what your options are in preparation for business closures over the next 30, 60, 90 days
 - Have a conversation with your landlord- if your store is brick and mortar- to see what your options are?
 - “Can I defer lease payments to another period in time?”
 - Call your insurance company to see if you have “Business Interruption Insurance” that will cover your:
 - Lease/rent payments
 - Payroll
 - Inventory
 - If you have an existing loan, talk to your lender to request a deferment of payment.
 - Most lenders are deferring payments for 30-90 days.
 - Small Business Administration Loans are being granted an automatic 6-month deferment period.



RESOURCES

SMALL BUSINESS RESOURCES

SMALL BUSINESS ADMINISTRATION DISASTER LOAN ASSISTANCE:

Orange County small businesses are eligible for working capital loans up to \$2 million to help overcome temporary loss of revenue. To apply for a SBA Disaster Loan, [click here](#):

*Note: my office is not able to file an application on your behalf *

LOCAL SMALL BUSINESS ADMINISTRATION CONTACTS:

If you have questions for the SBA, [click here](#) or call our local Orange County/Inland empire office at 714- 550-7420.

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

WORKER RESOURCES

Congress must support Orange County 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.

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:

Through July 31, 2020, the federal government would provide a temporary Federal Pandemic Unemployment Compensation (FPUC) of \$600 a week for any worker eligible for state or federal unemployment compensation (UC) benefits. The FPUC would be paid in addition to and at the same time (but not necessarily in the same check) as regular state or federal UC benefits. [Click here](#) for additional information.

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 folks working outside of California, [click here](#).



RESOURCES

HEALTH CARE PROVIDER RESOURCES

I spoke with administrators from our local hospitals and health systems who are exceptionally concerned about the lack of personal protective equipment, or PPE, for their doctors and nurses on the front lines of this crisis.

Health care providers are heroes. We cannot afford for them to get sick -- they need comprehensive PPE to keep themselves, their family, and the public healthy. The President must invoke the Defense Production Act to begin mass production of PPE and ventilators.

ORANGE COUNTY SPECIFIC INFORMATION FOR HEALTH CARE PROVIDERS:

The Orange County Health Care Agency is taking resource requests, including equipment like N-95 masks, and providing provider specific updates. [Click here](#) to access.

EMERGENCY STIMULUS FOR HOSPITALS + HEALTH SYSTEMS:

Congress is making available \$200 billion for hospitals on the frontlines of the COVID-19 fight to provide additional resources.



RESOURCES

STUDENT RESOURCES

Students across Orange County 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.

SCHOOL CLOSURES:

All schools in our District are closed. Currently, the Huntington Beach Union High School District, as well as the Fountain Valley, Ocean View and Huntington Beach City School Districts have announced that their facilities will be closed until April 17th. Newport-Mesa and Laguna Unified school districts have said they will keep their facilities closed until April 3rd. These deadlines are subject to reevaluation and may be extended depending on the severity of the ongoing public health emergency.

[HBCSD COVID-19 resource page](#)

[FVSD COVID-19 resource page](#)

[OVSD COVID-19 resource page](#)

[NMUSD COVID-19 resource page](#)

[LBUSD COVID-19 resource page](#)

STUDENT LOANS:

The Trump Administration announced that they [will freeze interest on all student loans](#). I am pushing for forgiveness of student loans to unburden millions from student debt and allow them to participate fully in our economy.

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:

The income tax on employer-driven student loan repayment assistance has been eliminated.



RESOURCES

VETERAN RESOURCES

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. I have stayed in regular contact with veterans and veterans' advocates in our district and am committed to providing veterans with the resources they need to make ends meet and continue their education. Additionally, I have spoken to local VA Hospital administrators to ensure they have the support they need from Congress to care for veterans who may need treatment as a result of COVID-19.

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. VA Long Beach, the hospital which cares for many of the veterans in our congressional district, has one confirmed case of COVID-19, and the patient has now recovered and been discharged. 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.



REP. ROUDA ACTION

SERVING AND REPRESENTING YOU

My office and I have been working around the clock to protect Orange County families, advocate for local small businesses, and hold officials accountable for their COVID-19 responses. In addition to assisting constituents with travel, unemployment, small business assistance, and other individual services, I:

- [Wrote to the National Governors Association](#) requesting a nationwide "Stay at Home" order
- [Requested a briefing from the Department of Health and Human Services](#) to address shortfalls in medical equipment
- Held phone calls with local leaders, including:
 - Hospital executives, administrators, and doctors
 - Mayors and City Council Members
 - School principals and administrators
 - Veterans groups
 - Nutrition program and social service organizers
- [Hosted a Facebook Live Town Hall event](#) to listen to constituent concerns and answer questions
- [Wrote to the Orange County Board of Supervisors](#) to request consideration of waiving all late property tax fees
- [Voted to ensure Orange County small businesses could access](#) up to \$7 billion in low-interest loans
- [Questioned public health officials](#), including Dr. Fauci, on the best ways to combat COVID-19
- [Voted to ensure free COVID-19 tests](#)
- [Instituted a telecommute policy](#) for my Washington and Orange County offices to comply with CDC guidance
- [Visited the Health and Human Services Operations Center](#) to learn about containment and mitigation strategies



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.

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.

PHASE THREE

The third bipartisan congressional COVID-19 funding bill is a nearly \$2 trillion stimulus package to help American families, businesses, and workers get back on their feet. It will include:

- \$375 billion for small businesses
- \$150 billion for local and state governments
- \$260 billion in expanded unemployment benefits
- \$200 billion for hospitals, who are on the front lines of fighting COVID-19
- Direct one-time payments of \$1,200 to most American adults
- Loans to businesses
- An expansion of unemployment insurance + other social safety net programs



STAY UPDATED

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