



PRESS RELEASE

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FOR IMMEDIATE RELEASE

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City of San Dimas Office of the City Manager – Update July 29, 2020

Latest Updates:

- If you have recovered from COVID-19, sign up to donate plasma to help treat those who are seriously ill with COVID-19. Your plasma contains antibodies that can attack the virus in severely ill patients. Sign up here: <https://www.redcrossblood.org/donate-blood/dlp/plasma-donations-from-recovered-covid-19-patients.html>
- If you haven't felt as motivated to follow health guidelines, you're not alone. Quarantine fatigue is real. To deal with "quarantigue," change your mindset, know the facts, de-stress, and reach out for help. Call 800-754-7771, text "LA" to 741741, or visit <https://dmh.lacounty.gov/>
- Heading to the beach this weekend? Please remember to follow these guidelines:
 - Plan ahead
 - Think about staying local
 - Wear a face covering
 - Avoid crowds
 - Keep 6 feet apart
- Resources for workers impacted by COVID-19 are available, including disability benefits, paid leave benefits, pandemic unemployment assistance, California paid sick leave, and more. Visit <http://www.publichealth.lacounty.gov/media/Coronavirus/docs/business/FAQ-WorkersRights.pdf> for more information
- Earlier this week, the USPS issued guidance to voters on returning vote-by-mail ballots. In California as long as your ballot is postmarked by Election Day (November 3) and received by the 17th day after the election, your ballot will be processed
 - A reminder that the USPS recommended that voters request their ballots at least 15 days before the election and mail their completed ballots at least one week before the due date
- High temperatures are expected through Saturday. Remember to limit outdoor activities, drink plenty of fluids, dress in loose-fitting, lightweight, and light-colored clothing, and remember never to leave children or pets in an enclosed car
- Today, Governor Gavin Newsom announced a series of actions to better serve workers that have experienced job loss during the COVID-19 pandemic, including the formation of an Employment Development Department (EDD) strike team and a renewed focus on processing unpaid claims. Specifically, the Governor will:
 - Deploy a strike team to modernize information technology programs and transform the customer experience
 - Focus on immediately processing claims
 - Enhancing partnership with the Legislature to improve communication with claimants
 - For more information, click [HERE](#)