



COVID-19

Frequently Asked Questions

WHAT'S OPEN / WHAT'S CLOSED

Is the beach open?

The beach is open for limited uses. This includes surfing, walking, jogging, paddle boarding, swimming, kayaking, etc. [MORE INFO](#) No gatherings, no sunbathing, no loitering. Group games and group exercising not permitted. Beach picnic areas, playgrounds, and parking lots are closed. The Pier and Amphitheater are closed. Please be courteous when walking to and from the beach. Face coverings are recommended. Maintain 6' distance from those not in your household. *(Revised 4/27/20)*

Is the Harbor open?

Oceanside Harbor Village [restaurants](#) are open. Boat/kayak/SUP rentals are open. Most Harbor parking lots are closed, except to slip renters and those visiting restaurants and shops. Gathering is not allowed in the Harbor. The kayak launch is open. The Boat Launch Ramp is open. *(Revised 5/22/20)*

Can I take my boat out / hang out on my boat at the Harbor?

The San Diego County Health Orders state that recreational boating is now permissible but only with members of your household. Oceanside Harbor Slip Tenants may access their boats. Overnight stays on boats in Harbor now allowed with household members only. 6' physical distancing is required in and around facilities. No congregating on docks. Face coverings required when within 6' of others not in your household. *(Rev. 5/1/20)*

Can I drive to the park?

Oceanside Parks are open with limited parking. Picnicking with members of your household is permissible *(Rev. 5/1/20)*.

Can I use the San Luis Rey River Trail?

The River Trail is open for a bike ride, run, or stroll.

Where can I get restaurant food in Oceanside?

Restaurants are now open. The Oceanside GIS team created a [map of local restaurants](#) that remain open for take-out and delivery. *(Revised 5/21/20)*

How can I keep my family engaged at home?

Live Well @ Home is a free resource to help community residents find tips and strategies to stay healthy in both mind and body while staying at home. They've organized resources and activities by age group and topic to help you find the right tools to match your needs. [Live Well at Home](#)

FACE COVERINGS

Do I need to wear a face mask now?

County leaders require residents to start wearing cloth facial covering when going out beginning May 1, 2020. The public health order also includes mandatory facial covering for all employees that deal with the public, such as grocery stores, gas stations, and pharmacies. The face coverings for residents or essential businesses don't need to be medical masks. They can simply be a bandana, a scarf, or neck gaiter.

THE MOST VULNERABLE RESIDENTS

I lost my job, where can I get food?

Many resources are becoming available to people who are impacted financially by COVID-19 regulations. Please check the [resource page](#) on the City website for new options for free food distributions coming together each day.

I can't pay my rent or bills. What should I do?

[File for unemployment](#) as soon as possible. The Oceanside City Council passed a [temporary eviction ban](#) on March 26, 2020. There are also [relief funds available](#) for those in the food and bar industry with rent and bills. Additionally, the Federal Government is sending out [Economic Impact Payments](#). Find other [resources](#) on the City website for food, hiring agencies, and more.

What about the homeless?

San Diego County has secured 2,026 hotel rooms throughout the County to isolate people who have potential COVID-19 symptoms and people who are vulnerable and have no place to live. Of the 1,585 rooms for County Public Health Services use, 102 are occupied. Of the 441 rooms assigned to the Regional Task Force on the Homeless, 183 are being occupied by 306 people who are at higher risk of developing complications from COVID-19. The Oceanside Homeless Outreach Team (HOT) travels alongside a Social Worker, and the County has supplied a Public Health Nurse to screen people for any symptoms and provide sheltering options for vulnerable people who may be impacted. [More](#)

BUSINESSES

[FIND BUSINESS REOURCES HERE](#)

How can I keep my workforce employed during the Coronavirus crisis?

Applications are now being accepted for the SBA Paycheck Protection Program. It's is a loan designed to provide a direct incentive for small businesses to keep their workers on the payroll. [Details](#)

Is my staff supposed to wear face coverings?

Effective April 3, all businesses that remain in operation that allow the public to enter, must wear a cloth face covering and have information posted at the entry. [Health Order](#)

DONATIONS

How can I help?

We are all in this together. If you are a business or individual with some resources to offer, we created a page to link those resources to non-profit agencies that need them in our community. [Donations](#)

COVID-19 IN OCEANSIDE

How many people in Oceanside are infected? How do I find out where they live?

The County is releasing some information about confirmed cases in the County by zip code. That information can be found on the City's [COVID-19 webpage](#) . Click the red "Daily Case Reports" button.

Do I need to wear a face mask now?

County leaders require residents to start wearing cloth facial covering when going out when you are within 6' of others not in your household, beginning May 1, 2020. Plan on wearing one when in a store. They also require mandatory facial covering for all employees that deal with the public, such as grocery stores, gas stations, and pharmacies. The facial coverings for residents or essential businesses don't need to be medical masks. They can simply be a bandana, a scarf, or a turtleneck pulled up over your mouth and nose. [More here.](#)

STAYING WELL

I'm so stressed out about all this. Help!

The outbreak of infectious diseases such as the recent Coronavirus Disease (COVID-19) can be a stressful time for individuals and communities. It is not uncommon to feel anxious or worried while listening, reading or watching the news. It's important during times like these to monitor your own physical and mental health, as well as safely stay connected to your community. Know the signs of stress and when and how to seek help for yourself, as well as loved ones. If you need support or are actively seeking services, please call the San Diego County Access & Crisis Line 24/7 at 1 (888) 724-7240, and an experienced counselor will provide you with a referral to meet your needs and help determine eligibility. You can also call 211 or visit www.211sandiego.org, for access to community, health, social, and disaster services. The call is free, confidential, and available in more than 200 languages with access to 6,000+ services, resources and programs through our online database. [More](#)

I have symptoms, how can I get tested?

If you believe you have COVID-19, call your medical provider. If you don't have a medical provider, call [2-1-1](tel:2-1-1). As of May 6, 2020, the County has opened up more testing options, some do not need a doctor referral. [More](#) *(Revised 5/6/20)*

I'm in the higher risk group. What do I need to know?

Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19. [Specific info](#)

What's the best thing to clean with?

Community members can practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and electronics with household cleaners that are appropriate for the surface, following label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

[More information](#)