



COVID-19 weekly updates: June 8-12, 2020

Key updates for this week:

Protesting? Feeling ill?

Utilize free COVID-19 testing in order to keep yourself and your allies healthy

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East Bay Getting to Zero supports our communities' needs to protest police brutality and racial injustice. We also recognize the increasing disparities that Black and Brown communities face in the COVID pandemic and the risk of COVID transmission in large gatherings involving singing and chanting.

We encourage everyone to understand the risks, choose wisely and protest as safely as possible by:

- Organizing in virtual spaces
- Choosing car caravans over in-person crowds
- Wearing face coverings
- Wearing eye protection
- Wearing glasses instead of contact lenses
- Keeping 6+ feet distance when possible, and
- Getting tested if you develop COVID-19 symptoms,

which usually take 7-10 days after exposure to develop. [Click here for Alameda County](#) or [Contra Costa County](#) testing sites.

Mental health support is available by phone and virtual support groups:

- [Alameda County Crisis Support Services](#) COVID-19 mental health support line for health care workers: 510-420-3222
- Suicide Prevention Hotline: 800-273-8255
- LGBTQ Youth Crisis Line: 866-488-7386
- LGBTQ Elder Hotline: 888-234-7243
- LGBTQ support groups: [Pacific Center](#) and the [Oakland LGBTQ Center](#)

Social Bubble Tips:

1. Stick to a stable group of 12 or fewer
2. Join only one bubble
3. Stick together for at least 3 weeks
4. Plan for outdoors only
5. Don't forget face coverings
6. Talk about why/how you want to bubble up: routines, communication
7. Agree to all follow the same rules
8. Agree to have no hard feelings if it doesn't work out
9. Remember that your actions affect everyone in the group

Alameda County Health Update

Facial coverings should be worn at all times, including when active outdoors and within 30ft of people outside of your household

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Alameda County's Reopening Plan

(see below) was released on June 5, which lays out the sequencing for opening up various sectors at two to four-week intervals, contingent on progress with local COVID-19 indicators. On June 8, the following new orders took effect:

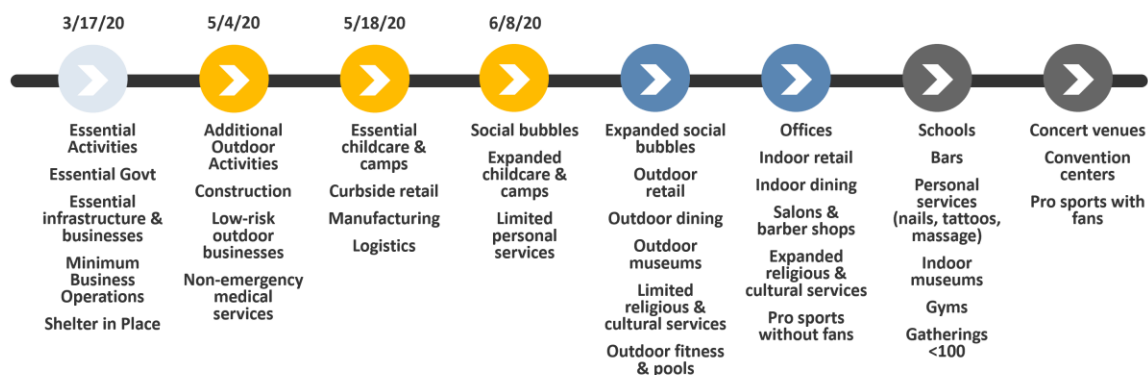
- Face coverings must be worn at all times in all settings, including outdoors, within 30 feet of people outside the household.
- Social bubbles with stable groups of 12 or fewer for at least 3 weeks, wearing face coverings, meeting outdoors and maintaining distance when possible.
- Expanded childcare and camps to include all children.
- Limited personal services including appliance repair and pet grooming.

HIV services during COVID-19: [Click here for Contra Costa HIV services](#) and [see our online directory for Alameda County HIV services](#).

If your organization is in Alameda County and needs COVID-related supplies or staffing, please go to the [Emergency Medical Services website](#) to [request PPE](#), [request staffing](#) and [request testing supplies](#).

Alameda County Reopening Plan (6.5.20)

Movement to next stage contingent upon local COVID-19 indicators, at 2-4 week intervals



Face Coverings, Physical Distancing, and Site Specific Protection Plans Required – Stay in your Community



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Progress on the Bay Area COVID-19 Indicators

Alameda County continues to have the highest number of cases in the Bay Area, but progress on the indicators show that we are in a better place this week. The rate of new cases has decreased and flattened in the past week after a peak at the end of May. The indicator remains a 3 this week, but if cases continue to decline for another week, we can upgrade it to a four. Testing is now at over 1,500 tests conducted per day with steady progress to our goal of 3,100 tests per day, so this indicator has been upgraded from a two to a three. The other three indicators on hospital capacity, disease containment and personal protective equipment (PPE) remain the same.

Contra Costa cases have increased by 56% in the last week.

Cases and deaths by Bay Area county

A county-by-county look at how the spread of the virus seems to have slowed. The new case curve represents the 7-day moving average which accounts for variances in daily reporting. The change in new cases compares the number of cases in the past seven days to the previous seven days.

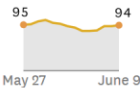




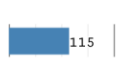

County	Total deaths	Total cases	New cases curve	Weekly change in new cases
Alameda	105	4,033		▼ 51 -10%
Santa Clara	146	3,032		▲ 54 +38%
San Francisco	44	2,809		▼ 54 -26%
San Mateo	93	2,475		▲ 24 +11%
Contra Costa	43	1,798		▲ 93 +56%
Sonoma	4	671		▲ 37 +67%
Marin	17	620		▲ 28 +33%
Solano	23	610		▲ 15 +31%
Napa	3	161		▲ 40 +1,000%

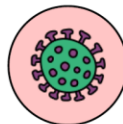
Sources: U.S. Centers for Disease Control and Prevention, the California Department of Public Health and county public health departments, exclusive Chronicle reporting

San Francisco Chronicle's COVID-19 Indicator Checklist (updated weekly):

Checklist: How Bay Area counties are measuring progress

This chart will be updated weekly with information reported by the county officials. Last updated June 5, 2020 2:00 p.m.

County	Cases	Hospitals			Testing	Tracing		PPE
	Flat or decreasing	Counts flat or decreasing	Capacity below 50%	Hospitalizations over past two weeks	Tests per 100k people per day	Goal	Current staff	30-day supply
Alameda	✗	✓	✓			✗	80	✗
Contra Costa	✗	✓	✓			✗	60	✓
Marin	✗	✓	✓			✗	32	✓
San Francisco	✓	✓	✓			✗	276	✓
San Mateo	✗	✓	✓			✗	30	✗
Santa Clara	✓	✓	✓			✗	94	✓



Alameda County COVID-19 Indicators: How we are assessing progress on containing COVID-19



CASES

Goal: Cases are flat or decreasing.

As of 6/3/20: cases and hospitalizations continue to increase

Cumulative: 3,548 cases and 97 deaths. Universal face coverings, distancing, testing and isolation are critical.



HOSPITAL BEDS

Goal: Fewer than 50% of hospitalized patients test positive for COVID.

As of 6/2/20: 4% hospitalized patients are positive for COVID.

92 hospitalized patients have confirmed COVID-19 (33 in the ICU).



TESTING

Goal: Capacity to conduct 3,100 tests per day.

As of 6/3/20: 1,260 tests conducted per day.

New partnerships with clinics and organizations include testing for all.



CASE INVESTIGATIONS

Goal: Capacity to reach 90% of cases and contacts and safely isolate or quarantine 90%.

As of 6/3/20: We are meeting the 90% goals.

Expansion to 100 tracers in June and to 300 in September.



PPE

Goal: We have at least 30-day supplies of personal protective equipment (PPE) without help from the county.

As of 6/3/20: hospitals have 30-day supplies but still require help from the county.

Infographic by Sophy S. Wong, MD for EBGTZ; Icons made by Icons8.com and FlatIcon.com

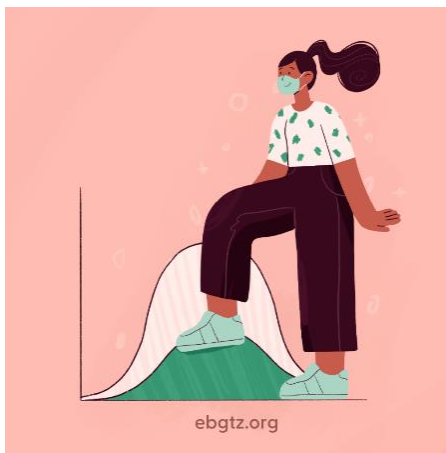


Progress on these indicators will inform decisions on how to move forward on California State's Roadmap to Resilience.

To keep cases and hospitalizations from overwhelming the health care system, sheltering-in-place orders remain in effect in Alameda County and in Contra Costa County, along with other Bay Area counties. The plan is to phase in more activities carefully and incrementally, moving at a slower pace than the state.

Updates for Alameda County in the main COVID strategy areas:

Sheltering, distancing and flattening the curve



Case and hospitalization rates in Alameda County have started to decrease in the past after increases through the month of May and a peak of 105 confirmed hospitalized cases on May 30th. Our goal is for cases to be flat or decreasing. This indicator remains a three.

- As of June 10, there were 4,033 reported cases of COVID-19 and 105 deaths. This represents 6.2 deaths per 100,000 people, compared to 12.1 deaths per 100,000 people in California State overall.
- As of June 9, there were 94 hospitalized patients (the highest was 105 on 5/30), including 32 ICU patients (the highest was 46 on 4/11) with confirmed COVID.

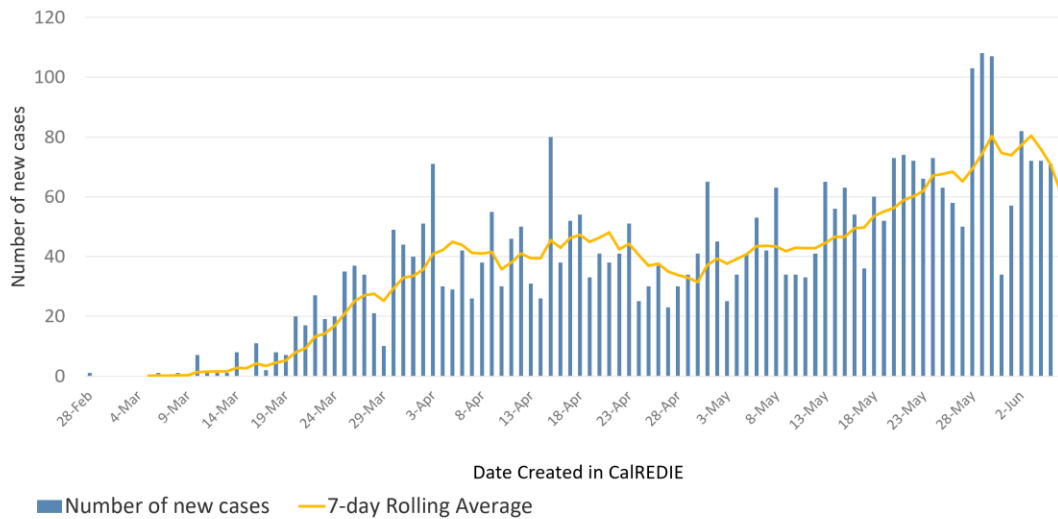
Updated predictions continue to show that our hospitals would likely need to utilize surge beds with a 20% increase in transmission rates in June, which is very possible given the reopening and protests. Our health care system would be overwhelmed by August if there is a 50% increase in transmission rates in June.

All businesses and organizations are to follow updated safety protocols to reduce workplace infections and post signage at each public entrance informing all employees and customers. Evidence-based safety precautions include:

- Provide and wear face coverings; consider eye protection.
- Make accommodations for 6 or more feet of physical distancing.
- Frequent hand washing and/or sanitizing.
- Provide ventilation of indoor spaces by exchanging indoor air with outdoor and/or filtered air.
- Provide temperature and symptom screenings at the beginning of each shift.
- Support employees to stay home when ill.
- Support employees to get tested.
- Implement cleaning and disinfecting protocols.

For help with enforcement of workplace safety protocols, please email: COVID19compliance@acgov.org

New Alameda County COVID-19 Cases, 2020



Source: CalREDIE entries through June 6, 2020.

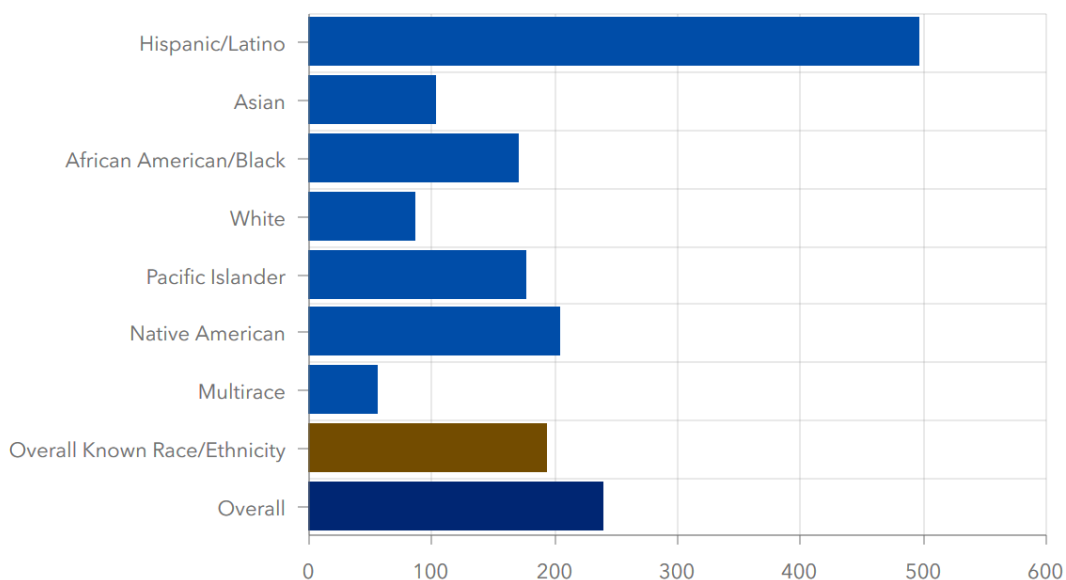


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Disparities and Equity

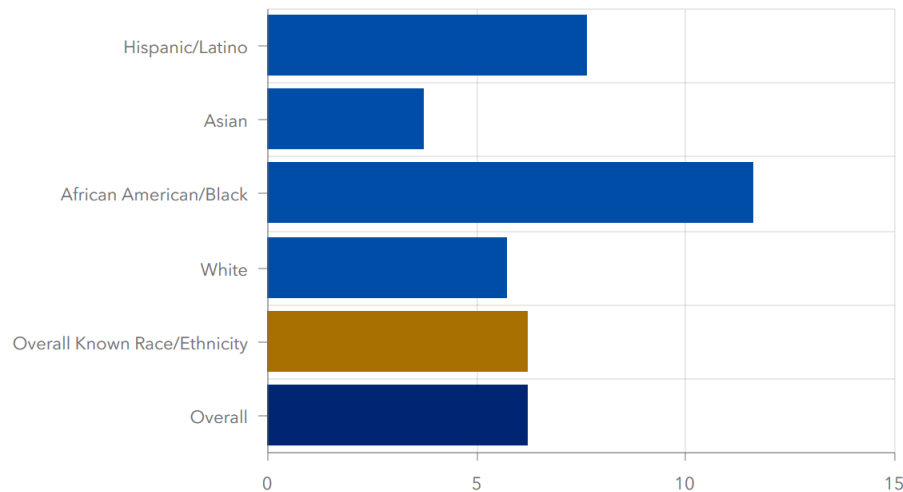
Updated race and ethnicity data as of June 10 show increasing disparities in Alameda County. Latinx people now have 6 times the rate of COVID-19 diagnoses compared to Whites. African American people have twice the death rate of Whites. These data show the increasing and urgent need to address racial inequities in workplace safety, access to precautions, rapid access to testing and safe isolation and quarantine

Alameda County Total Case Rates per 100,000 Population by Race/Ethnicity



Since the race/ethnicity is unknown for about 20% of cases, the proper comparison for each race/ethnicity is to Overall Known Race/Ethnicity.

Alameda County Total Death Rate per 100,000 by Race/Ethnicity



The proper comparison for each race/ethnicity is to Overall Known Race/Ethnicity. Each of the other race/ethnic groups have counts less than ten and are suppressed.

Testing

Alameda County is conducting over 1,500 COVID-19 tests per day with steady progress to our goal of conducting 3,100 tests per day. Testing data will be added to the [dashboard](#) next week. This indicator has been upgraded from a two to a three.

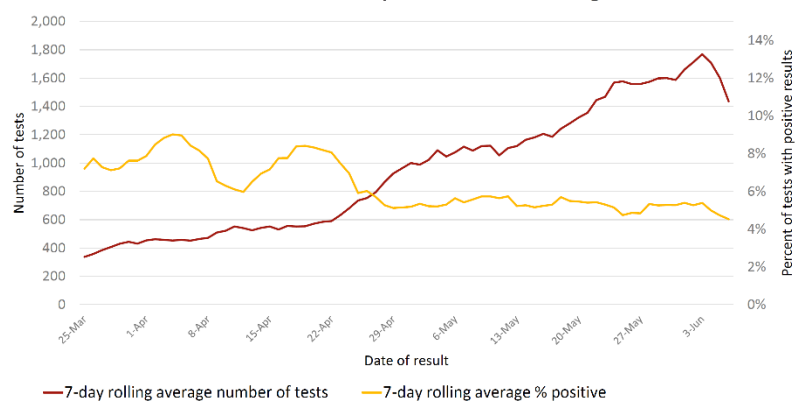
COVID-19 testing positivity rates have been over 10% at West Oakland testing sites and over 20% at East Oakland sites, much higher than the overall 4% positivity rate in the county. Race and ethnicity data are missing on half of reported cases. providers are reminded to submit race/ethnicity demographic data and contact information with tests so disparities can be addressed and cases can be contacted for follow-up.

New testing sites have increased testing in West and East Oakland. La Clínica has started free community testing in the Fruitvale community of East Oakland, and community members can call 510-535-3370 to make an appointment.

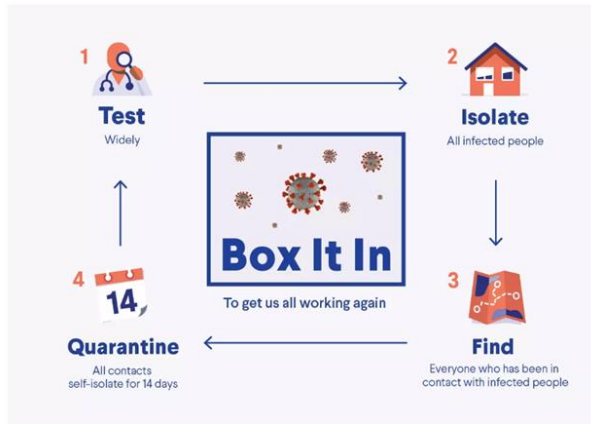
Testing locations can be downloaded from the [COVID-19 testing webpage](#) and searchable in this [interactive map of COVID-19 services](#) (click to filter for COVID-19 testing). There are now eight sites offering free tests for any community member with symptoms and all essential workers regardless of symptoms.

When testing resources allow, [Alameda County COVID-19 testing guidance](#) encourages testing all people with symptoms and all essential workers, especially those working in long-term care facilities, regardless of symptoms. Providers are reminded to distribute [isolation orders](#) to people testing with suspected COVID. If your facility needs COVID-related supplies, please complete these forms to [request PPE](#) and [request testing supplies](#).

Alameda County COVID-19 Testing



Click here for information on [Contra Costa County COVID testing sites](#) that offer free COVID-19 testing for any person living in the county regardless of documents and insurance status.



Case and contact investigations, isolation and quarantine

The Alameda County Public Health Department is piloting the new California State contact tracing data system and supporting isolation and quarantine support using an equity lens. An advisory committee of community organizations is being formed. Volunteers from the community will be considered after an initial expansion of contact tracing staff and may contact pheplsc@acgov.org.

Providers are reminded to distribute isolation instructions (available in 7 languages) for all people testing for COVID-19 and educate on the importance of isolation on community safety. All people who are symptomatic, who are suspected cases, and who develop symptoms should isolate. The CDC has a simple [handout in English](#) you can distribute. California state's [California Connected](#) factsheets explain contact tracing to community members in [English](#) and [Spanish](#).

Providers are encouraged to refer people living in crowded conditions or experiencing homelessness who need isolation housing to [Project Roomkey](#) hotels.

Hospital capacity and surge planning

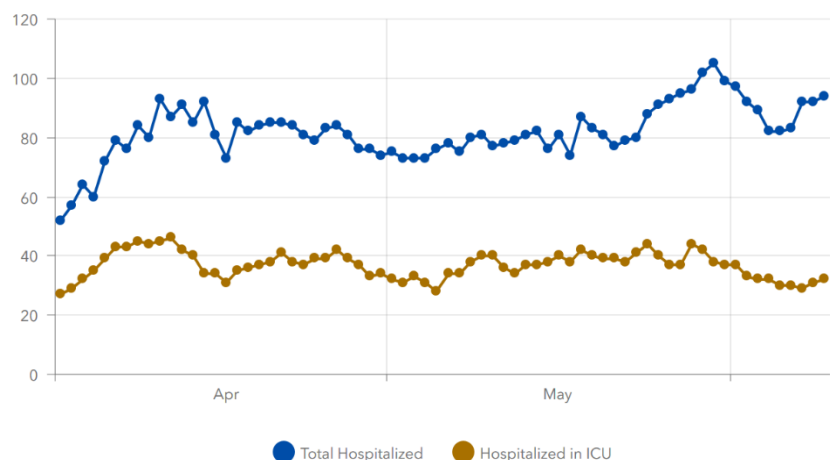
As of June 8, our hospital capacity indicators are:

- 4% of the patients in hospital beds across Alameda County were confirmed COVID-19 positive, which is within our goal of 50% of less. This indicator remains a five out of five.
- 9% of the patients in ICU beds were confirmed COVID-19 positive.
- Most hospitals are now reporting 30-day supplies of most types of personal protective equipment (PPE) but still [requesting assistance for PPE](#) procurement from the county. This indicator remains a three.

The National Institute for Occupational Safety and Health (NIOSH) has developed a [PPE Tracker mobile app](#) to help facilities track their PPE inventory.

If your organization is in Alameda County and needs COVID-related supplies or staffing, please go to the [Emergency Medical Services website](#) to [request PPE](#), [request staffing](#) and [request testing supplies](#).

Alameda County Total COVID-19 Hospitalizations



Top links:

- **HIV:** [FAQs for people living with HIV \(PLWH\)](#) and [Preguntas Frecuentes in Spanish](#), [Guidance for PLWH \(CDC\)](#), [Guidance for HIV providers](#)
- **Key Communities:** [Harm Reduction Coalition](#), [Immigrants Rising](#), [Protecting Immigrant Families: Public Charge](#), [Healthcare for the Homeless](#)
- **COVID Testing, Food, Shelters:** [Alameda County COVID testing and services](#) , [Contra Costa County COVID testing](#)
- **COVID PPE, staffing or testing supplies:** [Alameda County EMS– request PPE](#), [request staffing or request testing supplies](#).
- **Public Health Department Updates:** [Alameda County](#), [Contra Costa County](#), [Solano County](#), [California State](#)
- **COVID Data:** [Alameda County](#), [Contra Costa County](#), [Solano County](#), [California State](#), [California \(SF Chronicle\)](#), [National/Global \(JHU\)](#)
- **DIY Face Coverings and Masks:** [CDC \(easy no-sew\)](#), [Maker Mask \(sewn, science-based\)](#), [Olson Mask \(sewn\)](#)