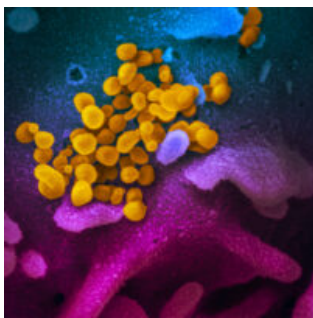


[Home](#) / [COVID-19](#) / [COVID updates](#) / [Coronavirus \(COVID-19\) updates](#)

## CORONAVIRUS (COVID-19) UPDATES

AUGUST 19, 2020



The SARS-CoV-2 virus  
(NIAID)

We are working together to slow the spread of the novel coronavirus 2019 (COVID-19). Below are this week's East Bay COVID and HIV updates. This page is usually updated on Wednesday evenings by [Sophy S. Wong, MD](#) with data and resources gathered from many collaborators in [Alameda County](#), [Contra Costa County](#), [Solano County](#), [CA state](#).

[FACE COVERINGS](#)[GUIDANCE](#)[RESOURCES & LINKS](#)[ARCHIVES](#)[PDF SUMMARY](#)

Click  
on

these links for [face covering FAQs](#), [guidance on prevention, testing and wellness](#), [resources and links](#), [archived weekly updates](#) and the [weekly PDF summary](#). [East Bay HIV service organizations](#) are providing services by phone and/or video.

### KEY UPDATES FOR THIS WEEK:

We hope that you are staying safe and well during this challenging time of wildfire smoke, heat waves and pandemics. Please take care of yourself and others to stay hydrated and seek cooler and less smoky spaces.

**[Registration is now open](#) for our East Bay HIV Strategic Planning workshop** on Friday, September 11, 10-11:30 am. Help us determine the strategic and funding priorities for Ending the HIV Epidemic. [Please register](#) if you haven't already done so. Updates will be posted [here](#).

**This week the Bay Area joins 2 major vaccine trials** in the COVID-19 Prevention Network (CoVPN) which includes study sites at East Bay Advanced Care, Kaiser Permanente, San Francisco Department of Public Health and UCSF. Partners include many familiar HIV researchers who have been part of the HIV Vaccine and Prevention Trials Networks and the AIDS Clinical Trials Group. [Click here](#) to find out more and volunteer.

### EAST BAY COVID-19 UPDATES

**COVID-19 cases in the East Bay have stabilized after peaks in mid-to-late July, though hospitalizations in Alameda County have started to increase again with a new high of 70 ICU cases on August 18.**

Alameda and Contra Costa Counties remain on the [California State Data Monitoring List](#) after the statewide data backlog was cleared, with COVID-19 cases persistently above 100 new cases per 100,000 people over 14 days. Reopening remains paused. The state prohibits opening schools for in-person instruction, salons and barbershops for

indoor service until a county has been off the Monitoring List for two weeks. On August 19, Solano County met the threshold of getting off the Monitoring list.

- **Alameda County:**

- The ensemble transmission rate (Re) for the county is [1.04](#), compared to 0.98 in the state overall. The [current LEMMA model transmission rate](#) (Re) is estimated to be about 0.89, down from 1.28 in mid-June. Cases and deaths would decrease if we keep the transmission rate to less than 1.
- [123.8 new cases](#) per 100,000 people over the past 2 weeks.
- [15,437 reported cumulative cases](#) and 224 deaths.
- On August 18, there were [200 hospitalized patients](#) (highest was 213 on 7/28), including [70 ICU patients](#) (new high) with confirmed COVID-19.

- **Contra Costa County:** There are [136.5 new cases](#) per 100,000 people over the past 2 weeks. The transmission rate (Re) is [1.05](#).

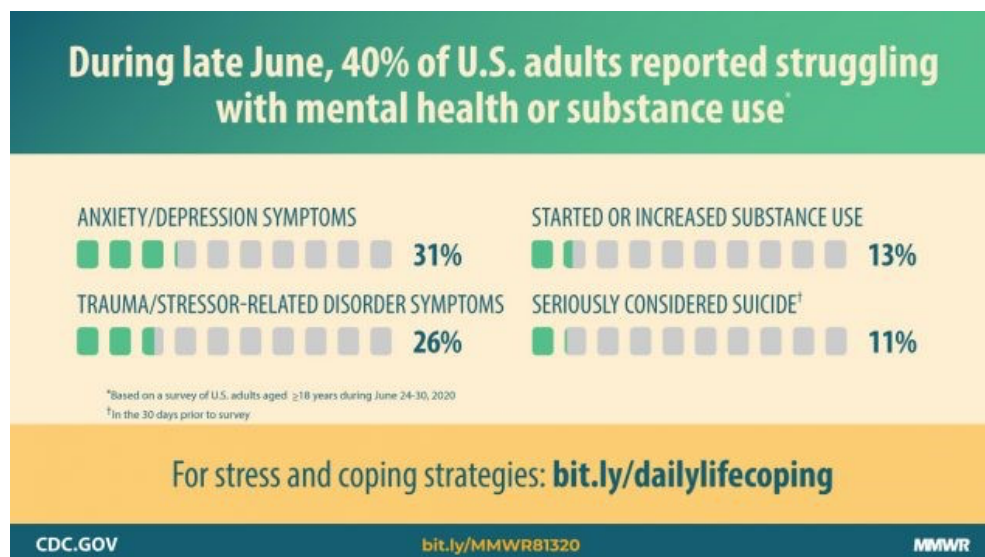
- **Solano County:** There are now [fewer than 100 new cases](#) per 100,000 people over the past 2 weeks. The transmission rate (Re) is [0.99](#).

## NEW COVID+HIV EVENTS, STUDIES AND OTHER NEWS







This weekend, on August 22 and 23, a coalition of local community organizations and partners will host **two days of mass testing in East Oakland as part of Umoja Health – The Town and All Around**, an effort to increase COVID-19 testing among African Americans in the hardest hit neighborhoods. Click to sign up as a [clinical volunteer](#) or [community volunteer](#).

Alameda County case investigation data show that of the people with COVID-19 who reported attending a gathering, most (65%) attended a **gathering with friends and/or family**. Only 5% reported attending religious services and only 3% reported attended a protest. Please support everyone in our communities to wear face coverings and maintain 6 feet of distance when outside the home/tent/car, including outdoors, in parks, backyards and streets.

**A new study on mental health** from the CDC reports that during June 24–30, 2020, 41% of U.S. adults reported struggling with mental health or substance use associated with COVID-19. Younger adults, people of color, essential workers, and unpaid adult caregivers reported having disproportionately worse mental health outcomes, increased substance use, and elevated suicidal ideation. The prevalence of anxiety symptoms was three times as high as those reported in the second quarter of 2019, and depression was four times as high.



## Use a combination of these effective prevention strategies!

	Strategy	% reduction
	1. Masking	60-95%
	2. Distancing	53-88%
	3. Eye protection	78%
	4. Hand hygiene	28-45%
	5. Case isolation	33%
	6. Contact tracing	10-20%

Data compiled by Sophy S. Wong, MD  
Icons by Freepik and Srip on Flaticon.com  
Please see [EBGTZ.org/resources](https://ebgtz.org/resources) for the complete list of sources for this table.  
Please see [EBGTZ.org/resources](https://ebgtz.org/resources) for the complete list of sources for this table.

Our **summary of [COVID harm reduction strategies](#)** is constantly updated with these and other new studies.

**Free COVID testing sites:** [Click here for Alameda County, Contra Costa County](#) and [Solano County testing sites](#).

**To stay safe during the wildfires, heat wave and pandemic, we all need to:**

- Stay hydrated,
- Stay in cooler locations away from smoke,
- Avoid strenuous activities,
- [Wear face coverings](#) when in public and within 30 feet of others,
- Maintain at least six feet distance from others,
- Sanitize or wash hands frequently, and
- Stay home when sick.

## OTHER UPDATES AND OPPORTUNITIES:

**Human Rights Campaign** won a preliminary injunction this week against the Department of Health and Human Services to block the administration's discriminatory Section 1557 regulation, that would have allowed health care providers to discriminate against transgender patients, from going into effect. You can read the Court decision granting the preliminary injunction [here](#). Read the complaint [here](#) and the Plaintiffs' declarations [here](#) and [here](#). HRC's guide to best practices for creating equal access to quality health care for transgender patients can be found [here](#).

- Alameda Health Consortium and Community Health Center Network has launched their [#MaskOntoMoveOn campaign](#). We are partnering with them and BASE to distribute free masks and condoms in East Oakland.
- **KQED Above the Noise** has a [new video out](#) about masking for youth: "How do masks really help us?"
- **La Clinica** is offering Naloxone [training and kits](#) to community members. Reach out at [gsolis@laclinica.org](mailto:gsolis@laclinica.org) or [psolorzano@laclinica.org](mailto:psolorzano@laclinica.org) for more information.
- Webinar & Resource: Join **Praxis Project** on Wednesday August 26<sup>th</sup> at 11am for a webinar on [Recognizing Healing-Centered Community Practices](#) as a Complement to Trauma-Informed Interventions and Services. The discussion will be based on this recently released [brief](#).
- **America's HIV Epidemic Analysis Dashboard (AHEAD)** graphically visualizes data on the six indicators used to track progress towards ending the HIV epidemic (EHE) in America. Check out [Alameda County's dashboard](#).
- **MPACT** has released a new resource for [Sex During COVID-19: Tips for Gay & Bisexual Men](#).
- **Job Opportunity:** Public Health Institute is hiring numerous [Contact Tracers](#) and [Contact Tracer Supervisors](#) to support the [Tracing Health Program](#) to perform COVID-19 contact tracing.

Please follow and share our [Instagram](#), [Facebook](#) and [Twitter](#) accounts.

**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](#).

## PROGRESS ON THE COVID-19 INDICATORS

The Bay Area has [5 indicators](#) with measurable goals to track progress in containing COVID-19. [San Francisco Chronicle's Indicator Checklist](#) (updated weekly):

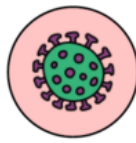
## Checklist: How Bay Area counties are measuring progress

This chart will be updated weekly with information reported by the county officials. Last updated Aug. 14, 2020 11:51 a.m.

County	Cases	Hospitals			Testing	Tracing
	Flat or decreasing	Counts flat or decreasing	Below 50% COVID patients	Hospitalizations over past two weeks	Tests per 100k people per day	Percent of cases
Alameda	✗	✓	✓	<p>196 205 Aug. 4 Aug. 17</p>	<p>0 Goal: 200 193</p>	68%
Contra Costa	✗	✓	✓	<p>95 97</p>	<p>129</p>	62%
Marin	✗	✓	✓	<p>21 13</p>	<p>265</p>	–
San Francisco	✗	✓	✓	<p>92 83</p>	<p>400+</p>	77%
San Mateo	✗	✓	✓	<p>54 57</p>	<p>127</p>	–
Santa Clara	✗	✓	✓	<p>171 170</p>	<p>297</p>	70%

## UPDATES FOR ALAMEDA COUNTY IN EACH COVID-19 STRATEGY AREA:

### Progress on COVID-19 Indicators



## Alameda County COVID-19 Indicators: August 19, 2020

How we are assessing progress on containing COVID-19



### CASES



Goal: Cases are flat or decreasing.

As of 8/19/20:  
Cases stabilized but hospital cases increasing again; a new ICU high.

15,437 cases and 224 deaths. On 8/18, 200 hospitalized (highest 213 on 7/28) and 70 in the ICU. (new high).



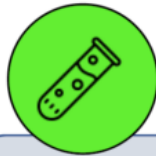
### HOSPITAL BEDS



Goal: More than 20% of ICU beds available

As of 8/18/20:  
27% ICU beds and 35% hospital beds available.

The hospital capacity metric has changed from % confirmed positive to % beds available.



### TESTING



Goal: 3,100 tests per day, positivity rate <8%

As of 8/19/20:  
>4,00 tests per day and 5.2% positivity rate.

Aug 22-23 Umoja Health mass testing event in East Oakland.



### CASE



INVESTIGATIONS  
Goal: 300 tracers and 1,203 isolation/quarantine rooms

As of 8/19/20:  
130 tracers (43% of goal) and 1,132 rooms (94% of goal). New RFQ, tracers and rooms coming on board.



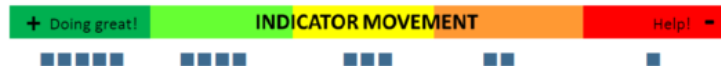
### PPE



Goal: We have at least 30-day supplies of personal protective equipment (PPE) and no requests to the county for PPE.

As of 7/22/20: 344 requests for PPE were made to the county in the past 30 days, up from 341.

Infographic by Sophy S. Wong, MD for EBGIT; Icons made by Icons8.com and Flaticon.com



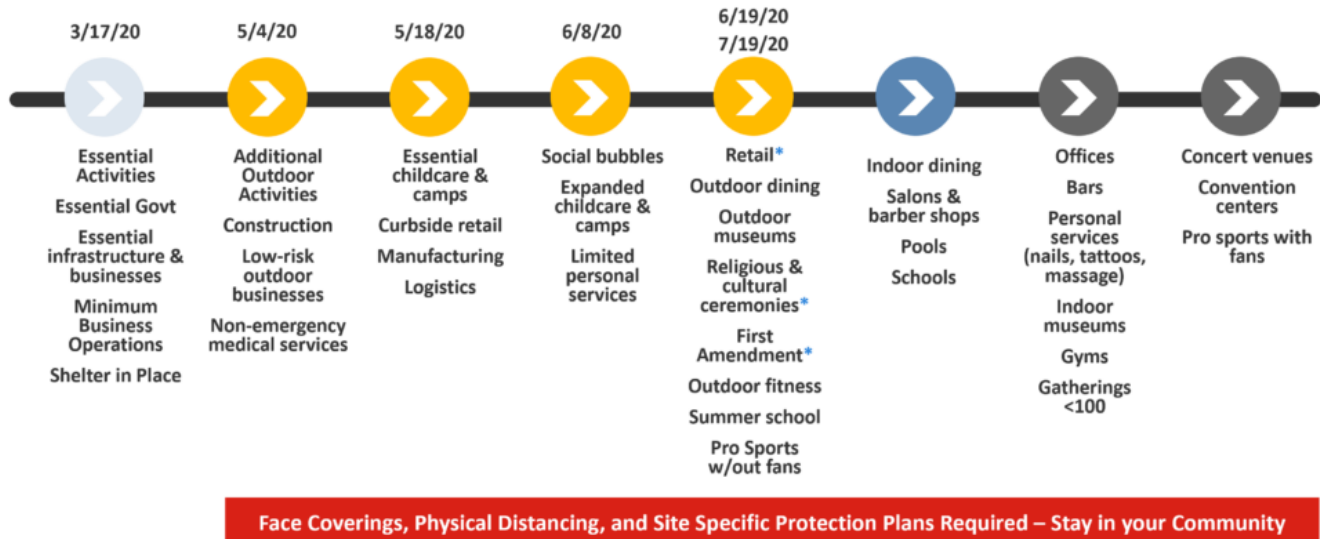
COVID-19 cases started to decrease after peaks in mid-to-late July. Hospitalizations increased this week. Hospital capacity is 36% of our inpatient beds and 29% of ICU beds available, which is within our goal of above 20%. We are conducting over 4,000 tests per day, exceeding our goal of 3,100 tests per day. Health facilities continue to make requests for PPE from the county. All indicators remain at the same status levels this week compared to last week.



# Alameda County Reopening Plan

Added to the State's Monitoring List on 7.12.20, activities with \* [subject to restrictions per State Orders](#)

Variance approved on 7.15.20, and reopening remains paused due to continued elevated disease transmission and State restrictions



Alameda County Public Health Department  
Celebrating Healthy People in Healthy Communities

Updated 7.22.20

1

Alameda County remains on the [California State Data Monitoring List](#) with COVID-19 cases persistently above 100 new cases per 100,000 people over 14 days. Reopening remains paused. The state prohibits opening schools for in-person instruction, salons and barbershops for indoor service until the county has been off the Monitoring List for two weeks. The County plans to proceed with reopening allowable low-risk outdoor activities such as outdoor pools and outdoor salons. The County is also planning for potential limited in-person school activities when case rates are lower and more stable.

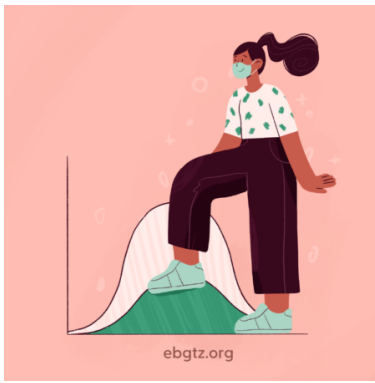
Alameda County Public Health has received additional flu vaccination funding and will [distribute](#) 26,000 doses of influenza vaccine to medical providers who serve high risk, low-income adults. Enhancing influenza vaccination coverage is considered as a critical part of COVID-19 response work this year to ensure that health care facilities and systems are not overwhelmed by the burden of “twindemics” (a flu epidemic amidst the COVID-19 pandemic). Anyone who is interested in helping with creative flu vaccine access and administration should please contact Amy Pine at [amy.pine@acgov.org](mailto:amy.pine@acgov.org) or 510-268-2135.

On Sunday, August 15, Alameda County staff joined Street Level Health Project and Mam community leaders to launch an extension of the County’s Mask On! campaign with an indigenous community that has been hard hit by COVID-19. To date, the Mask On! campaign has distributed 5,000 reusable face coverings produced by local vendors.

County case investigation data show that of the people with COVID-19 who reported attending a gathering, most attended a gathering with friends and/or family. When outside the home, including outdoors, in parks, yards or neighborhood streets, wear a face covering and maintain 6 feet of distance with people you don’t live with.

[Face coverings are mandatory statewide](#) for everyone over the age of 2. In [Alameda County, face coverings](#) must be worn outside our homes and within 30 feet of others, including outdoors. If everyone wears face coverings, we can get this pandemic under control in 6 weeks. Please model and help others with this simple, important and effective preventive measure. *Mask On Alameda County!* posters are now available for [download](#) and printing.

## TRENDS IN CASES AND HOSPITALIZATIONS



**Hospitalization rates increased this week with a new high of 70 ICU patients with confirmed COVID-19.** The statewide case data backlog has been corrected and the updated case rate graph shows that cases are declining after a peak in mid-to-late July. Our goal is for cases to be flat or decreasing.

- On August 19, there were [15,836 reported cases](#) of COVID-19 and 228 deaths.
- On August 18, there were 200 hospitalized patients (highest was 213 on 7/28), including [70 ICU patients](#) (new high) with confirmed COVID-19.

The [LEMMA](#) COVID-19 prediction model using hospital data through August 15 estimates the median Alameda County transmission rate ( $R_t$ ) to be 0.89, down from 1.28 in mid-June. When the transmission rate is less than one, each person with COVID-19 transmits the virus to fewer than one other person. As a result, cases, hospitalizations and deaths decrease. The [California COVID Assessment Tool \(Cal-CAT\)](#) uses an ensemble of 8 models, and estimates the current transmission rate to be 1.04.

Our goal is to keep the transmission rate to less than 1 by ensuring preventive measures are implemented and sustained in our communities and work places, including everyone wearing face coverings and maintaining distance in all settings, including social gatherings at parks and homes.

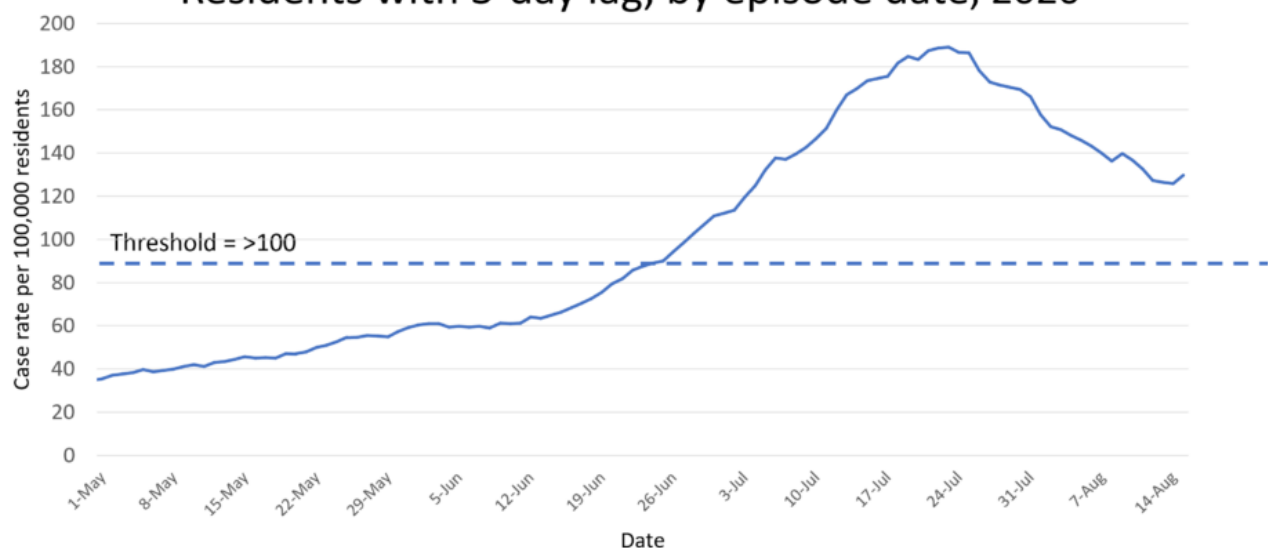
Please help us get the message out to communities with the [Mask On, Alameda County](#) campaign.

For help with enforcement or report violations of workplace safety orders in Alameda County, please email: [COVID19compliance@acgov.org](mailto:COVID19compliance@acgov.org)

The Alameda County COVID-19 strategy document can be [downloaded here](#).

## TRENDS OF COVID-19 CASES IN ALAMEDA COUNTY:

**Alameda County 14-day Cumulative COVID-19 Cases per 100,000 Residents with 3-day lag, by episode date, 2020**



Source: CalREDIE Data Distribution Portal download August 17, 2020 9:30 am.



Alameda County  
Health Care Services Agency

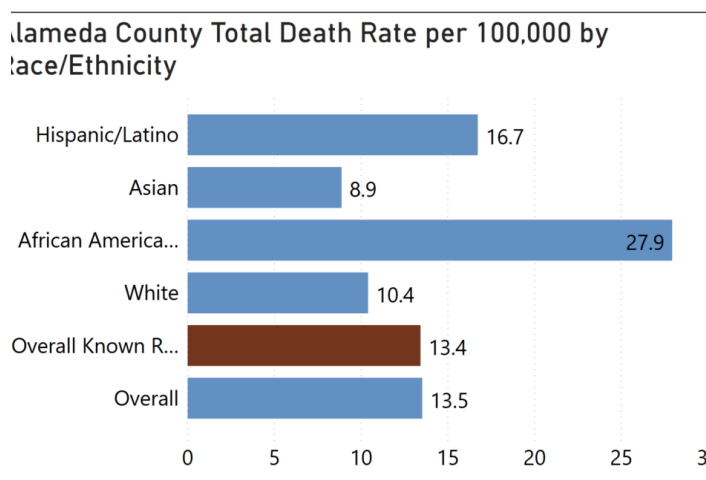
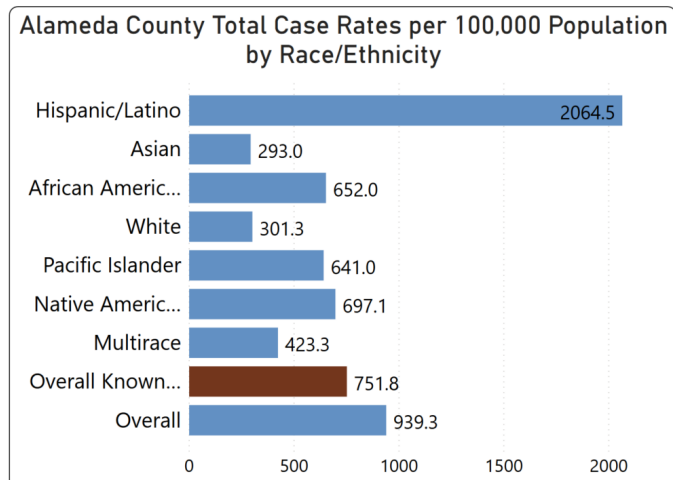


Alameda County Public Health Department  
Celebrating Healthy People in Healthy Communities

## DISPARITIES AND EQUITY

[Updated race and ethnicity data](#) show that Latinx people continue to face the highest case rates and Blacks/African Americans continue to face the highest death rates. Latinx people have 6.9 times the case rate and 1.6 the death rate compared to Whites. Blacks/African Americans have 2.2 times the case rate and 2.7 times the death rate compared to Whites. Native Americans and Pacific Islanders also have more than 2 times the case rate compared to Whites.

This weekend, on August 22 and 23, a coalition of local community organizations and partners will host two days of mass testing as part of [Umoja Health – The Town and All Around](#), an effort to increase COVID-19 testing among African Americans in the hardest hit neighborhoods. Click to sign up as a [clinical volunteer](#) or [community volunteer](#).



## TESTING

We are conducting over [4,000 tests per day](#), which is above our goal of 3,100 per day. The percentage of people testing positive is 5.3%, which is within our goal of less than 8%, but varies greatly by zip code and race/ethnicity. Latinx people tested continue to have the highest positivity rates. This indicator remains a four.

[Native American Health Center](#) has reserved testing days for health care workers for COVID-19, including health care workers and staff, congregate facility workers, public safety and first responders: Mondays and Fridays, 9 am to 7 pm. [Register here](#) and [get more information here](#).

Updated testing locations and appointment links are posted the [COVID-19 testing webpage](#) and searchable in this [interactive map of COVID-19 services](#) (click to filter for COVID-19 testing). 11 community testing sites offer free tests for any community member with symptoms and all essential workers, people who have protested, and those at higher medical risk regardless of symptoms. Additional testing sites not in the table such as Bay Area Community Health (listed under Tri-City Health Center) are included the interactive map.



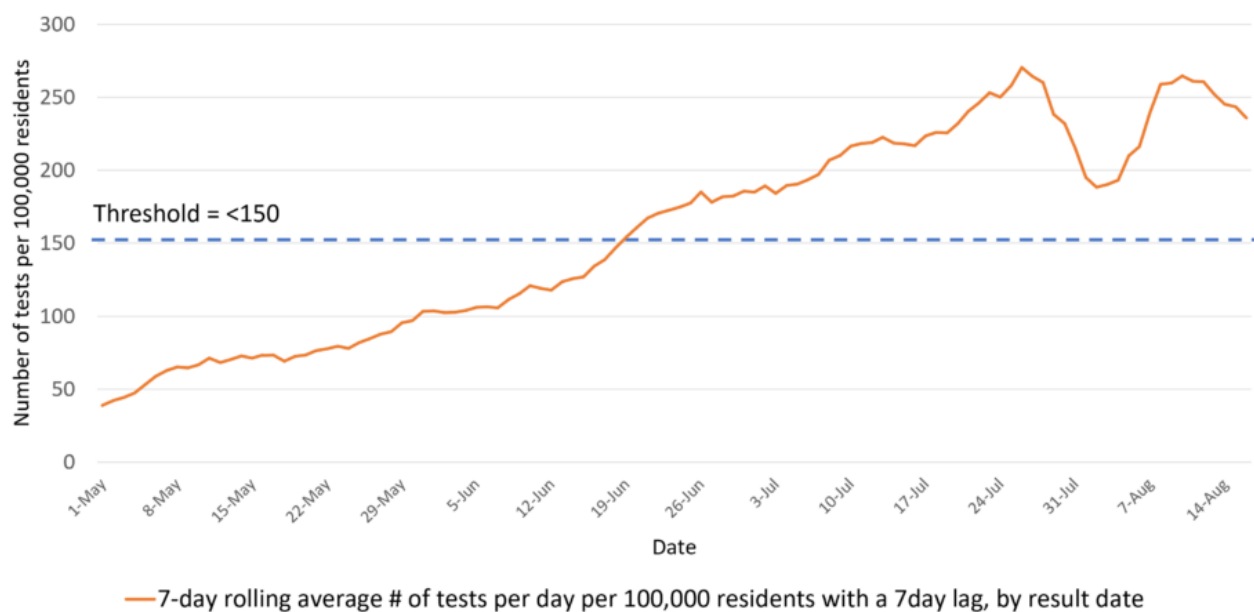
# Community Testing Sites

Testing Site	Provider	Lab(s) Used	Start Date	Tests/Day (July)	Positivity Rate (July)	Population Served
CSUEB (now Skywest)	Hayward Fire	Avellino	Late March	428	10.8%	Hayward
Fairgrounds	SVC	SVC	Late April	194	8.2%	Tri-Valley
Roots	Roots	Multiple	Late April	~ 256	~ 9.8%	East Oakland
Allen Temple	CORE	Verily	Mid May	237	1.7%	Oakland
WOHC	Carbon Health & WOHC	Color	Early June	320	5.1%	West Oakland
La Clínica	La Clínica	UCSF	Early June	128	23.4%	Fruitvale
NAHC	Carbon Health & NAHC	Color	Late June	313	6.5%	Fruitvale
Madison Square Park	Asian Health Services	Color	Mid August	N/A	N/A	Chinatown
San Leandro Marina CC	OptumServe	Quest	Early June	107	2.8%	San Leandro, San Lorenzo
MLK Jr. Youth Center	OptumServe	Quest	Early June	115	1.0%	Berkeley, North County
LifeLong	LifeLong Medical	UCB	Late May	N/A	N/A	Berkeley, Oakland

Testing sites provide critical support with disease containment by:

- distributing [isolation orders](#) and [contact tracing information](#) for all people getting tested,
- reminding people to stay home until they get test results and to pick up calls from the health department, and
- submitting full names, demographics, addresses, dates of birth and phone numbers for all positive case reports.

## Alameda County COVID-19 Testing



Sources: 1) CalREDIE Data Distribution Portal download August 17, 2020 9:30 am. 2) Avellino master spreadsheet.

## CASE AND CONTACT INVESTIGATIONS, ISOLATION AND QUARANTINE

Alameda County currently has more than 135 trained case investigators and contact tracers with a goal to reach 300 in the fall. Last week 68% of cases have had investigations and contact tracing completed. This indicator remains a 3.

The new due date for for COVID-19 case investigation and contact tracing services funding opportunity is August 28 at 2 pm for the first round of evaluations, then every first and third Friday after September 1. For more information, go to: [Request for Qualification \(RFQ\) No. HCSA-900420](#), Emergency COVID-19 Case Investigation and Contact Tracing Services Vendor Pool.

[Project Roomkey](#) continues to expand and provide **isolation/quarantine housing for people living in crowded conditions or are experiencing homelessness**. Alameda County has a total to 1,132 rooms, **which is 94% towards our goal of 1,203 rooms**.

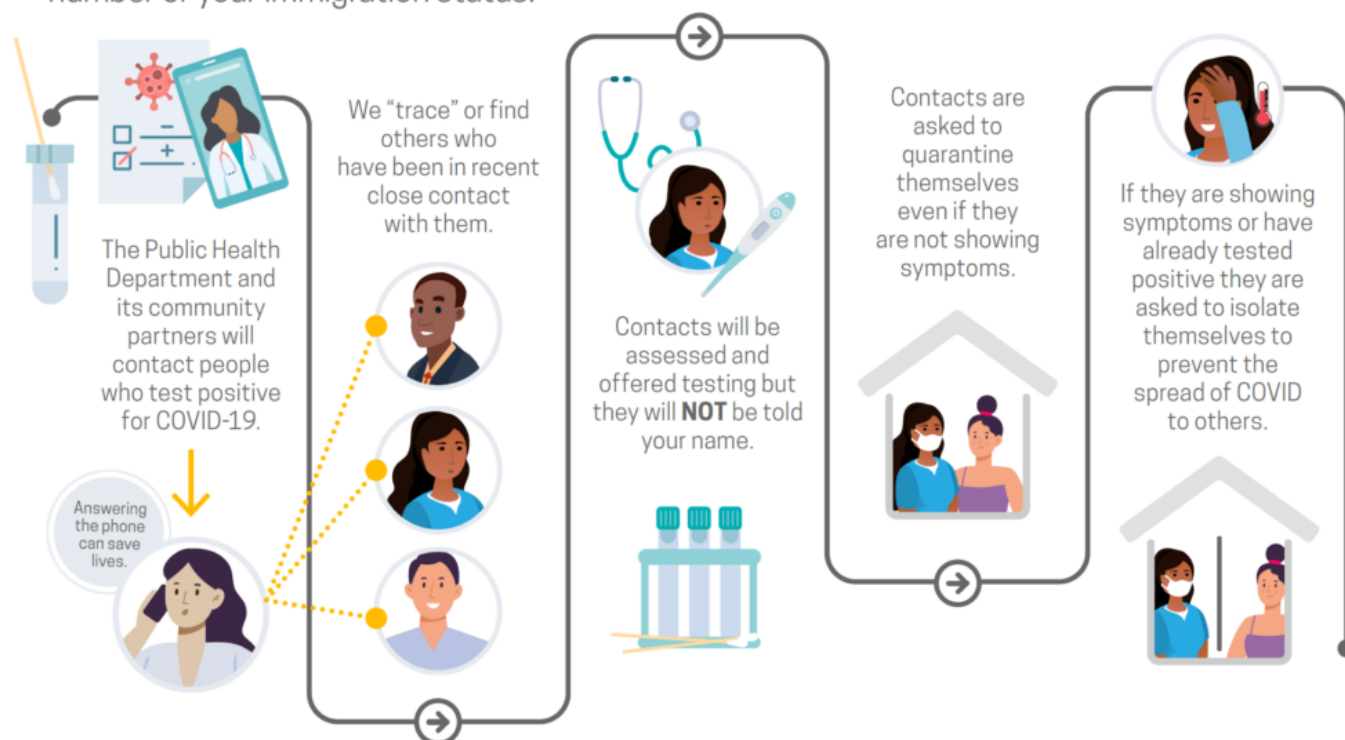
**COVID-19  
UPDATE**

## What is contact tracing?

Testing and tracing help prevent the spread of infectious diseases like COVID-19



Testing and tracing are completely private! You will not be asked for your social security number or your immigration status.



### Stay Informed

Please click to view, "How COVID-19 Can Spread in the Community."  
Call 2-1-1 or text "COVID19" or "coronavirus" to 211211 to receive general information.  
Check Public Health Department's website: [www.acphd.org](http://www.acphd.org)  
🐦 Subscribe to our social media



Alameda County  
Health Care Services Agency



Alameda County Public Health Department  
Celebrating Healthy People in Healthy Communities

## HOSPITAL CAPACITY AND SURGE PLANNING

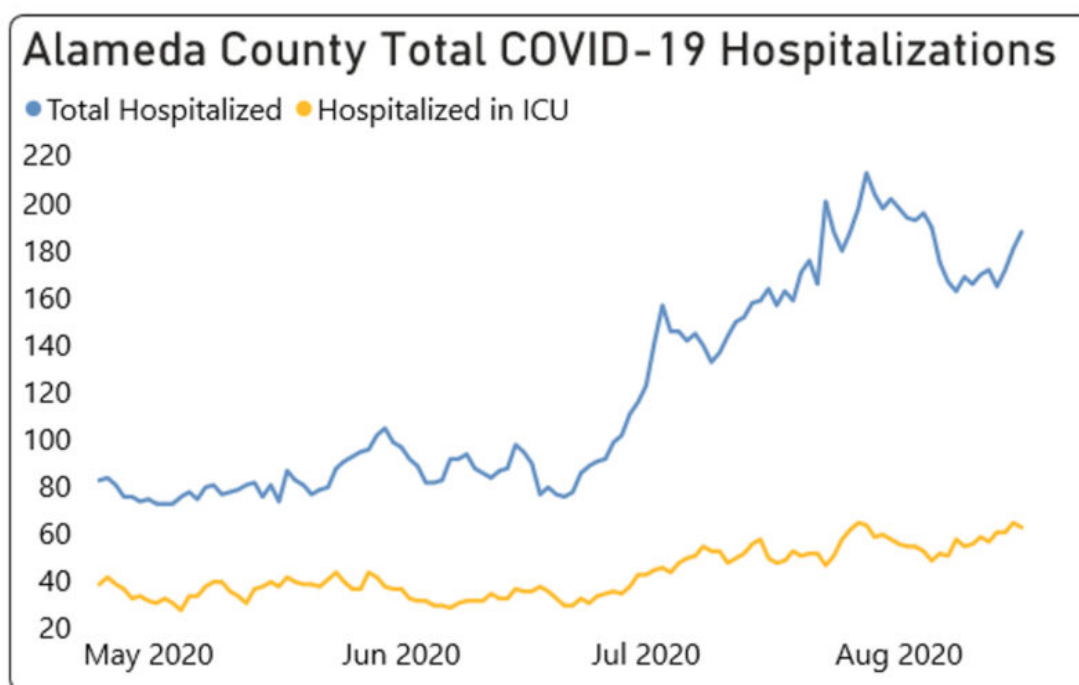
As of August 18, our hospital capacity indicators are:

- 36% of the staffed inpatient hospital beds and 29% of the ICU beds were available, which is within our goal of above 20%. 66% of the mechanical ventilators were available. This indicator remains a five.
- 8.4% of the patients in hospital beds across Alameda County were confirmed COVID-19 positive (highest was of 10.8% on 7/22), 22% of ICU patients were COVID-19 positive (new high) and within our goal of 50% of less.
- There continue to be requests to the county for PPE. Our goal is zero requests. This indicator remains a two.

#### Opportunities to help:

- [California Health Corps](#) – Use this link to register for the California Health Corps which is a State program for trained medical and healthcare workers to sign up and provide availability to assist in the COVID-19 response.
- [Medical Surge Volunteer Sign Up](#) – Use this link to register as a volunteer with the County of Alameda to assist with the COVID-19 response. Medically and non-medically trained volunteers will be needed. [Click here for more information.](#)

If your facility in Alameda County 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  
Health Care Services Agency



Alameda County Public Health Department  
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#### TOP LINKS:

- **HIV:** [FAQs for people living with HIV \(PLWH\)](#) and [Preguntas Frecuentes in Spanish](#), [Guidance for PLWH \(CDC\)](#), [Guidance for HIV providers](#)
- **HIV services during COVID-19:** [Click here for Contra Costa HIV services](#) and [see our online directory for Alameda County HIV services](#).
- **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](#) and [isolation housing](#), [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 \(JHU\)](#), [By Race](#)
  - **DIY Face Coverings and Masks:** [CDC \(easy no-sew\)](#), [Maker Mask \(sewn, science-based\)](#), [Olson Mask \(sewn\)](#)
- 

## ALAMEDA COUNTY GUIDANCE:

Download links for **Alameda County community or business** guidance on: [Face coverings](#), [social bubbles](#), [childcare and camps for all children](#), [graduations](#), [vehicular gatherings](#), [construction](#), [curbside retail pickups](#), [manufacturing and warehousing](#), [personal services](#).

Download links for **Alameda County clinical guidance** on: [COVID-19 testing](#), [isolation orders in 7 languages](#) for all people getting tested, [reporting COVID-19 cases](#), [Project Roomkey isolation housing](#), [home health agencies](#), [remdesivir allocations](#), [routine vaccines](#), reporting pediatric [Multisystem Inflammatory Syndrome](#), [resumption of non-urgent medical services](#), and [testing in Skilled Nursing Facilities](#).

**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](#).

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## LOOKING FOR COVID-19 TESTING?

- [Alameda County COVID testing sites: searchable map](#) (filter for COVID-19 testing) or [webpage](#). This list includes several community-based sites offering free testing for anyone with symptoms, including people without health insurance.
- [Contra Costa County free drive-through or walk-in COVID testing](#)
- [Solano County free testing sites](#)
- Please check the listing for updates and call the testing site before you leave your home/shelter/camp/car to make sure they are open for testing, you are eligible, and register if needed.
- If you don't have a provider and have COVID symptoms: In Alameda County, call Alameda Health System 510-437-8500 for a phone screen and guidance. In Contra Costa County, call 844-729-8410. In Solano County, the county COVID warmline is 707-784-8988.
- If you're having difficulty breathing and unstable, please go to your nearest emergency room.

[BACK TO UPDATES](#)