

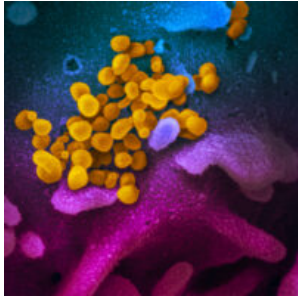
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COVID-19 UPDATES

AUGUST 26, 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-19 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.

We hope that you and loved ones are **staying safe during the wildfires**. Resources include the [AirNow](#) website for current local air quality, [AC Alerts](#) for Alameda County safety alerts and cooling/clean air centers, Alameda County [COVID-19+wildfire guidance](#), the CAL FIRE [evacuation map](#), and updates on the [@calfireSCU Twitter feed](#). The Alameda County Health Care for the Homeless team is distributing 4,000 non-medical N95 masks to unsheltered people who lack access to safer indoor air.

[Please register](#) for the [East Bay HIV Strategic Planning workshop](#) on Friday, September 11, 10-11:30 am if you haven't already done so. Help us determine the strategic and funding priorities for Ending the HIV Epidemic.

EAST BAY COVID-19 UPDATES

COVID-19 cases and hospitalizations in the East Bay have stabilized overall in the past few weeks. [Current estimated transmission rates](#) are 1.02 in Alameda County, 1 in Contra Costa County, and 0.97 in Solano County, compared to 0.93 statewide.

Alameda and Contra Costa Counties remain on the [California State Data Monitoring List](#), and Solano County is back on the list with more than 100 new COVID-19 cases per 100,000 people in the past 14 days. While new limited outdoor activities are allowed (e.g. outdoor pools and salons in Alameda County), reopening remains paused.

- **Alameda County:**
 - [130 new cases](#) per 100,000 people over the past 2 weeks. [17,385 reported cumulative cases](#) and 243 deaths.
 - [179 hospitalized patients](#) (highest was 213 on 7/28), including [65 ICU patients](#) (highest was 73 on 8/20) with confirmed COVID-19.
 - The estimated transmission rate is [1.02](#).
 - New cases in August were much more likely to be ages 30 and younger and to have close contacts at work, compared to cases in March.
- **Contra Costa County:** There are [150 new cases](#) per 100,000 people over the past 2 weeks. The estimated transmission rate is [1](#).
- **Solano County:** There are [111 new cases](#) per 100,000 people over the past 2 weeks. The estimated transmission rate is [0.97](#).







NEW GUIDELINES AND STUDIES

New IDSA guidelines on COVID-19 antibody testing recommend against antibody tests except in surveillance studies or special circumstances when PCR testing fails. In these special circumstances, providers should test for IgG or total antibodies 3-4 weeks after symptom onset. Current tests may measure non-protective antibodies and cannot accurately determine if someone has protective immunity, so they "cannot inform decisions to discontinue physical distancing or lessen the use of personal protective equipment."

Antibody surveillance testing in New York City shows significant disparities between communities with more than 50% people antibody-positive in one zip code in the Corona (!) neighborhood of Queens (predominantly people of color), 33% in the Bronx, and 19% in Manhattan, compared to 27% overall.

The most recent **UCSF Infectious Disease COVID-19 Task Force digest** includes a great overview on school reopenings and COVID-19 transmission/prevention among school-aged children.

COVID-19 harm reduction strategies: Use as many of these as you can!

	Strategy	% reduction
	1. Masking	60-95%
	2. Distancing	53-88%
	3. Eye protection	78%
	4. Stay outdoors	~95% <small>In one case series</small>
	5. Hand hygiene	28-45%
	6. Testing/isolation	33%

Updated 8.17.20 * Data compiled by Sophy S. Wong, MD
Icons by Good Ware, Freepik and Srip on Flaticon.com
Please see [ERGTZ.org/resources](https://www.ergtz.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 and pandemic, we all need to:

- Stay in cooler locations away from smoke,
- Wear non-medical N95s when unable to stay indoors during times of unhealthy air quality,
- [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:

- **Emergency Support:** Positive Women's Network – USA (PWN) is launching the PWN Emergency Support Fund for Women Living with HIV. If you are a PWN member who needs to apply for financial assistance, click [here](#). If you would like to donate to the PWN Emergency Support Fund, click [here](#)!
- **Webinar:** Join San Francisco AIDS Foundation for a webinar on [Meth, Fentanyl & their Co-Use: A Bay Area Harm Reduction Panel Discussion](#) on Monday, August 31st from 2-4pm.
- **Webinar/CME event:** [Self-Compassion for Clinicians](#), hosted by Community Health Center Network will be held on Tuesday, September 22 from 12-1pm. There will be a lively discussion that reviews the principles of Dr. Kristin Neff's mindful self-compassion practices, presented by Dr. Tamika Bailey of Alta Bates.
- **Action:** This week, the week before international overdose awareness day, joining San Francisco AIDS Foundation and others in

raising awareness of this public health crisis and taking action to advocate for legislation and initiatives that will prevent these deaths. Please join on social media via the hashtag #EndOverdoseCA. More information and graphics can be found in this [Social Media Toolkit](#).

- **Resource:** PleasePrEPMe has announced a formal update of the online training, "[Helping People Access PrEP: A Frontline Provider Training on PrEP Research, Care, and Navigation.](#)" The online course was designed to support and empower navigators and other non-clinician staff in providing inclusive, affirming PrEP services backed by current data and clinical best practices.
- **Job Opportunities:**
 - "Let your passion promote you!" Come join the HIV Prevention Team at Lifelong Medical Care as a part-time PrEP Navigator and enjoy flexible work hours and opportunity for career growth. More information about the position can be found [here](#).
 - Expecting Justice is a multi-year collective impact program to improve birth outcomes for Black and Pacific Islander (PI) communities in San Francisco. They are seeking a [Program Associate](#) who will be an integral part of the backbone team to help guide this collaboration.
 - The California Immigrant Policy Center is hiring for the following positions based in Oakland: [Northern California Organizer](#) and [Policy Director](#). Find out more about the organization [here](#).
 - WORLD is seeking a Peer Advocate and a Case Manager/Navigator. Learn more about these open positions [here](#).
 - Alameda County Health Services Agency is looking for a Deputy Medical Director of Healthcare for the Homeless. To learn more, please email Elsie.Kusel@acgov.org and Log2@acgov.org

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

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

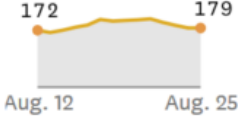
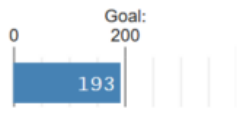
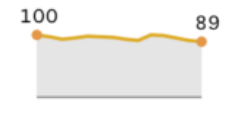
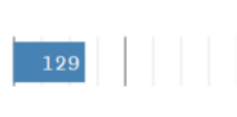
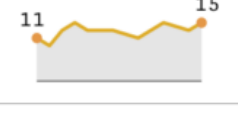
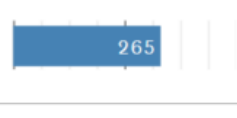
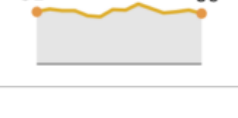
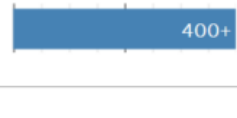




If your organization is in Alameda County and needs COVID-related supplies or staffing, please go to the [Emergency Medical Services website](#) to [request PPE](#), [request staffing](#) and [request testing supplies](#).

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):

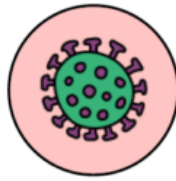
Checklist: How Bay Area counties are measuring progress

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	✗	✓	✓	 172 Aug. 12 179 Aug. 25	 0 Goal: 200 193	68%
Contra Costa	✗	✓	✓	 100 Aug. 12 89 Aug. 25	 0 Goal: 200 129	62%
Marin	✗	✓	✓	 11 Aug. 12 15 Aug. 25	 0 Goal: 200 265	-
San Francisco	✗	✓	✓	 92 Aug. 12 89 Aug. 25	 0 Goal: 200 400+	77%
San Mateo	✗	✓	✓	 49 Aug. 12 50 Aug. 25	 0 Goal: 200 127	-
Santa Clara	✗	✓	✓	 167 Aug. 12 148 Aug. 25	 0 Goal: 200 297	70%

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

Progress on COVID-19 Indicators



Alameda County COVID-19 Indicators: August 26, 2020

How we are assessing progress on containing COVID-19



CASES



Goal: Cases are flat or decreasing.

As of 8/26/20:
130 cases per 100k. Cases and hospitalizations stabilized at higher levels.

Still on state monitoring list. 17,385 cases and 243 deaths. 179 in hospital, 65 in ICU.



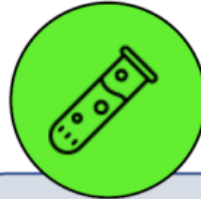
HOSPITAL BEDS



Goal: More than 20% of ICU beds available

As of 8/24/20:
29% ICU beds and 37% hospital beds available.

7.5% hospitalized patients and 22% ICU patients were COVID-19 positive. The PPE indicator was removed 8/26/20.



TESTING



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

As of 8/26/20:
~3,500 tests per day and 5.3% positivity rate.

Umoja Health testing event in Eastmont Mall rescheduled to Sept 12-13.



CASE INVESTIGATIONS



Goal: 300 tracers and 1,203 isolation & quarantine rooms

As of 8/26/20:
135 tracers (45% of goal); >1,132 rooms (94% of goal). New RFQ, tracers and rooms coming on board.

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

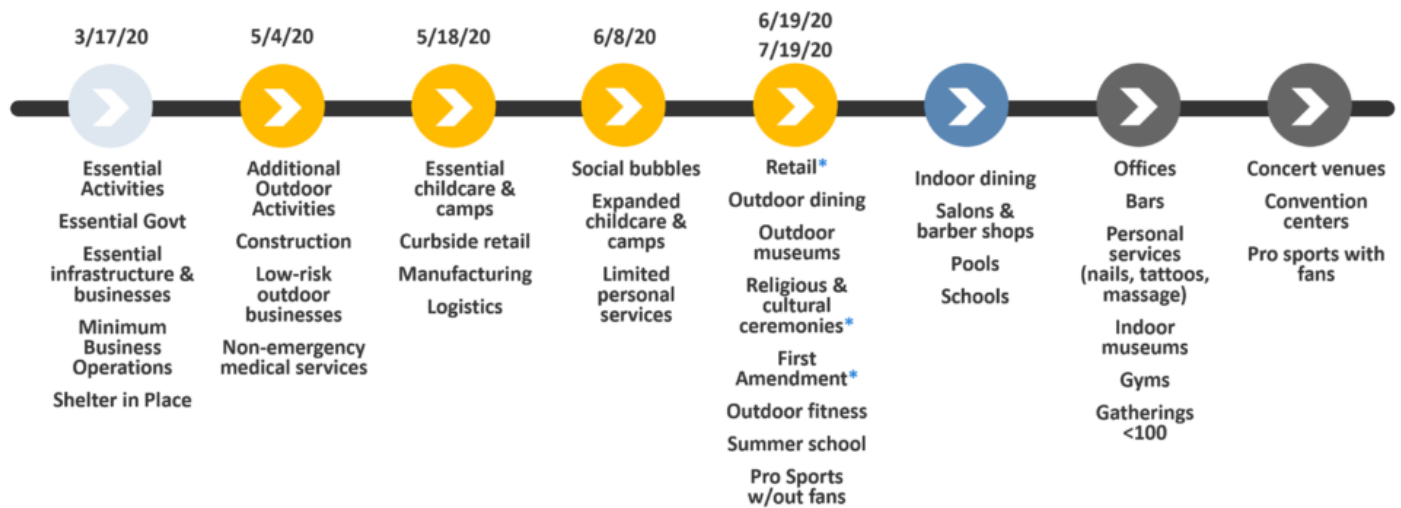


COVID-19 cases have stabilized since mid-July. Hospitalizations and ICU rates have stabilized at higher levels. Our hospital capacity is 37% of our inpatient beds and 29% of ICU beds available, which is within our goal of above 20%. We are exceeding our goal of conducting over 3,100 tests per day. We have 135 case and contact tracing staff, not yet at our goal of 300. 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](#)

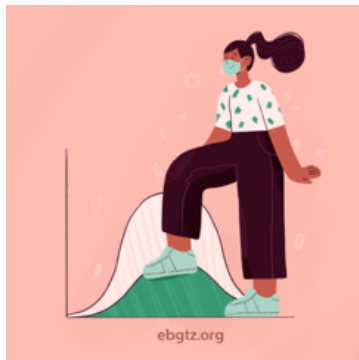
Variance approved on 7.15.20, and reopening remains paused due to continued elevated disease transmission and State restrictions



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

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. Significant resources are still needed to implement vaccinations with distancing, including outdoor and drive-through sites, supplies, marketing, volunteers and nurses. Anyone who is interested in helping with creative flu vaccine access and administration should please contact Amy Pine at amy.pine@acgov.org or 510-268-2135.

TRENDS IN CASES AND HOSPITALIZATIONS



Case rates have stabilized after a peak in mid-July. Hospitalization rates have stabilized this week after reaching a new high of 73 ICU patients with COVID-19 on 8/20. Our goal is for cases to be flat or decreasing. This indicator remains a 3.

- On August 26, there were [130 cases](#) per 100,000 people over the past 14 days.
- Cumulatively there were [17,385 reported cases](#) of COVID-19 and 243 deaths.
- On August 25, there were [179 hospitalized patients](#) (highest was 213 on 7/28), including [65 ICU patients](#) (highest was 73 on 8/20) with confirmed COVID-19.

An analysis of the higher hospital and ICU rates shows that they are likely due to community spread during the mid-July surge as well as cases from long-term care facilities.

The [LEMMA](#) COVID-19 prediction model using hospital data through August 23 estimates the median Alameda County transmission rate (R_t) to be 1.1, up from 0.89 last week. This means each person with COVID-19 transmits the virus to 1.1 other people. As a result, cases increase exponentially. The [California COVID Assessment Tool \(Cal-CAT\)](#) uses an ensemble of 8 models, and estimates our transmission rate to be 1.02.

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 at gatherings with family and friends in parks, yards and homes.

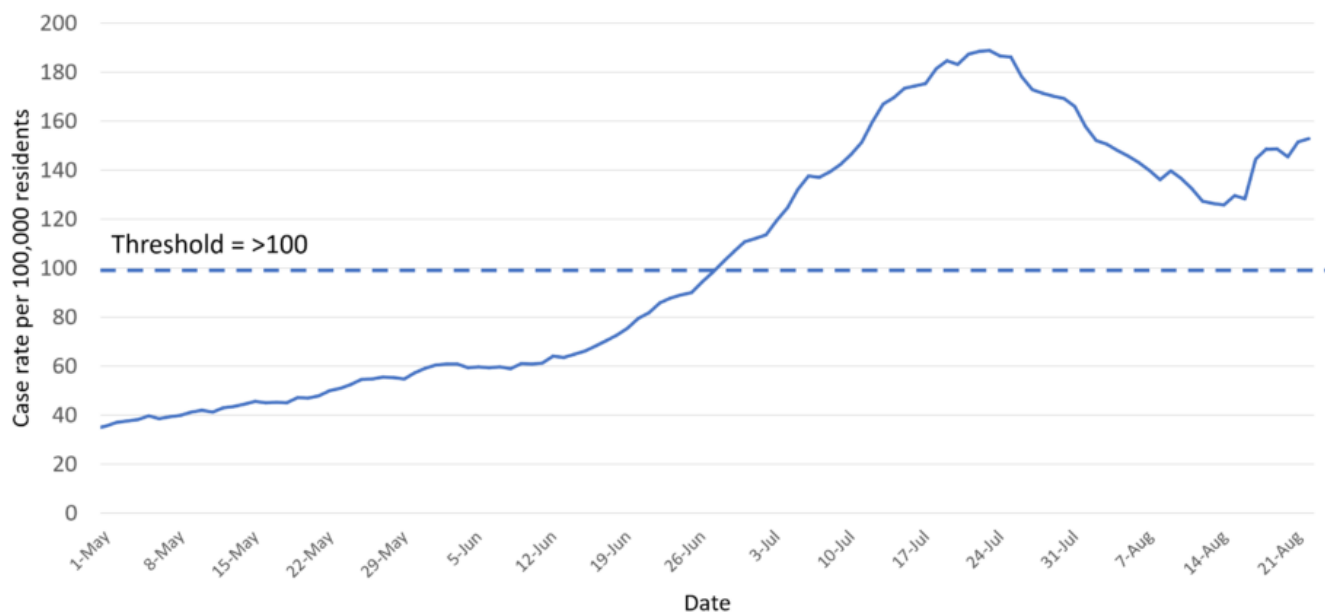
Please help us get the message out to communities with the [Mask On, Alameda County](#) campaign. [Face coverings are mandatory statewide](#) for everyone over the age of 2.

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

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

TRENDS OF COVID-19 CASES IN ALAMEDA COUNTY:

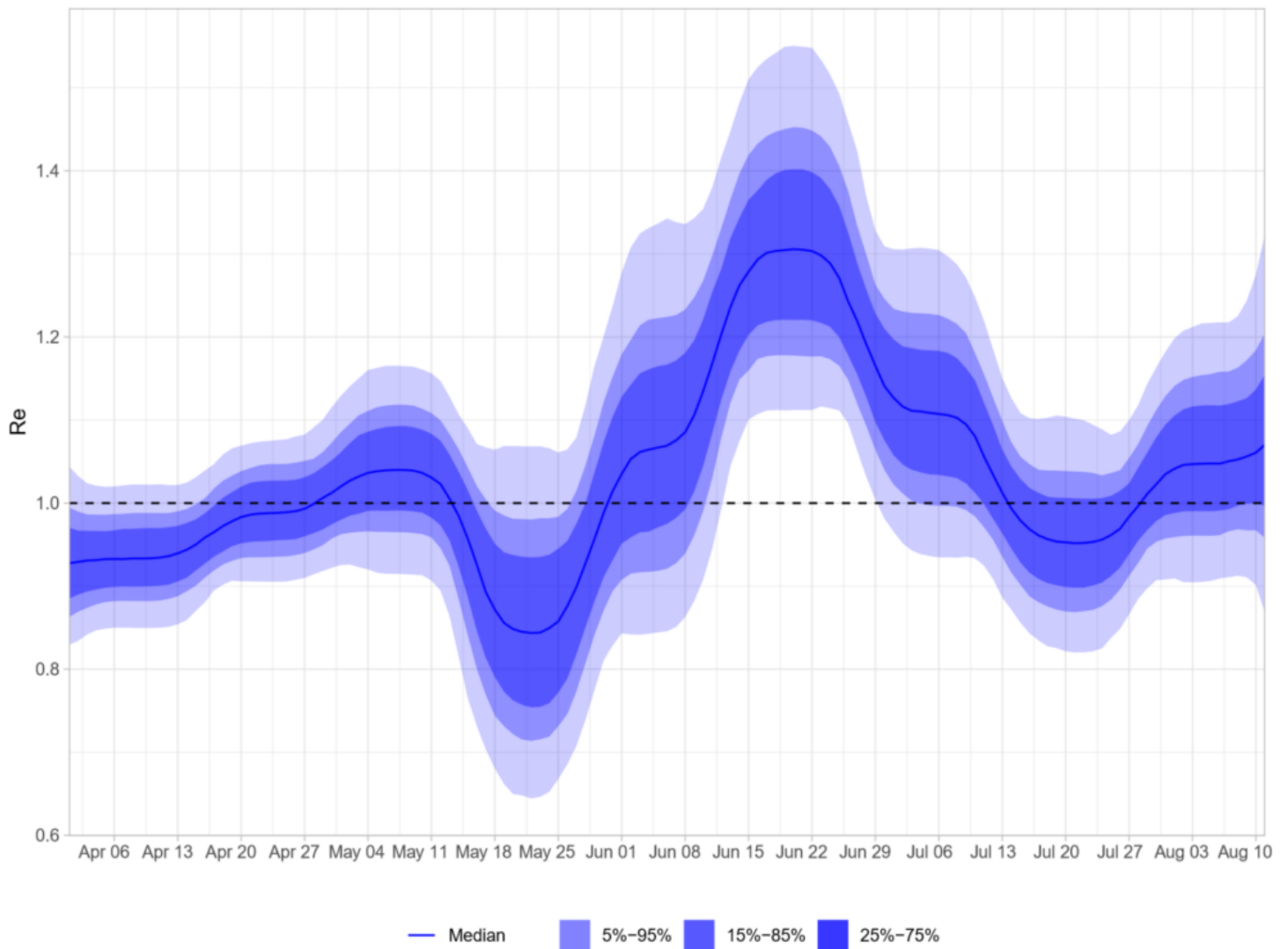
Alameda County 14-day Cumulative COVID-19 Cases per 100,000 Residents with 3-day lag, by episode date, 2020



Source: CalREDIE Data Distribution Portal download August 23, 2020 10:40 am.

TRENDS IN ALAMEDA COUNTY TRANSMISSION RATES (LEMMA MODEL):

Effective Reproduction Number



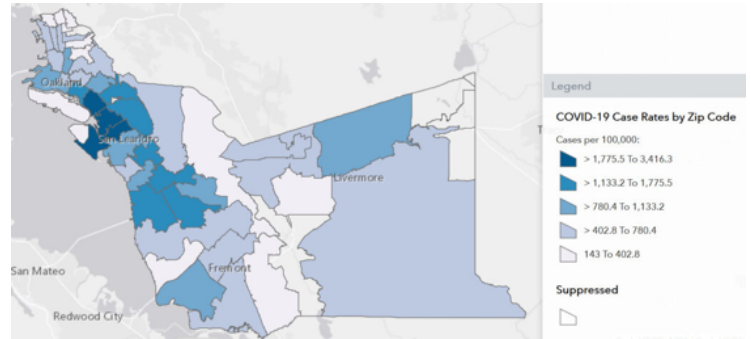
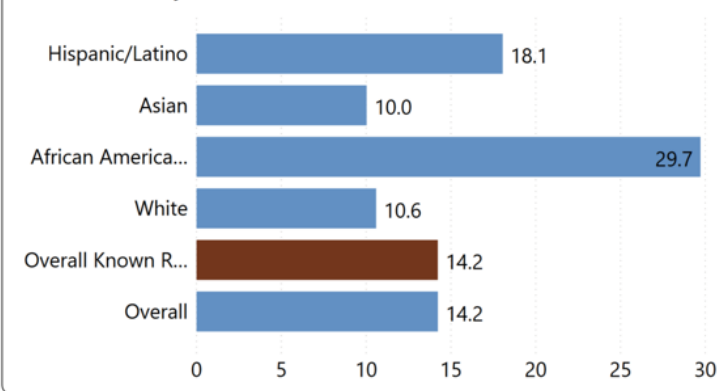
DISPARITIES AND EQUITY

[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. Currently Latinx people have 6.6 times the case rate and 1.7 the death rate compared to Whites. Blacks/African Americans have 2.2 times the case rate and 2.8 times the death rate compared to Whites. Native Americans and Pacific Islanders also have more than 2 times the case rate compared to Whites.

The highest case and positivity rates in Alameda County continue to be in the Fruitvale and Coliseum zip codes in East Oakland.

The *Umoja Health Town and All Around Test* and respond event at the Eastmont Mall was postponed due to unhealthy air quality and rescheduled to September 12-13. The event is sponsored by UCSF, Roots Community Health Center, Brotherhood of Elders/African-American Rapid Response Network, Friends of Dr. Frank Staggers, Jr., the Oakland Frontline Healers and many others.

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



TESTING

We have conducted about [3,500 tests per day](#) in the past week, 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. This indicator remains a four.

Asian Health Services opened a multilingual testing site at Madison Square Park in downtown Oakland. Beginning September 1, the Allen Temple/Core community testing site will open 1-2 days a week and change to walk up testing, with some appointments available for drive up. New mobile testing sites will be open for the African immigrant community at Global Communication, Education & Arts (GCEA) at Shattuck and 48th Street in Oakland one day a week and in Cherry/Ashland two days per week. Lifelong Medical Care will expand its East Oakland testing site in the next few weeks.

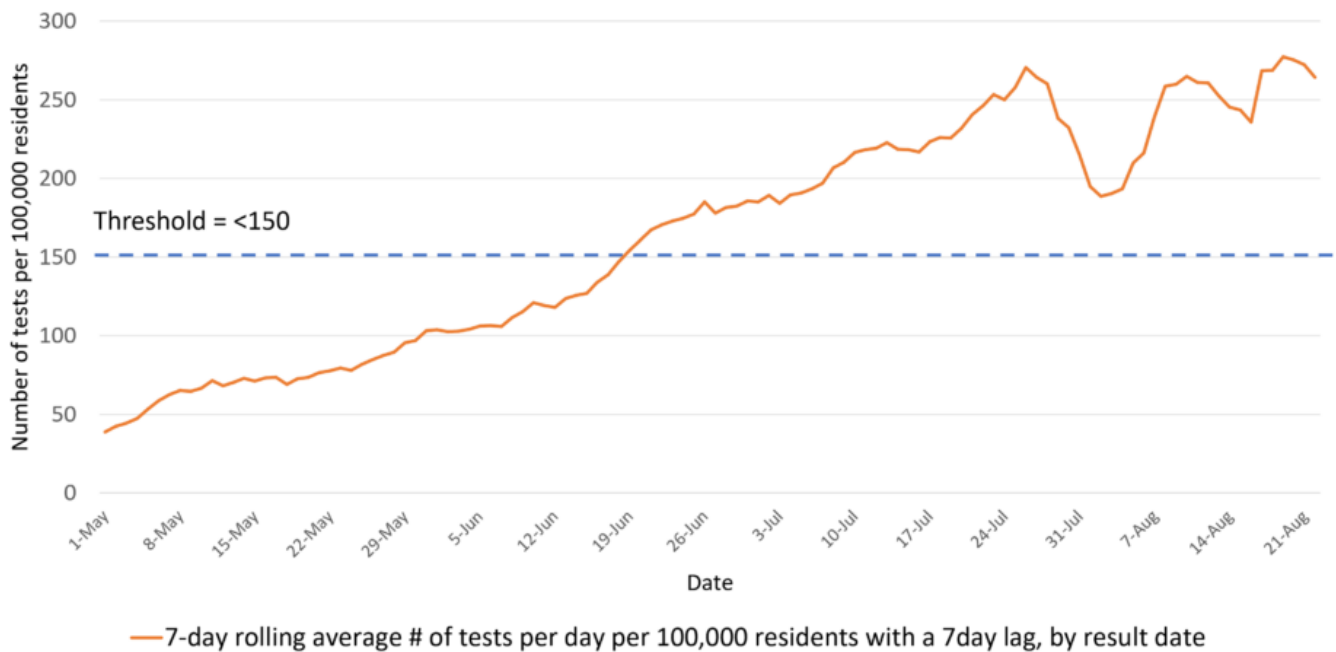
Updated testing locations and appointment links are posted the [COVID-19 testing webpage](#) and searchable in this [interactive map of COVID-19 services](#) (click to filter for COVID-19 testing). 11 community testing sites offer free tests for any community member with symptoms, all essential workers and those at higher medical risk regardless of symptoms.

[Updated COVID-19 testing guidance](#) has been issued for Alameda County and prioritizes testing people with COVID-19 symptoms who are hospitalized and in skilled nursing facilities and those in outbreak investigations (Tier One). Tier Two testing is for all other people with symptoms, close contacts of cases, and higher risk essential workers and those in congregate facilities who are asymptomatic.

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, addresses, dates of birth and phone numbers and demographics (including race, ethnicity, sexual orientation, and gender identity) for all positive cases, including positive antigen results, using the [COVID-19 Confidential Mortality Report \(CMR\)](#).

Alameda County COVID-19 Testing



Sources: 1) CalREDIE Data Distribution Portal download August 23, 2020 10:40 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. This indicator remains a 3.

Case and contact data shows that:

- An increasing percentage of cases are ages 30 and younger: 37% in August compared to 16% in March.
- Fewer close contacts are from health care settings: 2% in August compared to 24% in March.
- More close contacts are from work settings: 17% in August compared to 1% in March.
- Cases at Santa Rita Jail peaked in April and have been decreasing.
- Cases from skilled nursing facilities peaked in April and June and are now decreasing.

The COVID-19 case investigation and contact tracing services funding opportunity is due 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. The Residence Inn in Livermore opened this week. The County is working with the cities of Livermore and Fremont to assist unsheltered people get out of evacuation zones and areas most impacted by the wildfires.

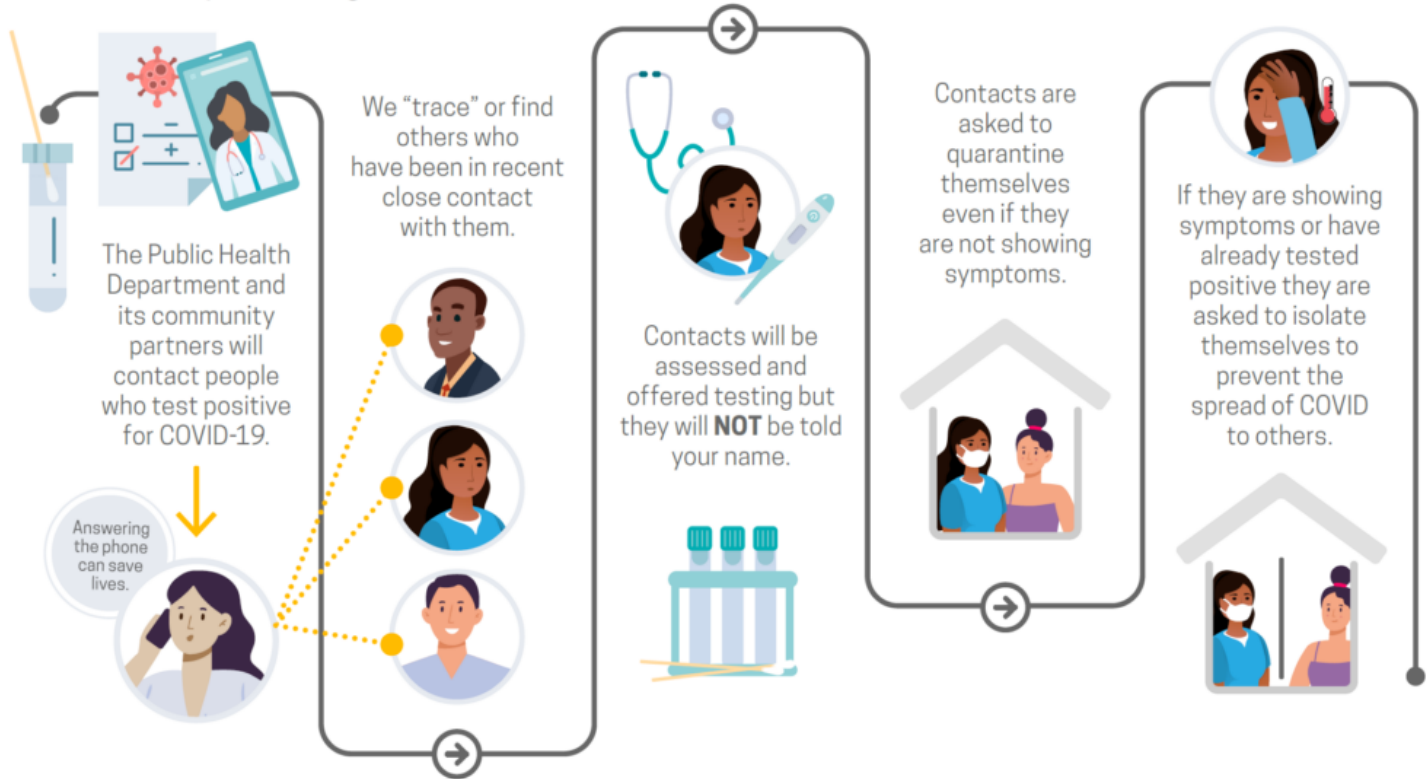
COVID-19 UPDATE

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

🐦 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 24, our hospital capacity indicators are:

- 37% of the staffed inpatient hospital beds and 29% of the ICU beds were available, which is within our goal of above 20%. 67% of the mechanical ventilators were available. This indicator remains a five.
- 7.5% 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 (highest was 24% on 8/20) and within our goal of 50% or less.

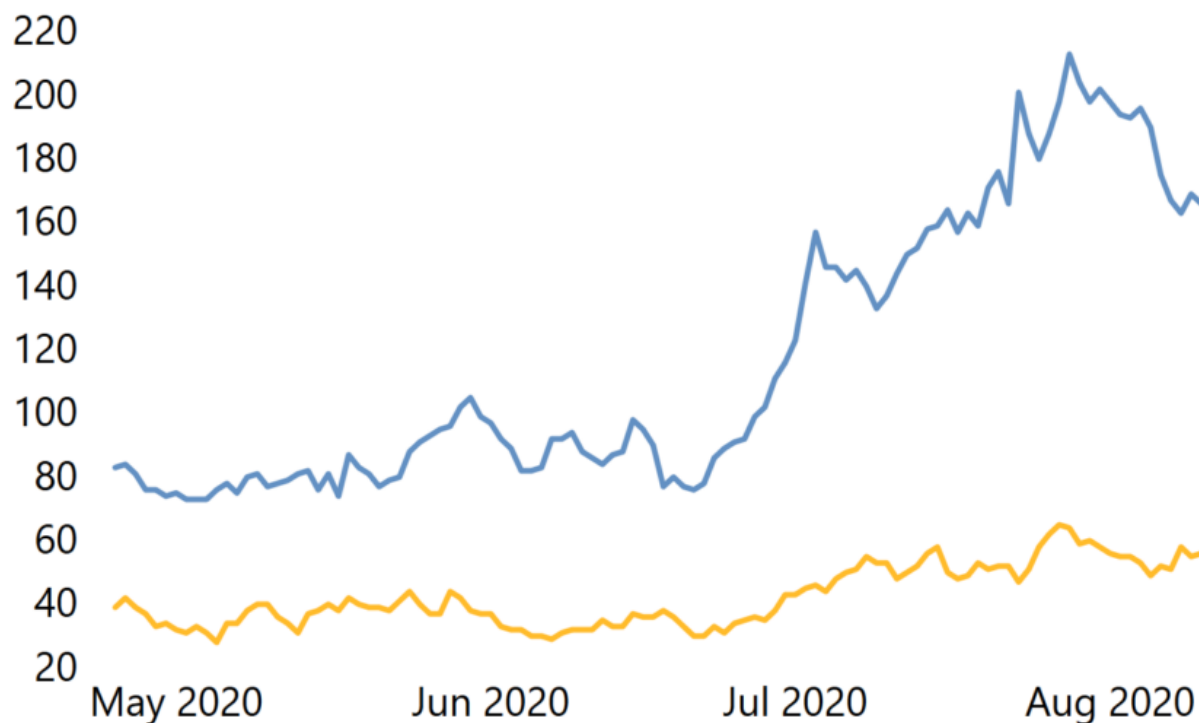
Opportunities to help:

- [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 Total COVID-19 Hospitalizations

● Total Hospitalized ● Hospitalized in ICU



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 \(easy no-sew\)](#), [Kaiser \(sewn\)](#), [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](#).

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.

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