



## HIV and COVID-19 Weekly updates: August 10-14

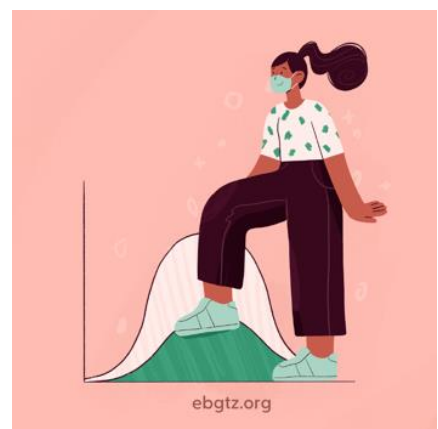
**The National Ryan White Conference** is this week, with the clinical conference finishing up today and the HIV care conference ongoing through Friday. HRSA, CDC and NIH leadership voiced commitment to funding innovative models to address disparities including telehealth, home/self-testing, point-of-care testing, rapid ART and technology access. This morning our HIV ACCESS Rapid ART initiative was featured in a national rapid ART session and how we've sustained rapid access during the pandemic. Thanks to all who have worked hard to implement rapid ART in the East Bay! Slides from the clinical conference plenaries can be downloaded [here](#).

### East Bay COVID-19 updates

Last Friday Dr. Mark Ghaly, Secretary of the California Health and Human Services Agency, announced that the undercount of COVID-19 cases starting on July 25 were due to two reasons. First, a server outage that created delays in lab results coming into the California Reportable Disease Information Exchange known as CalREDIE. Second, a certificate with Quest Diagnostics lab wasn't renewed at the end of the month, preventing lab results from flowing into the system. Hospital data was not impacted. Despite the data issues, Ghaly stated California is seeing cases and hospitalizations decline.

**Hospitalization rates in Alameda County suggest that trends flattened in late July and are starting to decline after two months of increases.** While we await updated case numbers, Alameda, Contra Costa and Solano Counties remain on the [California State Data Monitoring List](#).

- **Alameda County:**
  - The current transmission rate ( $R_t$ ) is now estimated to be about 0.78, down from 1.28 in mid-June. Cases and deaths should decrease if we keep it  $<1$ .
  - On August 11, there were 13,664 reported cases (undercount) of COVID-19 and 205 deaths.
  - On August 10, there were 166 hospitalized patients (highest was 213 on 7/28), including 56 ICU patients (highest was 65 on 7/27) with confirmed COVID-19.
- **Contra Costa County:** On August 11, there were a total of 9,787 reported cases (undercount), 104 hospitalized and 146 deaths.
- **Solano County:** On August 11, there were a total of 4,338 reported cases (undercount), 37 hospitalized and 41 deaths.

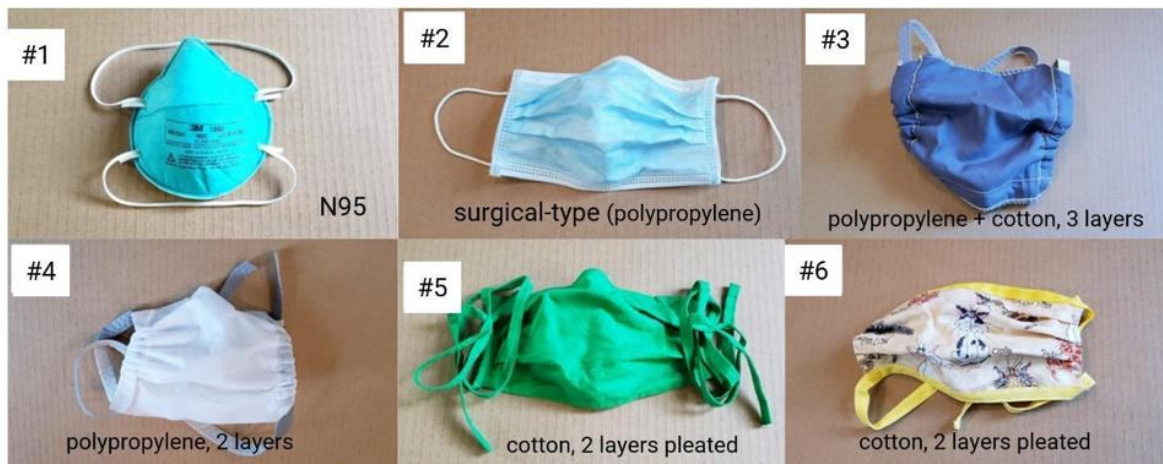


### Wondering which types of masks are the most effective?

A new study from Duke U. ([Fischer](#), Sci Adv) compares how well 14 different commonly used mask types block the number of droplets expelled while people are talking.

Here's an infographic summarizing the top 6 masks they tested that blocked the best, starting with the non-valve N95 mask "gold standard" which blocked the most droplets. The good news is that homemade 2-layer cotton masks blocked nearly 90% of the droplets that the N95 mask blocked:

### Relative efficacy of common mask types for blocking respiratory droplets



Photos by Emma Fischer and data from Fischer, Sci Adv. Infographic summary by Sophy S. Wong, MD for EBGITZ

Bandanas only blocked about half the droplets, and fleece gaiters (neck warmers) resulted in more droplets, possibly by breaking up larger droplets into smaller ones. Given these findings, you may want to avoid using gaiters, and avoid using bandanas especially when you may be around many others or may not be able to maintain distance.

### More COVID-19 studies and other news

**A new contract tracing grant opportunity for agencies in Alameda County** who want to provide COVID-19 case investigation and contact tracing services is now available and due on August 21 (first round): Request for Qualification (RFQ) No. HCSA-900420, Emergency COVID-19 Case Investigation and Contact Tracing Services Vendor Pool.

**Umoja Health -- The Town and All Around** is a two-day mass testing campaign at Oakland's Eastmont Town Center through many collaborating organizations scheduled for the weekend of August 22 and 23. Click to sign up as a clinical volunteer or community volunteer.

Leadership changes at the state: California's public health director Dr. Sonia Angell resigned on Monday, August 10. Her role will be filled by Sandra Shewry as the acting director of the Department of Public Health, and Dr. Erica Pan, the former chief health officer of Alameda County, as the acting state public health officer.

**Leadership changes in Alameda County:** Dr. Nicholas Moss, Alameda County Interim Health Officer, will be on parental leave at the end of August. Dr. Kathleen Clanon, Director of Alameda County Care Connect and Dr. Michael Stacey, Chief Medical Officer of LifeLong Medical Care will cover Health Officer responsibilities while Dr. Moss is on leave.

**COVID-19 rates are 3x higher in health care workers:** A new study from the COVID Symptom Study (Nguyen et. al. in Lancet) including over 2 million community members and nearly 100k health care workers in the US and UK in March and April describes how health care workers were over 3 times as likely to be diagnosed with COVID-19 after adjusting for increased testing and selection bias. Inadequate PPE increased risk. Black, Asian and other "minority ethnic" health care workers also had disproportionate risk.

**Aerosols (tiny droplets) have been found to contain viable SARS-CoV-2** in a hospital room 16 feet away from COVID-19 patients in a new study from U. Florida ([Lednický](#), medRxiv preprint). This data suggests that we wear masks when around others even when 6 feet apart, especially indoors.

Our **summary of COVID-19 harm reduction strategies** is continuously updated with these and other new studies.







**Free COVID-19 testing sites:** [Click here for Alameda County](#), [Contra Costa County](#) and [Solano County testing sites](#).

### Other updates and opportunities:

- **AIDS 2020:** Virtual content now available free and on-demand. You can now access the sessions from the 23rd International AIDS Conference via the [conference website](#).
- **Oakland LGBTQ Center:** Please save the date for a virtual 3-year anniversary celebration and tour of the newly expanded center on September 7, 2020. For more, please visit the Oakland LGBTQ Center website at [oaklandlgbtqcenter.org](http://oaklandlgbtqcenter.org)
- **OAVoice Newsletter:** The State Office of AIDS August newsletter is now available. Click [here](#) to access it. You can also access previous newsletters [here](#).
- **Covered California** has again extended the deadline to enroll, now to the end of August. If you or someone you know is uninsured, we encourage you to check out [Covered California](#) and explore the health plans offered, as well as the availability of financial help.
- Roots Health Centers are going [live on Facebook](#) every Tuesday at 10am Tune in, to **“The People’s Health Briefing”** for data and perspective from experts on the frontlines of the COVID-19 crisis.
- **Crushing the Curve** is a campaign supported by 4 Bay Area counties that helps young adults and their families stay healthy and connected during the Covid-19 pandemic. Check out this resource [here](#).
- PAETC is offering a **webinar on HIV Pharmacology** to be held Monday, August 24th at 1:30pm. Register [here](#).
- California Prevention Training Center (CA PTC) is hosting a CA STD Expert Hour webinar tomorrow 8/13 from 1-2pm PDT about **Delivering Sexual Health Services in the Time of COVID-19** with Drs. Ina Park and Rosalyn Plotzker. Register [here](#).

You are always welcome to go to the EBGZT [website](#) for detailed updates (usually posted Wednesday evenings). Please follow and share our [Instagram](#), [Facebook](#) and [Twitter](#) accounts.

### Effectiveness of COVID harm reduction strategies

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

Data compiled by Sophy S. Wong, MD  
Icons by Freepik and Strip on FlatIcon.com  
Please see EBGZT.org/resources for the complete list of sources for this table.

## Bay Area COVID checklist from San Francisco Chronicle:

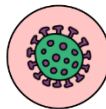
### Checklist: How Bay Area counties are measuring progress

This chart will be updated weekly with information reported by the county officials. Last updated Aug. 7, 2020 10:44 a.m.

County	Cases Flat or decreasing	Hospitals Counts flat or decreasing	Hospitals Below 50% COVID patients	Hospitals Hospitalizations over past two weeks	Testing Tests per 100k people per day	Goal	Tracing Percent of cases	PPE 30-day supply
Alameda	✗	✗	✓			✗	59%	✗
Contra Costa	✗	✗	✓			✗	28%	✓
Marin	✗	✗	✓			✗	46% as of June 15	✓
San Francisco	✗	✗	✓			✗	80%	✗
San Mateo	✗	✗	✓			?	Cannot calculate metric	✗* 14-day supply
Santa Clara	✗	✗	✓			✗	70%	✓

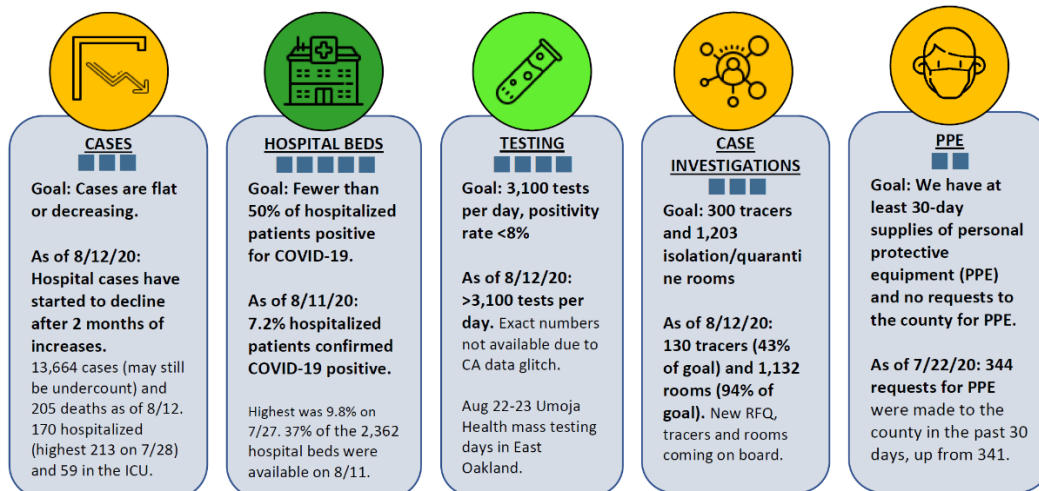
## Updates for Alameda County: Progress on COVID-19 Indicators

The rate of hospitalizations flattened in late July and are starting to decline. The percentage of people hospitalized and COVID-19 positive has decreased to 7.2% compared to a high of 9.8% two weeks ago and still below the goal of 50%. Hospital capacity is 37% of our inpatient beds, and 100% of our surge beds remain available. We are exceeding our goal of conducting 3,100 tests per day. Health facilities continue to make requests for PPE from the county. All indicators remain at the same level this week compared to last week.

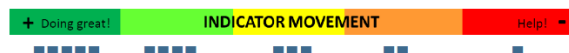


### Alameda County COVID-19 Indicators: August 12, 2020

How we are assessing progress on containing COVID-19



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



## Trends in Alameda County Cases and Hospitalizations

Hospitalization rates have started to decline after 2 months of increases. Due to the statewide data problem, the most current case trend is better represented the “epi curve” shown here, which reflects the date of test collection or symptom onset. The epi curve shows that cases peaked in mid-July and flattened in late July to last week.

Our goal is for cases to be flat or decreasing. This indicator remains a 3 until data corrections are made.

- On August 12, there were 13,664 reported cases of COVID-19 and 205 deaths.
- On August 11, there were 170 hospitalized patients (highest was 213 on 7/28), including 59 ICU patients (highest was 65 on 7/27) with confirmed COVID-19.

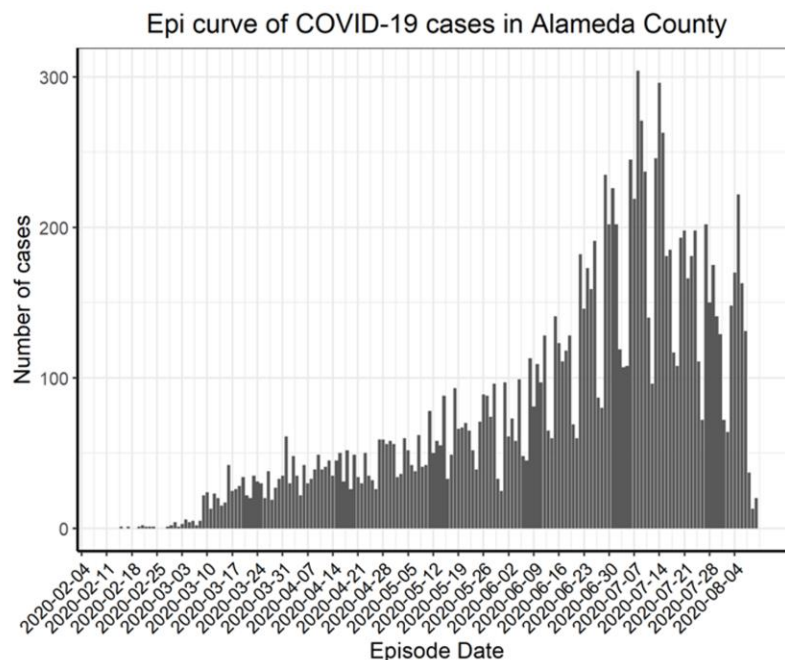
The LEMMA COVID-19 prediction model, which uses hospital data and is not impacted by the statewide data problem, estimates the median Alameda County transmission rate ( $R_t$ ) to be 0.78, down from 1.28 in mid-June. This means each person with COVID-19 transmits the virus to fewer than one other person. When the transmission rate is less than one, cases, hospitalizations and deaths decrease.

Our goal is to keep the transmission rate to less than 1 by ensuring preventive measures are widely 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 in 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](#).

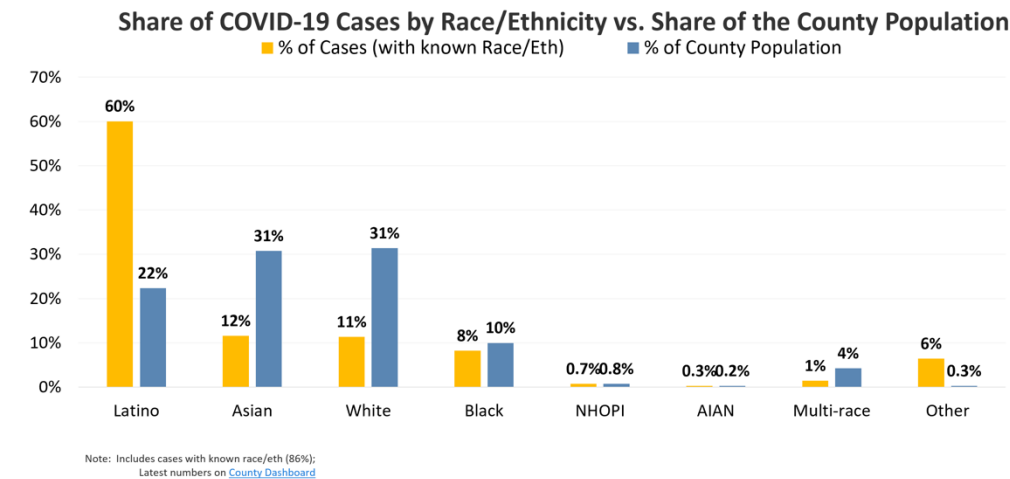




## Disparities and Equity in Alameda County

Race and ethnicity data in this graph show that Latinx people continue to be most heavily and disproportionately impacted, representing 60% of our cases while being on 22% of our county population.

### Racial Inequities in Alameda County



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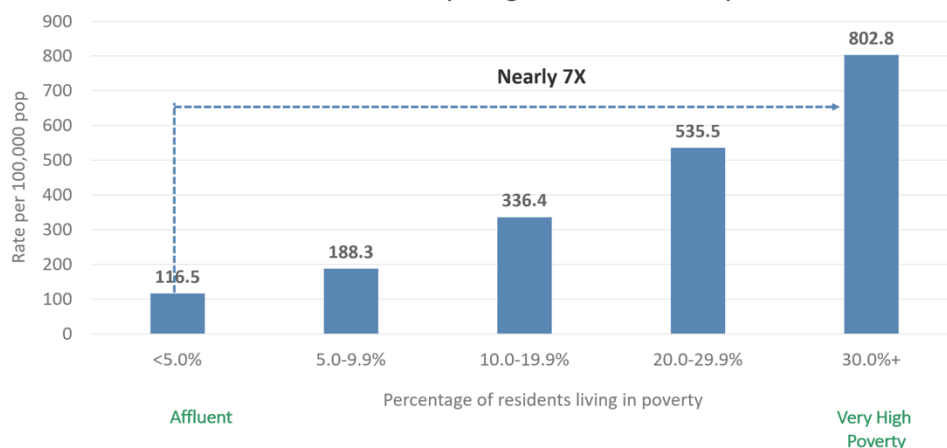
Source: ACPHD, with data from CalREDIE as of 7.26.20<sub>13</sub>

Poverty is also heavily associated with greater likelihood of having COVID-19. The second graph showing that neighborhoods that have more than 30% of residents living in poverty have nearly 7 times the rate of COVID-19 diagnosis compared to the neighborhoods with less than 5% of residents living in poverty.

### Inequities by Neighborhood Poverty in Alameda County

#### Social Gradient in Disease:

#### COVID-19 Case Rates by Neighborhood Poverty Level



Source: ACPHD, with data from CalREDIE as of 6.14.20



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A key element of our COVID-19 equity strategy includes partnering directly with communities most impacted by this pandemic, working collectively with their existing people power to uphold community wellness.

This week [Mask On!](#) events will include outreach offering masks and information to general public on the street, entering stores, in parks, and the plaza in the Fruitvale District. The event is sponsored by Street Level Health Project and Mam community leaders.

## Testing in Alameda County

We are past our goal of conducting 3,100 tests per day. This indicator remains a four.

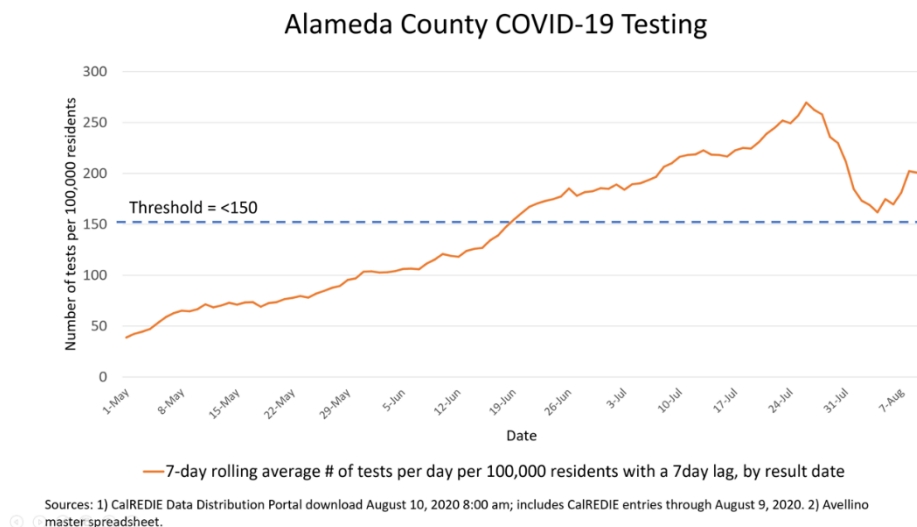
A coalition of groups consisting of Oakland Frontline Healers, Friends of Frank Staggars Sr, the African American Rapid Response Circle, the Brotherhood of Elders Network, Roots Clinic, UCSF United in Health, and others have rallied around [Umoja Health -- The Town and All Around](#), an effort to increase COVID-19 testing among African Americans in the hardest hit neighborhoods. We are planning two days of mass testing on August 22 and 23, followed by support for those who test positive. Click to sign up as a [clinical volunteer](#) or [community volunteer](#).

New guidance is available on SARS-CoV-2 testing prior to elective and non-urgent surgical, dental and diagnostic procedures, including screening all patients for symptoms and close contacts, and considerations for when and how to test pre-procedure. The guidance document can be downloaded [here](#) or from the ACPHD [Clinical Guidance](#) page, and on the [Health Alerts](#) page.

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). 10 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.

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.



## Expanded & Targeted Testing



COVID-19 Testing Locations:

<http://www.acphd.org/2019-ncov/testing.aspx>



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## Case and Contact Investigations, Isolation and Quarantine

Alameda County currently has more than 130 case investigators and contact tracers with a goal to reach 300 in the fall. Approximately 59% of cases currently have contact tracing completed. This indicator remains a 3.

A new grant opportunity for agencies who want to provide COVID-19 case investigation and contact tracing services is now available, with the first round due on August 21: [Request for Qualification \(RFQ\) No. HCSA-900420](#), Emergency COVID-19 Case Investigation and Contact Tracing Services Vendor Pool.

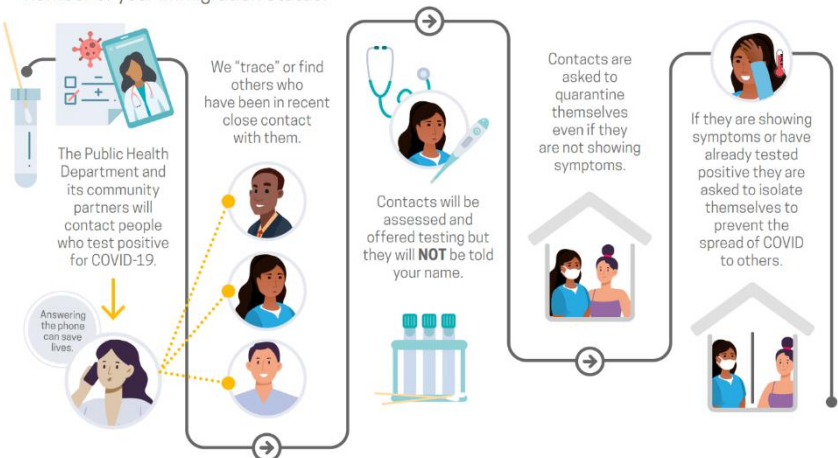
New [contact tracing infographics](#) for all people who get tested are now available for download in 7 languages. The version in English is pictured here.

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



COVID-19  
UPDATE

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



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## Hospital Capacity and Surge Planning in Alameda County

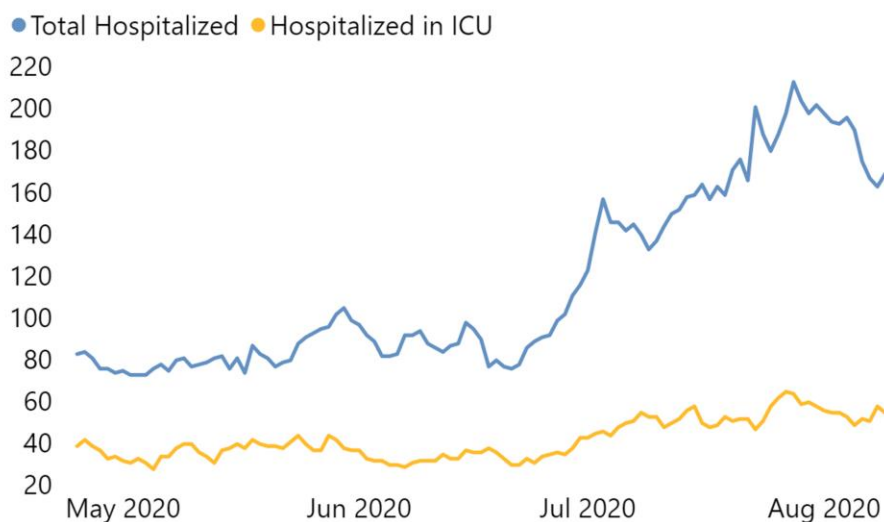
As of August 11, our hospital capacity indicators are:

- 7.2% of the patients in hospital beds across Alameda County were confirmed COVID-19 positive (highest was of 9.8% on 7/27) and within our goal of 50% of less.
- 19% of the patients in ICU beds were confirmed COVID-19 positive (highest was 22% on 7/27).
- 37% of the 2,362 staffed inpatient hospital beds and 29% of the 307 ICU beds were available, and 100% of the 1,221 surge beds were available. This indicator remains a five.
- There continue to be requests to the county for PPE. Our goal is zero requests. This indicator remains a two.

Long-term surge planning has begun to transition from emergency operations to more permanent COVID program operations. Alameda County will be using statewide guidance to have plans in place in response to four levels of surge triggers based on the percentage increase in hospital census over the average annual census.

If your facility 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



Alameda County  
Health Care Services Agency



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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](#).

#### **LOOKING FOR COVID-19 TESTING?**

- [Alameda County COVID testing sites](#): [searchable map](#) (filter for COVID-19 testing) or [downloadable PDF](#). 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](#)
- 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.
- Alameda County COVID-19 testing sites are free and open for testing for all people who have COVID-19 symptoms and health care workers regardless of symptoms. Click on the testing site name to make online appointments: [Roots Community Health Center](#), [Allen Temple](#), [REACH Youth Center](#) and [Alameda County offices in Hayward](#).
- 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.