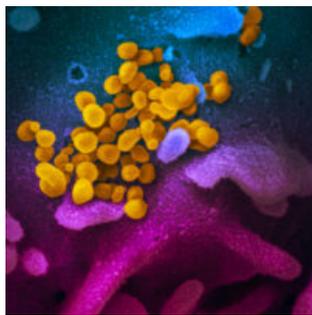


[Home](#) / [COVID-19](#) / [COVID updates](#) / [COVID-19 updates](#)

## COVID-19 UPDATES

SEPTEMBER 9, 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](#).

[MASKS](#)

[GUIDANCE](#)

[RESOURCES & LINKS](#)

[ARCHIVES](#)

[PDF SUMMARY](#)

Click on these links for

[masks and face coverings](#), [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:

**This Friday!** The [East Bay HIV Strategic Planning workshop](#) will be held on Friday, September 11, 10-11:30 am. Help us determine the strategic and funding priorities for Ending the HIV Epidemic.

Starting in October, these HIV+COVID-19 updates will move to a **bi-weekly schedule**.

The East Bay experienced **dark orange skies** this week due to wildfire smoke blowing in from the Bear Fire near Chico. On Wednesday morning, parts of the East Bay were protected by a marine layer of cleaner air, but once that breaks we may experience poorer air quality. To check your local air quality rating, visit [AirNow](#).

### EAST BAY COVID-19 UPDATES

**COVID-19 cases and hospitalizations in the East Bay have started to slowly trend downward.** [Current estimated transmission rates](#) are 0.91 in Alameda County, 0.87 in Contra Costa County, and 0.83 in Solano County, compared to 0.87 statewide. Our goal is to keep the transmission rate less than 1 so that cases continue to decrease.

Alameda, Contra Costa and Solano Counties remain in the purple tier for widespread COVID-19 in California's [Blueprint to Safer Reopening](#) for having more than 7 new cases per 100,000 people per day, but not for test positivity rates. All 3

## Statewide Metrics

9.1

New COVID-19 Positive cases per day per 100K

5.3%

Positivity Rate



Widespread  
Substantial  
Moderate  
Minimal

counties have positivity rates below 8%. The state updates the tiers weekly using data from the previous week.

Being in the purple tier means that most non-essential indoor operations must remain closed. Each county can move into the next lower tier when it consistently has fewer than 7 new cases per day per 100,000 residents *and* a test positivity rate below 8%. CA also plans to add a health equity indicator that has not yet been announced.

## ALAMEDA COUNTY:

[7.8 new cases](#) of COVID-19 per day per 100,000

residents.

- [5.0%](#) testing positivity rate.
- [19,496 cumulative cases](#) and 303 deaths.
- 154 hospitalized patients (highest was 213 on 7/28), including 40 ICU patients (highest was 73 on 8/20) with confirmed COVID-19.
- [0.91](#) transmission rate on the ensemble [Cal-CAT](#) model (down from 0.99 last week) and 0.69 on the [LEMMA](#) hospital data model (down from 0.90 last week).

## CONTRA COSTA COUNTY:

- [8.4 new cases](#) of COVID-19 per day per 100,000 residents.
- [5.3%](#) positivity rate.
- [0.87](#) transmission rate, down from 0.98.

## SOLANO COUNTY:

[8.1 new cases](#) of COVID-19 per day per 100,000 residents.

[4.4%](#) positivity rate.

[0.83](#) transmission rate, slightly up from 0.81.

## UPCOMING COVID-19 COMMUNITY TESTING EVENTS IN OAKLAND

### The Resilient Fruitvale Task Force is hosting two days of free mass testing September 12-13

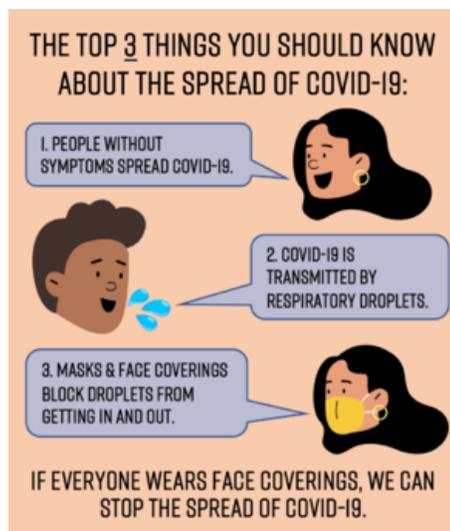
for people living in the 94601 zip code as part of the [Sanando Juntos](#) campaign. Please check [this website](#) for updates on the schedule based on air quality safety. Testing will take place 9-5 pm in the La Clínica de La Raza parking lot at 35<sup>th</sup> Avenue and E. 12<sup>th</sup> Street. People are encouraged to register [here](#) but will not be turned away if they don't register. If you are interested in volunteering, please sign up [here](#).

## NEW STUDIES AND VACCINE UPDATES

### 1 in 5 Californians knows someone who died of COVID-19; Black, Latinx and low-income Californians are disproportionately impacted:

In a bilingual survey conducted in August by the California Health Care Foundation with 1,209 representative people interviewed, 28% of Black residents, 29% of Latinx residents, and 26% of low-income people reported that they know someone who died of COVID-19 while 10% of White Californians did. Black, Latinx, Asian and “liberal” respondents were more likely to support stricter shelter-in-place rules if they allowed workplaces and schools to reopen sooner or prevented more deaths.

On Tuesday 9/8, nine drug companies pledged to “stand with science” and not release a **coronavirus vaccine** until it met rigorous safety and efficacy standards. The companies banded together in an effort to reassure the public that they would not bow to pressure to prematurely rush out a vaccine.



**FREE COVID-19 TESTING**  
SEPT. 12-13 | 9AM-5PM

- No symptoms required for testing
- Testing offered to infants, children and adults (of all ages)
- Antibody testing available
- Free giveaways, school supplies, masks and more!

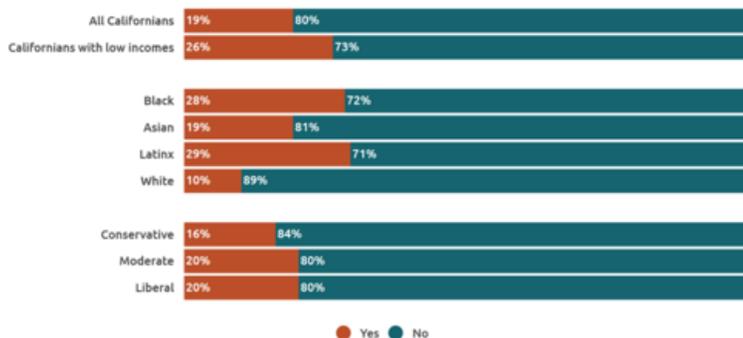
Testing is NOT considered public charge and will NOT affect immigration status.

LA CLÍNICA DE LA RAZA PARKING LOT (35th Ave. and E. 12th St.)

Resources will be available for people who test positive. Opportunity to participate in optional study/research questions. Drive-thru testing available.

### COVID-19 Tracking Poll: California Residents

Do you know someone who died of COVID-19?



Notes: The margin of error is +/-3.1 percentage points. Low income is defined as at or below 138% of the federal poverty guidelines (PDF). Figures may not sum due to rounding. Survey uses African American and Hispanic.

Source: CHCF/psos Survey of California Residents age 18+.

CALIFORNIA HEALTH CARE FOUNDATION, SEPTEMBER 2020

**Universal masking might reduce disease severity and help generate immunity:** Dr. Monica Gandhi and Dr. George Rutherford at UCSF published an article on Tuesday in the New England Journal of Medicine describing the theory that masks might reduce disease severity and offer a way to generate some immunity to COVID-19 while we await a vaccine. They propose that masking might reduce the number of viral particles (inoculum) that an

exposed person inhales. The low levels of exposure may lead to asymptomatic or mild disease and provoke an immune response that might help fight off future exposures to the virus.

In an outbreak on an Argentinean cruise ship where passengers and staff were given masks, 81% of infected people never developed symptoms, compared to 18% of unmasked passengers who became infected on a Diamond Princess cruise ship. In two recent outbreaks at an Oregon seafood processing plant and an Arkansas chicken plant where all workers were issued and required to wear masks, more than 500 people became infected but 95% never developed symptoms and the remaining 5% had only mild-to-moderate symptoms.

## 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 [EBGTZ.org/resources](https://EBGTZ.org/resources) for the complete list of sources for this table.

- Sanitize or wash hands frequently, and
- Stay home when sick.

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 wildfire season and the 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,

## OTHER UPDATES AND OPPORTUNITIES:

- **Job Opportunity:** Wellpath is seeking a 0.2 FTE Physician to care for patients living with HIV at Santa Rita jail. Learn more [here](#).
- **Webinar:** The ongoing COVID-19 pandemic has changed in-person family planning services. Join a webinar led by UCSF's Dr. Michael Policar focused on these changes and the Medi-Cal/Family PACT policy for telephonic-only remote visits. The webinar [Providing Family PACT Services During COVID-19: Understanding Benefit Changes](#) will take place on Thursday, Sept. 17, 12-1:30 PST.
- **Virtual celebration:** On September 7th, the Oakland LGBTQ Center celebrated their [3rd anniversary and new clinic naming ceremony](#). Check out all that Oakland LGBTQ center has to offer via their website.
- **Newsletter:** California Department of Public Health – Office of AIDS' September 2020 newsletter OAVoice is [here](#).
- **Resources from SF:** SF Department of Public Health has updated and re-released this [Tip Sheet for Safer Sex During the COVID-19 Pandemic](#). Also, SF's Mayor unveiled some new [art and messaging](#) developed by SF communities around staying safe.

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

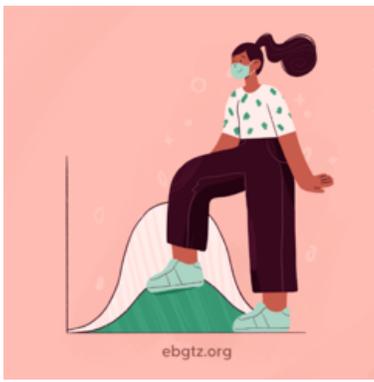
If your organization is in Alameda County and needs COVID-related supplies or staffing, please go to the [Emergency Medical Services website](#) to [request PPE](#), [request staffing](#) and [request testing supplies](#).

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

## UPDATES FOR ALAMEDA COUNTY IN EACH COVID-19 STRATEGY AREA: TRENDS IN CASES AND HOSPITALIZATIONS

**Case rates continue to slowly trend downward after a peak in mid-July. Hospitalization rates have started to slowly trend down after peaks in July and August. Our goal is for cases to be flat or decreasing.**

- On September 8, CDPH calculated [7.8 new cases](#) of COVID-19 per day per 100,000



residents and a test positivity rate of 5% using data adjusted through August 29.

- On September 9, there were [19,496 cumulative cases and 303 deaths](#).
- On September 8, there were [154 hospitalized patients](#) (highest was 213 on 7/28), including [40 ICU patients](#) (highest was 73 on 8/20) with confirmed COVID-19.

The [LEMMA](#) COVID-19 prediction model using hospital data through September 5 estimates the median Alameda County transmission rate ( $R_t$ ) to be 0.69, down from 0.90 last week and a peak of 1.24 in late June. This means each person with COVID-19 transmits the virus to 0.69 other people. If we keep the transmission rate less than 1, new cases will decrease.

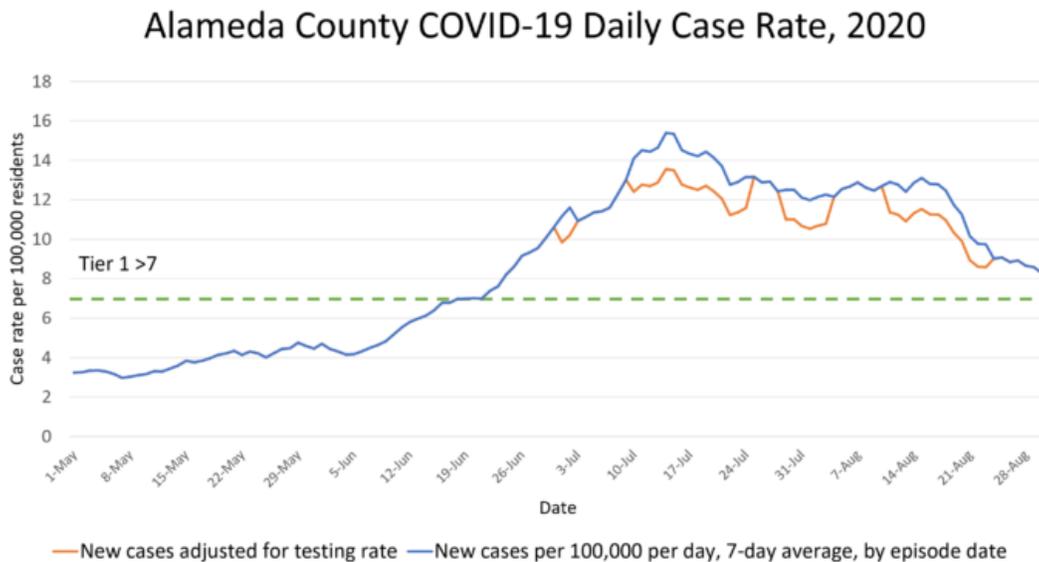
The [California COVID Assessment Tool \(Cal-CAT\)](#) uses an ensemble of 8 models, and estimates our transmission rate to be 0.91, down from 0.99 last week and compared to 0.87 in California overall.

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.

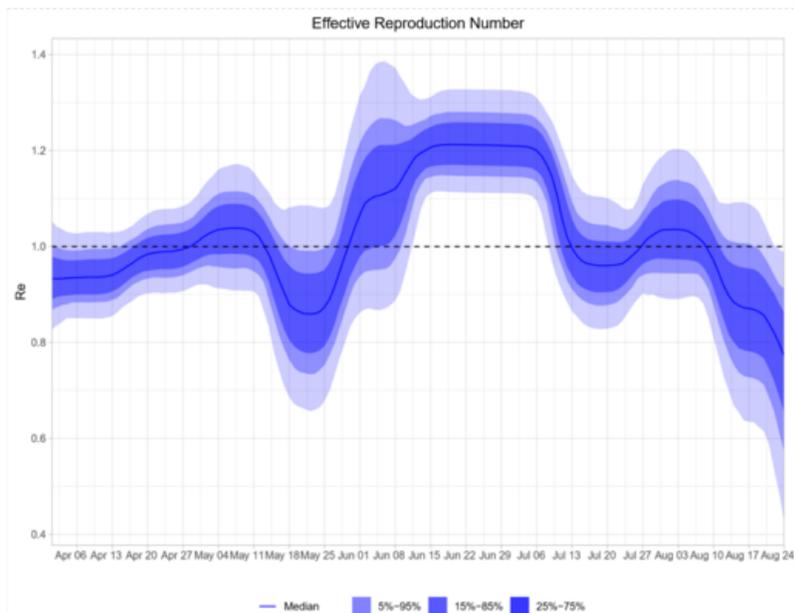
For help with enforcement or report violations of workplace safety orders in Alameda County, please email: [COVID19compliance@acgov.org](mailto:COVID19compliance@acgov.org)

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



Source: CalREDIE Data Distribution Portal download September 7, 2020 9:45 am.

## TRENDS IN ALAMEDA COUNTY TRANSMISSION RATES (LEMMA MODEL):

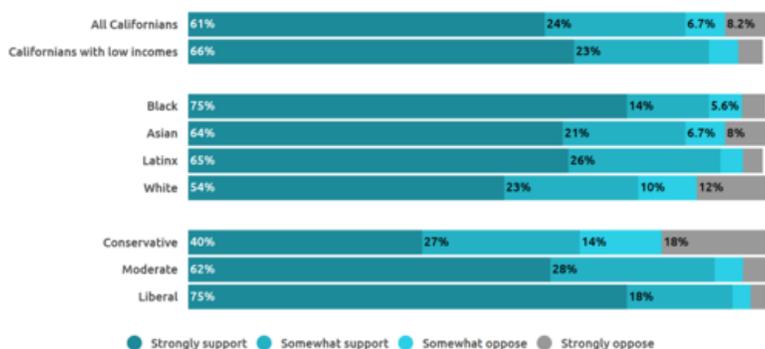


## DISPARITIES AND EQUITY

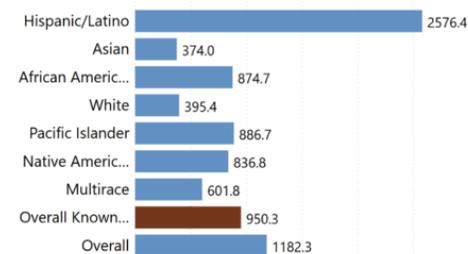
A statewide survey shows that [1 in 5 Californians knows someone who died of COVID-19](#), and [Black, Latinx and low-income Californians are disproportionately impacted](#). The survey was conducted in Spanish and English in August by the California Health Care Foundation. 1,209 representative California residents interviewed. 28% of Black/African American residents, 29% of Latinx residents, and 26% of low-income people reported that they know someone who died of COVID-19 while 10% of White Californians did. Black, Latinx, Asian and “liberal” respondents were more likely to support stricter shelter-in-place rules if they allowed workplaces and schools to reopen sooner or prevented more deaths.

### COVID-19 Tracking Poll: California Residents

Would you support stricter shelter-in-place rules if it would prevent more deaths from coronavirus?



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



[Updated race and ethnicity data in Alameda County](#) 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 6.5 times the case rate and 1.7 the death rate compared to Whites. Blacks/African Americans have 2.2 times the case rate and 2.7 times the death rate compared to Whites. Native Americans have 2.1 times and Pacific Islanders have 2.2 times the case rate compared to Whites. These disparity rates are similar this week (within 0.1) compared to last week.

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

These persistent disparities underscore the urgent need to address racial and socioeconomic inequities in economic stability, workplace safety, education and access to precautions, rapid access to testing, safe isolation housing, quarantine, medical care, and income replacement.

The Alameda County Responsibility to Community Health (ARCH) Program provides financial assistance to self-isolating County residents in high-risk communities who have tested positive for COVID-19. For more information, please see the [FAQ](#) and [press release](#).

## TESTING

**We have conducted over [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%, using the CDPH calculation method for the week ending August 31. This is within our positivity rate goal of less than 8%, but varies greatly by zip code and race/ethnicity.**

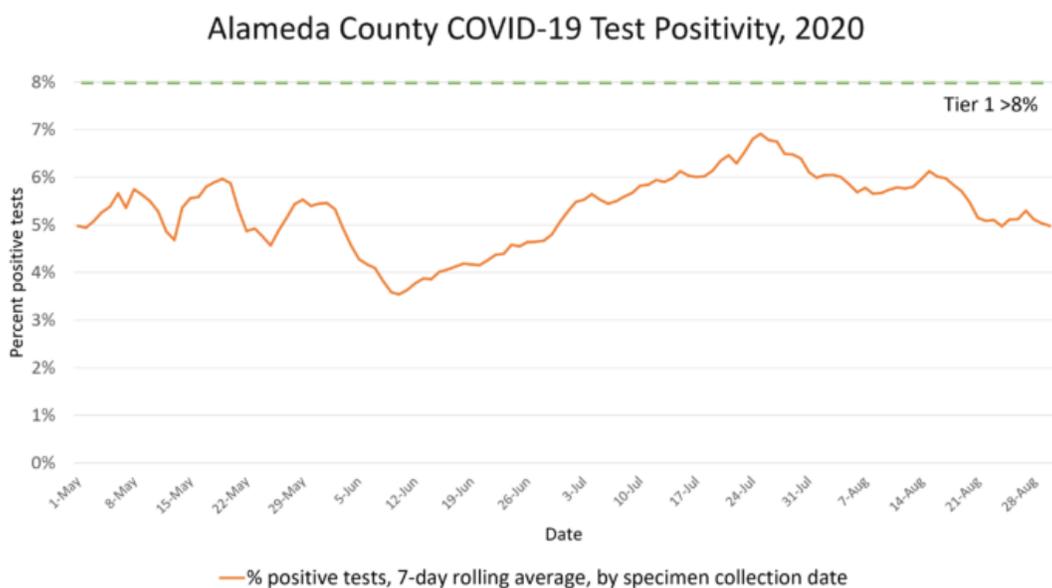
The [Sanando Juntos](#) campaign and [the Resilient Fruitvale Task Force plans to host two days of free mass testing](#) on September 12 and 13 for people living in the 94601 zip code. Testing will take place 9-5 pm in the La Clínica de La Raza parking lot at 35<sup>th</sup> Avenue and E. 12<sup>th</sup> Street. People are encouraged to register [here](#) but will not be turned away if they don't register. The schedule may change based on the air quality. Please check the [Sanando Juntos/United in Health](#) website for updates.

The [Umoja in Health](#) pop-up testing event at the Akoma Market was held on September 6, and new testing pop-ups will be forthcoming. New community testing sites at GCEA, Glad Tidings Church, Eden Church and pop-up testing sites for day laborers in the Fruitvale and Hayward plan to open this month.

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 using [county testing guidance](#) for any community member with symptoms, all essential workers 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, 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 \(CMR\)](#).



Sources: 1) CalREDIE Data Distribution Portal download September 8, 2020 10:00 am. 2) Avellino master spreadsheet.

## CASE AND CONTACT INVESTIGATIONS, ISOLATION AND QUARANTINE

**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.

The Public Health Department and its community partners will contact people who test positive for COVID-19.

We "trace" or find others who have been in recent close contact with them.

Contacts will be assessed and offered testing but they will **NOT** be told your name.

Contacts are asked to quarantine themselves even if they are not showing symptoms.

If they are showing symptoms or have already tested positive they are asked to isolate themselves to prevent the spread of COVID to others.

Assessing the phone numbers of contacts.

Stay Informed

Please click to view "How COVID-19 Can Spread in the Community".  
Call 2-1-1 or text "COVID19" or "coronavirus" to 21221 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  
Advancing Healthy People in Healthy Communities

Alameda County currently has 47 outbreak investigators, 128 trained case investigators and contact tracers at the county, 29 at community-based organizations, with a goal to reach 300 in the fall. Between September 2 through 8, 55% of the 978 cases were reached and 67% of the 663 contacts were reached.

Rolling applications for the COVID-19 case investigation and contact tracing services funding opportunity are due every first and third Friday after September 1. So far 36 proposals have been received and are undergoing review. For more information, go to: [Request for Qualification \(RFQ\) No. HCSA-900420](#).

[Project Roomkey](#) continues to provide isolation/quarantine housing for people living in crowded conditions or are experiencing

homelessness.

## HOSPITAL CAPACITY AND SURGE PLANNING

As of September 7, our hospital capacity indicators are:

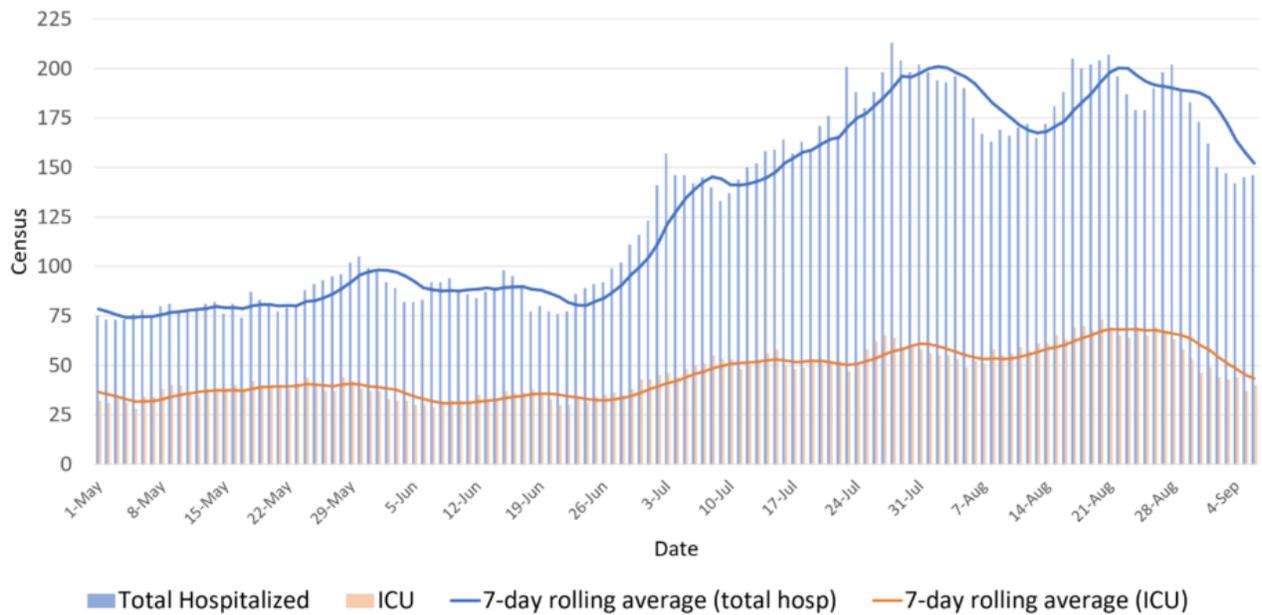
- 6.2% of the patients in hospital beds across Alameda County were confirmed COVID-19 positive (highest was of 10.8% on 7/22), 12% of ICU patients were COVID-19 positive (highest was 24% on 8/20) and within our goal of 50% of less.
- 38% of the staffed inpatient hospital beds and 37% of the ICU beds were available, which is within our goal of above 20%. 71% of the mechanical ventilators were available.

### 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](#).

## COVID-19 Patients Currently Hospitalized in Alameda County, 2020



Source: California Department of Public Health

### 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](#).

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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.

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