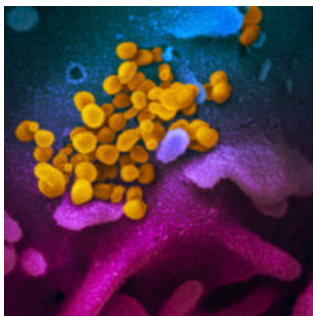


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COVID-19 UPDATES

SEPTEMBER 2, 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 are the United States. Have we been united? Do you understand what's going to happen when we fall? Because a house that is against each other cannot stand. To all of the police officers, I'm praying for you and your families. To all of the citizens, my Black and Brown sisters and brothers, I'm praying for you. I believe that you are an intelligent being just like the rest of us. Everybody, let's use our hearts, our love, and our intelligence to work together to show the rest of the world how humans are supposed to treat each other. America is great when we behave greatly."

Julia Jackson, mother of Jacob Blake

[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.

This **Labor Day weekend** we honor the contributions of laborers and workers who keep our communities running. We recognize the tradition and desire for gatherings with friends and family during the holiday weekend. We also know that COVID-19 outbreaks occurred earlier this summer during these types of social gatherings. The risk is highest in enclosed spaces and when people take off their face coverings. The risk is lower when outdoors with smaller numbers of people maintaining distance and wearing face coverings.

EAST BAY COVID-19 UPDATES

COVID-19 cases and hospitalizations in the East Bay have stabilized. [Current estimated transmission rates](#) are 0.99 in Alameda County, 0.98 in Contra Costa County, and 0.81 in Solano County, compared to 0.89 statewide. Our goal is to keep the transmission rate less than 1 so that cases decrease.

California has rolled out a new color-coded four-tiered system called [Blueprint to Safer Reopening](#) to track counties' prevalence of COVID-19 and guide the reopening process. The framework uses new case rates and testing positivity to determine a county's risk of disease spread. The colors range from yellow (lowest disease spread and restrictions) to orange, red, and purple (widespread disease and most restrictions).

Statewide Metrics

10.9
New COVID-19 Positive
cases per day per 100K

6.0%
Positivity Rate



County risk level	New cases	Positive tests
WIDESPREAD Many non-essential indoor business operations are closed	More than 7 daily new cases (per 100k)	More than 8% Positive tests
SUBSTANTIAL Some non-essential indoor business operations are closed	4 - 7 daily new cases (per 100k)	5 - 8% Positive tests
MODERATE Some indoor business operations are open with modifications	1 - 3.9 daily new cases (per 100k)	2 - 4.9% Positive tests
MINIMAL Most indoor business operations are open with modifications	Less than 1 daily new cases (per 100k)	Less than 2% Positive tests

Alameda, Contra Costa and Solano Counties are in the purple category along with most of the rest of California for widespread new COVID-19 cases, defined as having more than 7 new cases per 100,000 people per day. This means that most non-essential indoor operations must remain closed.

For some counties with stricter rules, some reopenings are allowed. Alameda County will be reopening indoor salons and libraries at 25% capacity and allowing more outdoor activities such as batting cages and outdoor movies.

ALAMEDA COUNTY:

- [9.3 new cases](#) of COVID-19 per day per 100,000 residents.
- [5.6%](#) testing positivity rate.
- [18,445 cumulative cases](#) and 257 deaths.
- 162 hospitalized patients (highest was 213 on 7/28), including 49 ICU patients (highest was 73 on 8/20) with confirmed COVID-19.
- The estimated transmission rate is [0.99](#) on the ensemble [Cal-CAT](#) model and 0.9 on the [LEMMA](#) hospital data model, down from 1.1 last week.

CONTRA COSTA COUNTY:

- [10.8 new cases](#) of COVID-19 per day per 100,000 residents.
- The positivity rate is [6.2%](#).
- The estimated transmission rate is [0.98](#).

SOLANO COUNTY:

- [8 new cases](#) of COVID-19 per day per 100,000 residents.
- The positivity rate is [4.3%](#).
- The estimated transmission rate is [0.81](#).

Statewide [temporary tenant and landlord protection](#) legislation was signed by Governor Newsom on Monday, August 31. The law extends protections for tenants to shield them from evictions due to COVID-19-related back rent to February 1, 2021 and extends anti-foreclosure protections in the Homeowner Bill of Rights to small landlords.

NEW GUIDELINES AND STUDIES

[Public input is requested this week for the national SARS-CoV2 vaccination policy](#) drafted by the National Academy of Medicine and commissioned by the CDC and NIH. Input from the public, especially communities disproportionately affected by the COVID-19 pandemic, is essential to produce a final report that is objective, balanced, and inclusive. The [Draft of the Preliminary Framework for Equitable Allocation of COVID-19 Vaccine](#) recommends a phased-in approach to vaccine distribution based on availability, starting with high-risk healthcare workers and those at higher medical risk, and ending with healthy adults. The public comment period will close on Friday, September 4 at 9 pm PST.

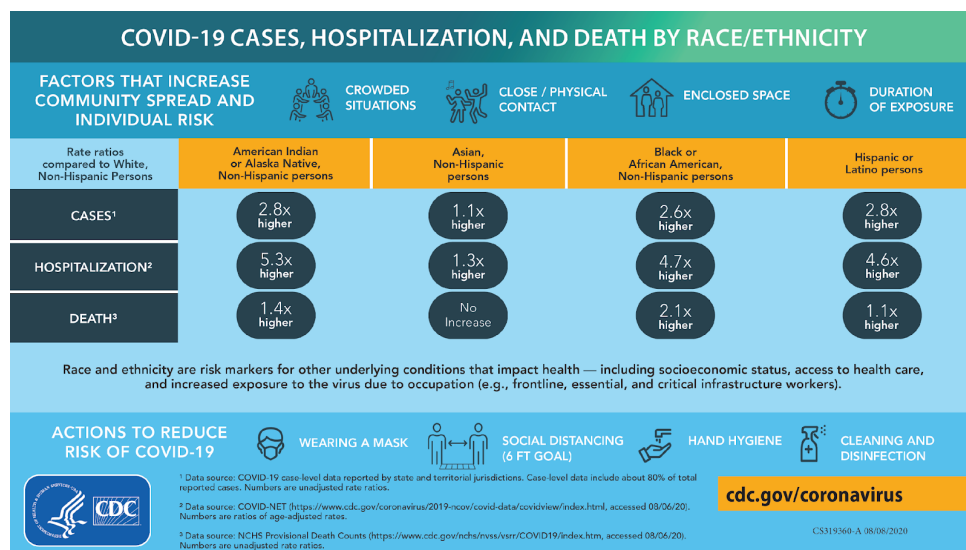
[A review of 8 studies on COVID-19 in People Living with HIV](#) shows that among cohorts of people living with HIV in cohorts in the US and Europe, COVID-19 infection risk, course, and outcomes appear to be no different than that of persons without HIV when controlled for socioeconomic status and comorbidities. However, a preprint (not peer-reviewed) publication from South Africa including a cohort of 22,308 people living with HIV who were diagnosed with COVID-19 suggests that HIV doubled the risk for COVID-19 mortality regardless of viral suppression. Current or previous tuberculosis also increased COVID-19 mortality.

	Barcelona, Spain ¹	Madrid, Spain ²	Milan, Italy ³	London, U.K. ⁴	New York City, NY ⁵	Atlanta, GA ⁶	Providence, RI ⁷	Boston, MA ⁸
Size of HIV cohort	N.A.	2873	≈6000	N.A.	N.A.	N.A.	≈1800	≈1300
N with COVID-19 (proven or probable)	5	51	47	18	21	20	27	36
Infection rate	N.A.	1.8%	0.8%	N.A.	N.A.	0.2%	1.5%	2.8%
Male:Female	3:0*	43:8	36:11	2:1	19:2	13:7	20:7	21:15
Mean or median age	37.8	53.3	51	52	60	57	49	53.4
Black	N.A.	0	N.A.	94%	24%	85%	22%	44%
Hispanic/Latinx	N.A.	10%	N.A.	N.A.	N.A.	5%	48%	33%
Mean BMI (kg/m ²)	N.A.	25.5	N.A.	N.A.	28	28	N.A.	28.1
Median CD4 count (cells/μL)	564	565	636	395	298	425	644	660
N (%) with CD4 <200 cells/μL	1 (20%)	24 (47%)	3%	N.A.	6 (29%)	N.A.	1 (4%)	2 (6%)
Percent with undetectable HIV-1 RNA	80%	98%	94%	94%	88%	90%	100%	97%
N (%) with HIV viremia	1 (20%)	1 (2%)	N.A.	N.A.	2 (9%)	2 (10%)	0	1 (3%)
N (%) with comorbidities	2	32 (63%)	30 (64%)	10 (56%)	N.A.	17 (85%)	19 (70%)	30 (83.3%)
N (%) with severe disease	2	13 (5%)	6 (13%)	7 (39%)	5 (24%)	6 (30%)	9 (33%)	15
N (%) died	0	2 (4%)	2 (4.2%)	5 (28%)	3 (14%)	3 (15%)	1 (3.7%)	2 (5.6%)

*Two patients were transgender
N.A. = data not available

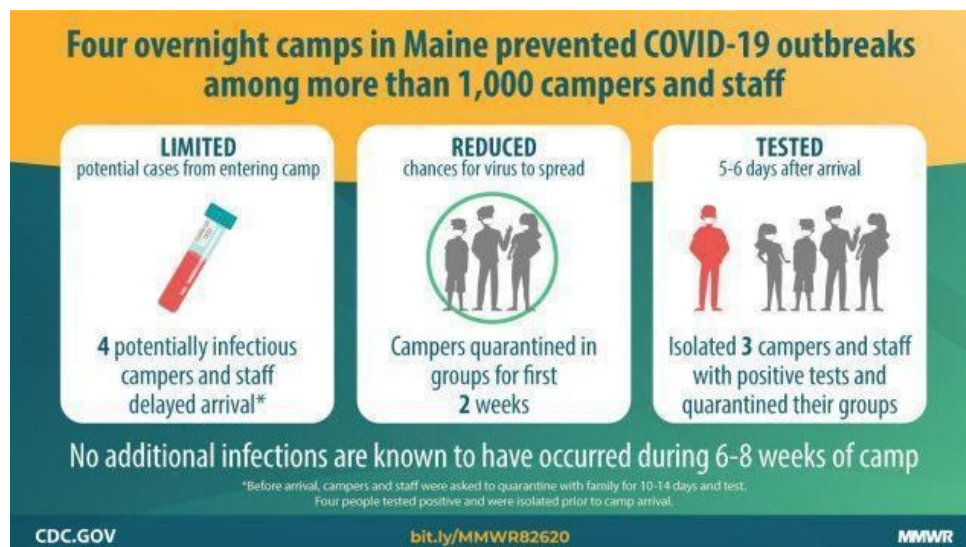
GBM Journal Watch

New national data on COVID-19 racial disparities among all people and [children](#): [People of color have been disproportionately affected by COVID-19](#), and new U.S. research is heightening concern about the susceptibility of children in these communities. [Children of color](#) are infected at higher rates than white children and hospitalized at rates five to eight times that of white children, the data shows. They also make up an overwhelming majority of those who develop a rare, life-threatening complication called multisystem inflammatory syndrome, or MIS-C.



Fresno jail outbreak: More than 1,100 people at Fresno County Jail have tested positive for COVID-19 since the pandemic began. [KQED news reports](#), “The New York Times now ranks the outbreak in Fresno as the 12th largest cluster of cases — including both inmates and staff — at a single facility in the country, but it’s not clear how other jails in California rank when not all counties are consistently reporting this information to public health officials.”

Masking, testing, cohorting prevented transmissions at large camps in Maine: A study by [Blaisdell](#) et. al. in MMWR found that when 4 overnight camps in Maine implemented strict masking, distancing, cohorting, quarantining, surveillance testing and rapid isolation, none of the other >1,000 attendees got infected from 3 COVID-positive attendees.



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

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 for the complete list of sources for this table.

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:

2020 Census: As of August 25, 2020, more than 78 percent of the nation's housing units have been counted. Census takers are now knocking on doors to collect data – until September 30. This is the last stretch to collect data before the tabulation process begins. Please encourage everyone in your networks to fill out the

census. Learn more [here](#).

- **Policy:** California's Earned Income Tax Credit (CalEITC) will now be available to immigrant workers who have an ITIN and a child five years old or younger. Over 30,000 people will now be able to get critical financial resources when they file their taxes—up to \$3,982 a year. To learn more about this policy change, click [here](#).
- **Webinar:** Please join the Black Aids Institute tomorrow, Thursday, September 3, at 4pm PDT for 'COVID-19: A Uniquely & Unapologetically Black Conversation with Dr. Anthony Fauci.' This is a special fourth episode in [The Blacker The Plan](#): Our People. Our Problem. Our Solution. virtual speakers series.
- **Video series:** Roots Community Health Center hosted another edition of their weekly People's Health Briefing focusing on [COVID and housing insecurity](#). The talk focused on how COVID-19 is affecting community members experiencing homelessness and the unique ways that this community has remained resilient to this pandemic.
- **Conference:** Registration is now open for [AIDSWatch: Road to Resiliency](#). This special session of AIDSWatch, to be held Sept. 29-30, 2020, will bring together everyone in the HIV field – from funders to activists – to discuss how we sustain our advocacy around ending the HIV epidemic in the United States, amid the COVID-19 pandemic and with a focus on racial justice.
- **Sign-on:** This year at the international AIDS conference that was hosted virtually in San Francisco and Oakland, a group of long term survivors of the HIV epidemic gathered to draft the [San Francisco Principles](#) with regards to care for people aging with HIV. Long-term survivors of HIV can sign on to the principles [here](#).
- **Advocacy opportunity:** Recently several drug manufacturers have sent letters announcing that they will either only be selling 340B drugs to in-house pharmacies or demanding submission to new on-line portals of sensitive claims data to which the manufacturers are not entitled. Implementation of these policies will quickly decrease access to both pharmaceuticals and quality of care for patients and their communities. Learn more about the actions being taken [here](#) and share with your networks.

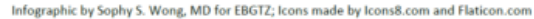
HIV services during COVID-19: [Click here for Contra Costa HIV services](#) and [see our online directory for Alameda County HIV services](#).

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

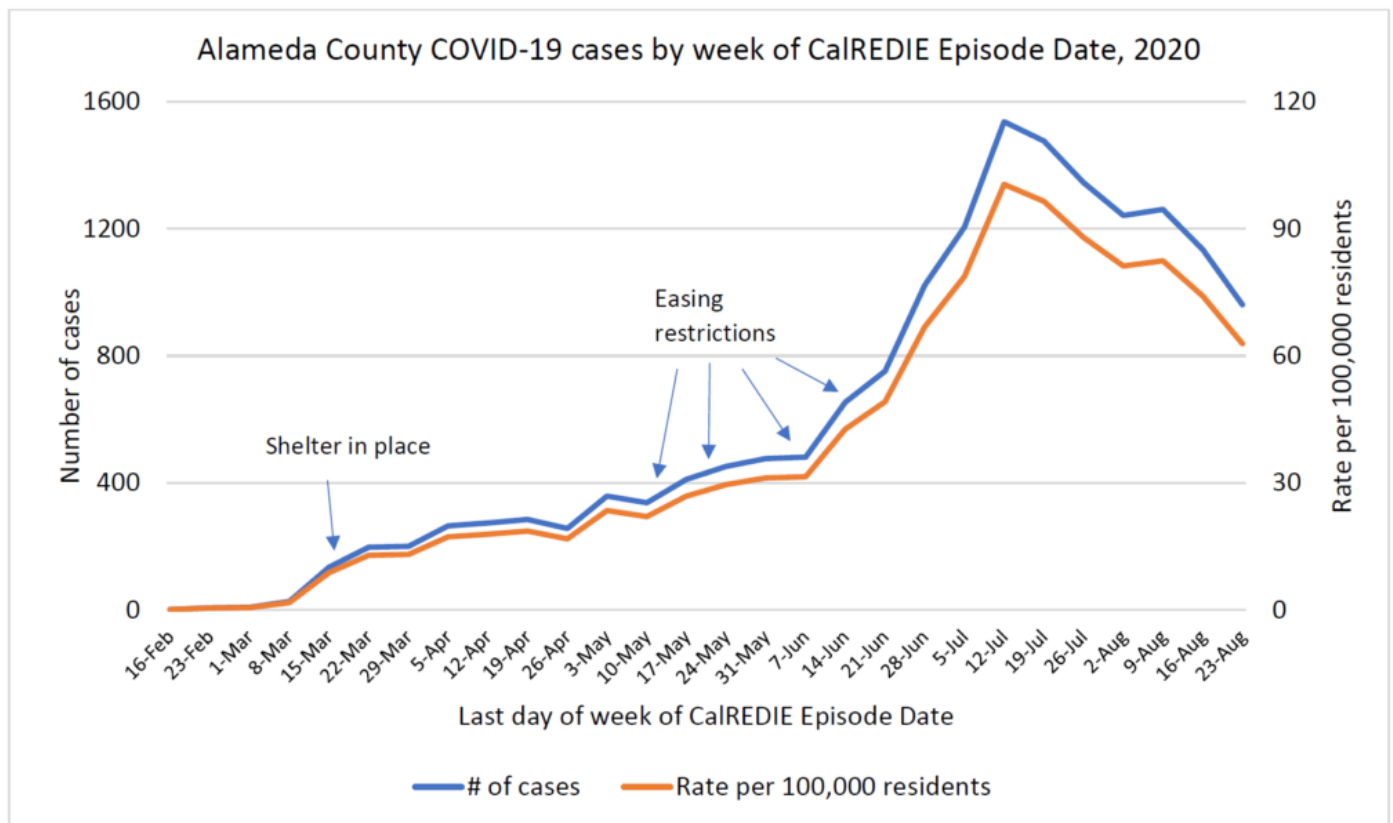
If your organization is in Alameda County and needs COVID-related supplies or staffing, please go to the [Emergency Medical Services website](#) to [request PPE](#), [request staffing](#) and [request testing supplies](#).

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

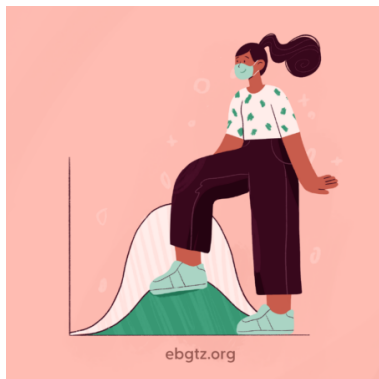
How we are assessing progress on containing COVID-19



COVID-19 cases have stabilized and slowly trended downward since mid-July. Hospitalizations and ICU rates have stabilized. Our hospital capacity is 37% of our inpatient beds and 31% of ICU beds available, which meets our goal of above 20%. We are conducting over 3,500 tests per day, meeting our goal of over 3,100 tests per day. We have 163 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.



TRENDS IN CASES AND HOSPITALIZATIONS



Case rates have stabilized and slowly trended downward after a peak in mid-July. Hospitalization rates have stabilized after peaks in late July through August. Our goal is for cases to be flat or decreasing. This indicator remains a 3.

- On August 31, there were [9.3 new cases](#) of COVID-19 per day per 100,000 residents.
- On September 2, there were [18,445 cumulative cases](#) and 257 deaths.
- On September 1, there were [162 hospitalized patients](#) (highest was 213 on 7/28), including [49 ICU patients](#) (highest was 73 on 8/20) with confirmed COVID-19.

The [LEMMA](#) COVID-19 prediction model using hospital data through August 31 estimates the median Alameda County transmission rate (R_t) to be 0.9, down from 1.1

last week and a peak of 1.24 in late June. This means each person with COVID-19 transmits the virus to 0.9 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 0.99, compared to 0.89 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

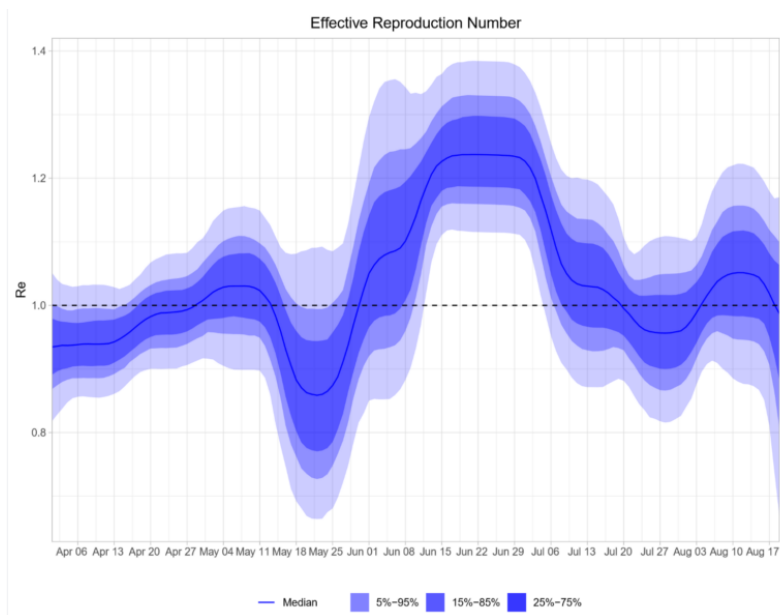
TRENDS OF COVID-19 CASES IN ALAMEDA COUNTY:

Alameda County New COVID-19 Cases per 100,000 residents; 7-day average with 7-day lag, by episode date, 2020



Source: CalREDIE Data Distribution Portal download August 31, 2020 9:00 am.

TRENDS IN ALAMEDA COUNTY TRANSMISSION RATES (LEMMA MODEL):

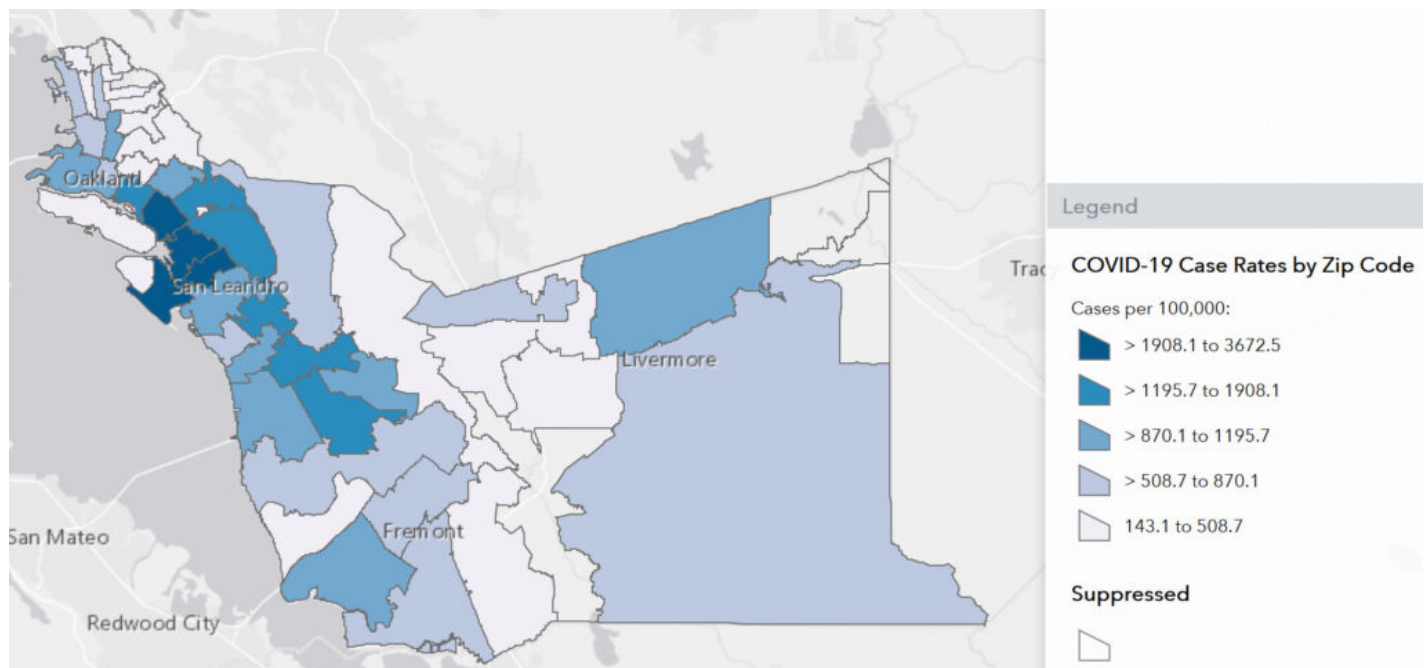
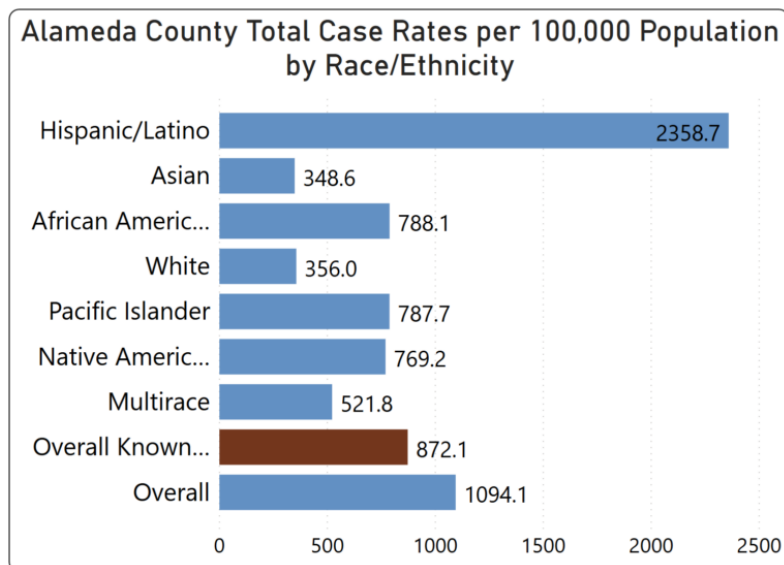


DISPARITIES AND EQUITY

[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. These rates are the same this week compared to last week. Native Americans and Pacific Islanders also 2.2 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* testing event is scheduled for September 12-13 at Eastmont Mall. The event is sponsored by [UCSF](#), [Roots Community Health Center](#), [Lifelong Medical Care](#), [Brotherhood of Elders](#)/African-American Rapid Response Network, Friends of Dr. Frank Staggers, Jr., and the Oakland Frontline Healers.



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 5.2%, which is within our goal of less than 8%, but varies greatly by zip code and race/ethnicity. This indicator remains a four.

New testing sites opening this week/month:

- Global Communication, Education and Arts (GCEA), 26th Street and Martin Luther King in Oakland will have mobile testing one day a week for the African immigrant community.
- Eden Church in Ashland Cherryland will open mobile testing two days a week.

- [Allen Temple/Core](#) community testing site will open 1-2 days a week for walk and drive up appointments.
- Glad Tidings church testing site supported by Core/Fulgent will open four days a week in September.
- [Lifelong Medical Care](#) will expand testing in East Oakland at its Foothill Square site.

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.

The community testing sites will form a county-wide learning community to develop an updated, data-driven testing strategy to make testing more equitable.

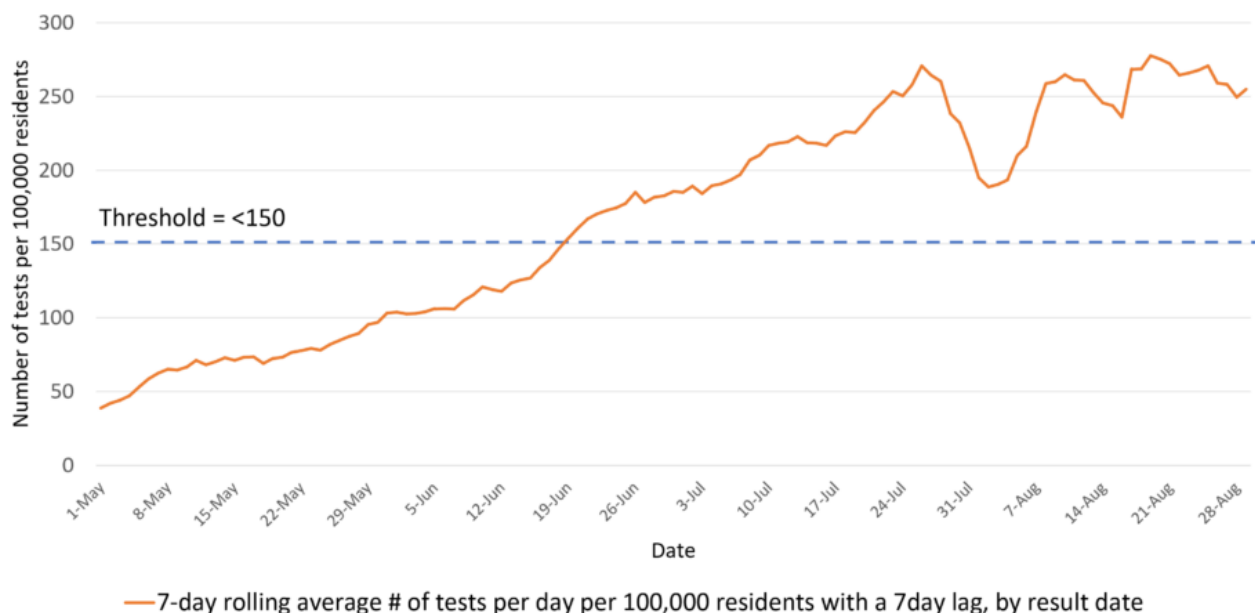
Alameda County [COVID-19 testing guidance](#) continues to support testing for people without symptoms who are close contacts of cases, higher risk essential workers and those in congregate facilities. Our testing guidance has not changed with the CDC revisions last week.

The Alameda County Public Health Department issued a reminder this week to clinicians regarding [Legionnaires' disease and Legionella testing](#) during COVID-19 pandemic: Consider testing for Legionnaires' disease if a patient is hospitalized with pneumonia and is negative for COVID-19 or if a patient is positive for COVID-19 and coinfection with Legionella is suspected due to exposure risk.

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, 2020



Sources: 1) CalREDIE Data Distribution Portal download August 31, 2020 9:00 am. 2) Avellino master spreadsheet.

CASE AND CONTACT INVESTIGATIONS, ISOLATION AND QUARANTINE

Alameda County currently has 45 staff conducting outbreak investigations, 132 trained case investigators and contact tracers at the county and 31 in community-based organizations with a goal to reach 300 in the fall.

Approximately 160 case and contact interviews are completed each day, and 57% cases are reached. This indicator remains a 3.

The first round of proposals for the COVID-19 case investigation and contact tracing services funding opportunity was received last Friday, and rolling applications are due every first and third Friday after September 1. For more information, go to: [Request for Qualification \(RFQ\) No. HCSA-900420](#).

Last week we launched the Alameda County Responsibility to Community Health (ARCH) Program, an economic resiliency program that 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](#).

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

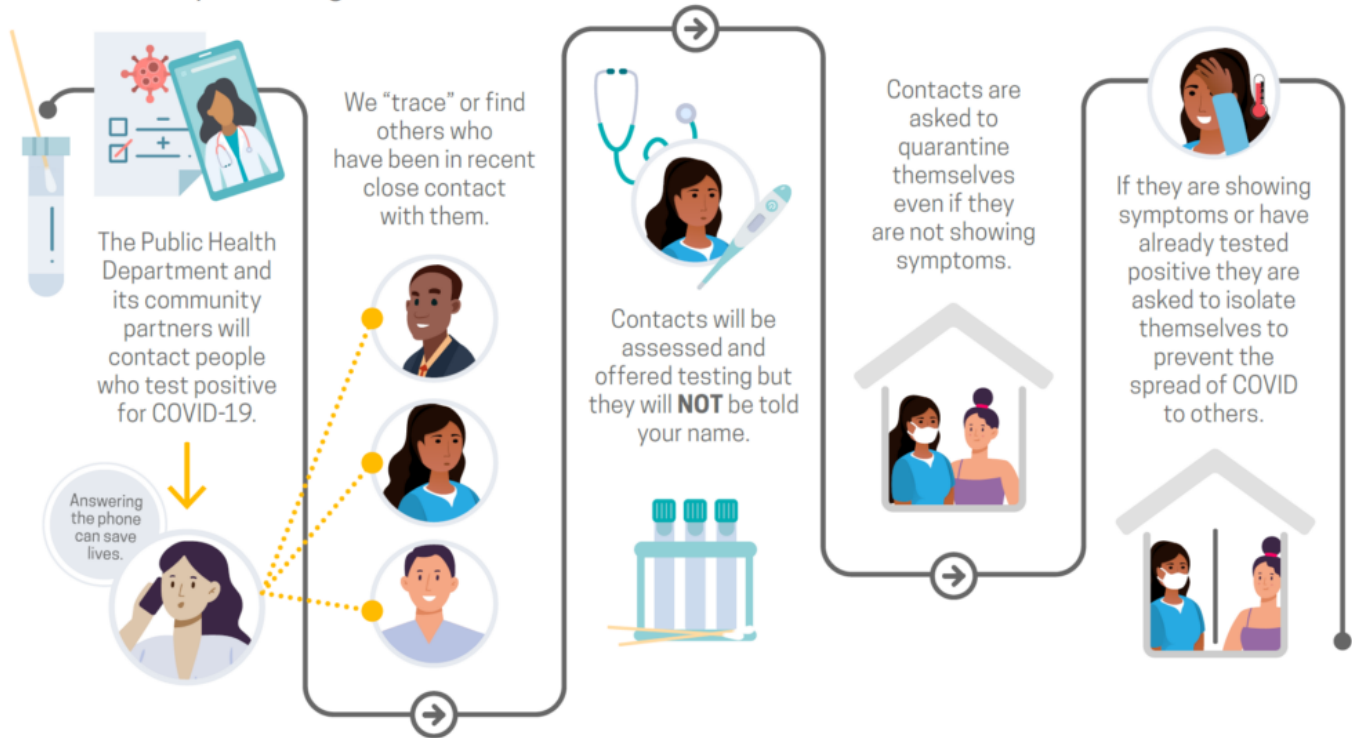
COVID-19 UPDATE

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 31, our hospital capacity indicators are:

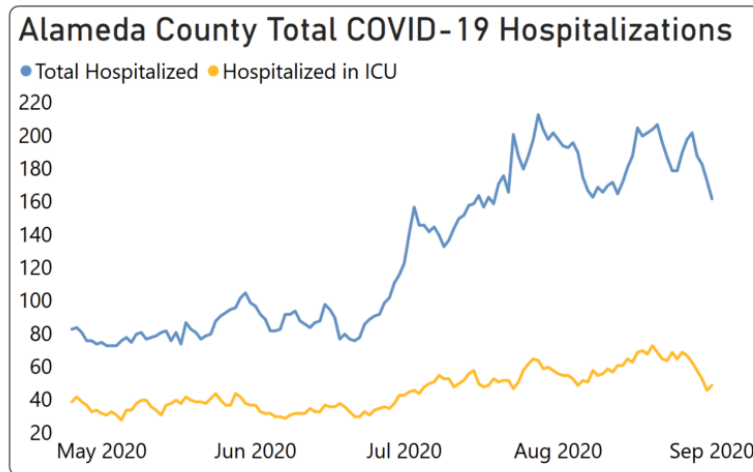
- 7.3% of the patients in hospital beds across Alameda County were confirmed COVID-19 positive (highest was of 10.8% on 7/22), 15% of ICU patients were COVID-19 positive (highest was 24% on 8/20) and within our goal of 50% or less.
- 37% of the staffed inpatient hospital beds and 31% of the ICU beds were available, which is within our goal of above 20%. 71% of the mechanical ventilators were available. This indicator remains a five.

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](#).



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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