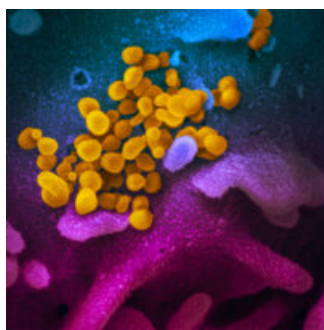


[Home](#) / [COVID-19](#) / [COVID updates](#) / [COVID-19 and HIV updates](#)

## COVID-19 AND HIV UPDATES

OCTOBER 21, 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:

The East Bay HIV strategic planning **writing workshop** will be held this Friday, October 23, 10-11:30 am. Please join us. Your voice is important. Please see [the agenda here](#). You can still [register here](#).

**2020 Election: It's happening now! Complete and submit your ballot if you haven't already done so.**

- Track your ballot status [here](#).
- For official ballot drop-off and early in-person voting locations in CA, click [here](#). Further details are below.

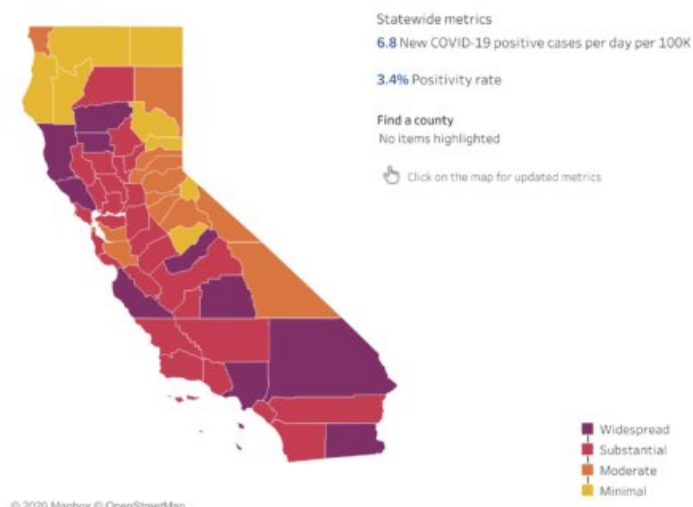


## EAST BAY COVID-19 UPDATES

On October 14, Alameda County moved into the orange tier ("moderate" risk), and Contra Costa and Solano Counties remain in the red tier ("substantial" risk) in California's [Blueprint to Safer Reopening](#). Testing positivity rates have reached new lows ( $\leq 3\%$ ) in the Bay Area and across the state. These trends show stabilization and decreases after the summer surge. Fall surges in Europe, a third peak of cases

other parts of the US, and increasing transmission rates remind us to remain vigilant with precautions.

**Keep up the good work! Take good care of yourself and don't let pandemic fatigue prevent yourself from keeping safe with masking, distancing, hand hygiene and avoiding crowds.**



#### County risk level

#### Adjusted case rate\*

7-day average of daily COVID-19 cases per 100K with 7-day lag, adjusted for number of tests performed

#### Positivity rate\*\*

7-day average of all COVID-19 tests performed that are positive

<b>WIDESPREAD</b> Many non-essential indoor business operations are closed	<b>More than 7</b> Daily new cases (per 100k)	<b>More than 8%</b> Positive tests
<b>SUBSTANTIAL</b> Some non-essential indoor business operations are closed	<b>4-7</b> Daily new cases (per 100k)	<b>5 – 8% and 5.3 – 8% health equity metric</b> Positive tests
<b>MODERATE</b> Some indoor business operations are open with modifications	<b>1 – 3.9</b> Daily new cases (per 100k)	<b>2 – 4.9% and 2.2 – 5.2% health equity metric</b> Positive tests
<b>MINIMAL</b> Most indoor business operations are open with modifications	<b>Less than 1</b> Daily new cases (per 100k)	<b>Less than 2% and Less than 2.2% health equity metric</b> Positive tests

A county must remain in a tier for a minimum of three weeks and meet all 3 targets for the next tier for at least two weeks before being able to advance to a less restrictive tier. Counties can only move one tier at a time.

Contra Costa and Solano Counties are following [state allowances](#) for reopenings, including the allowance for school reopenings and indoor activities at reduced capacity. Alameda County is reopening at a slower pace and has allowed reopening of elementary schools that have [COVID-19 health and safety reopening plans](#). School reopening plans vary by school district and individual schools.

A county must remain in a tier for a minimum of three weeks and meet all 3 targets for the next tier for at least two weeks before being able to advance to a less restrictive tier. Counties can only move one tier at a time.

Current estimated transmission rates are 0.99 in Alameda County, 0.96 in Contra Costa and 1.1 in Solano County, compared to 0.96 statewide. Our goal is to support community measures around masking, distancing, hygiene and testing to keep transmission rates less than 1.

## ALAMEDA COUNTY:

- Orange “moderate” tier week 2.
- 3.5 new cases of COVID-19 per day per 100,000 residents (up from 3.4 last week for the unadjusted new case rate).
- 1.6% test positivity rate countywide (up from 1.6%).
- 2.7% test positivity in the lowest quartile [Healthy Places Index](#) (HPI) census tract (down from 3.2%).
- 22,807 cumulative cases and 432 deaths.
- 58 hospitalized patients (highest was 213 on 7/28), including 18 ICU patients (highest was 73 on 8/20) with confirmed COVID-19.
- 0.99 transmission rate on the updated [Cal-CAT](#) model (up from 0.94).

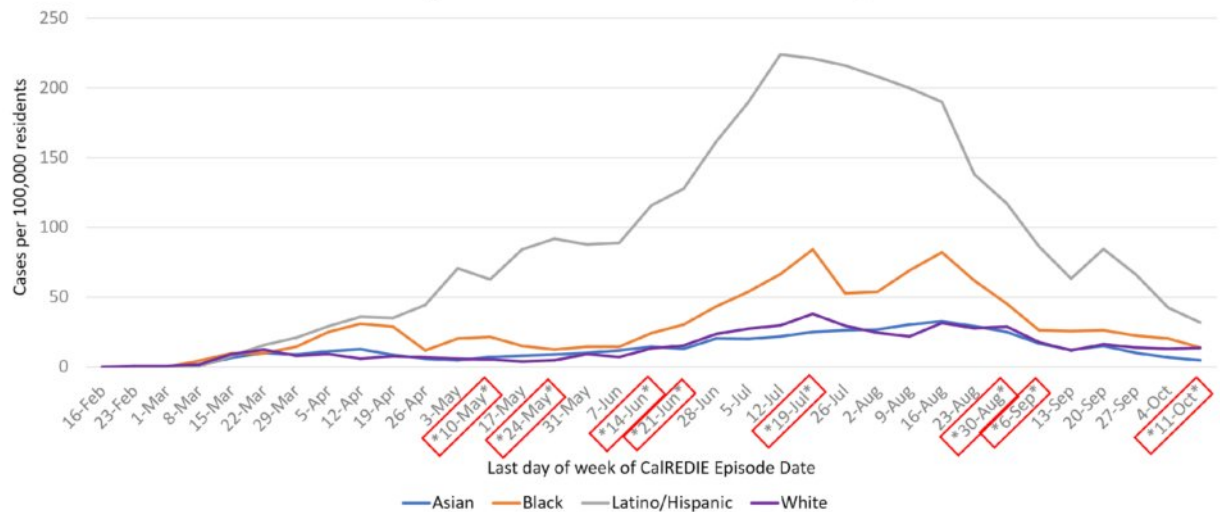
## CONTRA COSTA COUNTY:

- Red “substantial” tier week 4.
- 4.2 new cases of COVID-19 per day per 100,000 residents (down from 4.5).
- 1.9% positivity rate (down from 2.4%).
- 3.0% test positivity in the lowest quartile HPI census tract (down from 4.9%).
- 0.96 transmission rate (up from 0.90).

## SOLANO COUNTY:

- Red “substantial” tier week 5.
- 6.9 of COVID-19 per day per 100,000 residents (up from 5.9).
- 3.0% positivity rate (up from 2.6%).
- 4.1% test positivity in the lowest quartile HPI census tract (up from 3.0%).
- 1.1 transmission rate (up from 1.01).

## Alameda County COVID-19 weekly case rate



Cases source: CalREDIE Data Distribution Portal download October 16, 2020 11:00 am.



Alameda County  
Health Care Services Agency



Alameda County Public Health Department  
Celebrating Healthy People in Healthy Communities

**Case trends by race/ethnicity in Alameda County show that there have been declines in all groups since August, with the most pronounced declines among Latinx people and some narrowing of disparities (see graph).** Weeks marked by red rectangles in the horizontal axis indicate when reopenings were allowed. The rapid increase in cases in the summer reflect the major reopenings in late spring, likely without adequate education and precautions in place. With additional reopenings allowed in September and October, including school reopenings, case trends will be monitored closely in 4-6 week increments to determine whether it's safe enough for additional activities to reopen. [Click here](#) for all current approved businesses and activities in Alameda County.

### Upcoming reopenings in Alameda County starting October 26 include:

- Indoor worship services at <25% capacity or <100 people

- Indoor dining at <25% capacity or <100 people
- Indoor retail expansion to 50% capacity
- Shopping centers expansion to 50% capacity, limited food courts
- Indoor movie theaters at <25% capacity or <100 people

**California state has distributed rapid COVID-19 antigen test kits** to county public health departments. Alameda County received 30,000 test kits and is prioritizing distribution to safety net emergency departments, urgent care clinics, community health centers, jails, long-term care facilities and other congregate settings who can perform CLIA-waived tests. Alameda County facilities can [request testing kits here](#). Alameda County antigen testing guidance can be [downloaded here](#). FDA Bianax NOW test kit procedures can be [downloaded here](#).

A joint Bay Area statement on **Halloween and Día de Los Muertos** offers guidance to avoid high risk activities such as trick or treating and parties and tips on celebrating safely by keeping it small and keeping it at home. [CDC guidelines on Halloween and Día de los Muertos](#) have also been released.

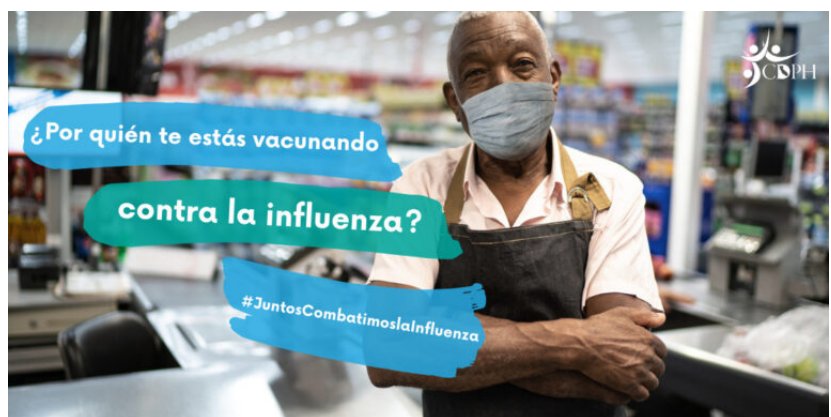


**New guidance on private gatherings** was released by the California Department of Public Health, allowing outdoor private gatherings of up to three separate households provided masks and physical distancing protocols are met. This includes gatherings at public parks. The fewer people and households involved and the shorter the time period, the less risk of COVID transmission. Indoor gatherings with people outside of an immediate household are still strongly discouraged.

The CDC director has warned that [small household gatherings](#) are contributing to increased spread, possibly as these have moved indoors due to colder weather in many parts of the country.

**California Department of Public Health submitted its first draft of a COVID-19 vaccination plan** to the CDC on October 16. Many supply chain, distribution, storage, immunization tracking and deployment systems still need to be worked out with health care providers and other stakeholders. A vaccine is not expected to be authorized until later November-December, and sufficient quantities for a release to the general public is not expected until mid-2021. [Click here](#) to download the draft CA COVID-19 vaccine plan.

**Let's fight flu together!** And prevent a COVID-flu twindemic this winter. All health care workers are required by Public Health to get a flu vaccine unless there is a clear exemption. For people with Medi-Cal in Alameda County: Walgreens pharmacies confirmed that they will accept Alameda Alliance Med-Cal to cover the flu vaccine without copays or cost; people can walk in or use [the Walgreens online scheduler](#). Local CVS pharmacies confirmed that Blue Cross Anthem Medi-Cal members





ages 19-64 can walk in or use [the CVS online scheduler](#) to get flu vaccines without cost.

## NEW HIV AND COVID-19 GUIDELINES AND STUDIES

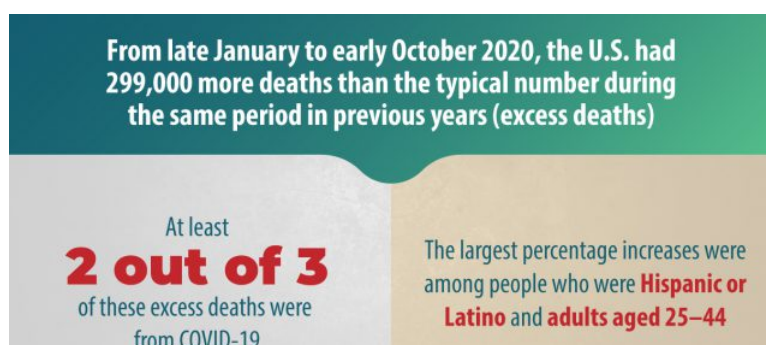
**IAS-USA released new HIV prevention and treatment guidelines** on October 14: *Antiretroviral Drugs for Treatment and Prevention of HIV Infection in Adults: 2020 Recommendations of the International Antiviral Society-USA Panel*. In addition to reiterating the importance of removing structural barriers to rapid ART and PrEP, highlights include an initial double-dose of TDF/FTC PrEP for MSM, a 2-drug dolutegravir-lamivudine initial regimen for some PLWH, and recommendations for the long-acting cabotegravir injectable for PrEP and HIV treatment, which is pending FDA approval.

**“Innovations in HIV care delivery during the COVID-19 pandemic:** Policies to strengthen the Ending the Epidemic Initiative – A Policy Paper of the Infectious Diseases Society of America and the HIV Medicine Association” reports that the pandemic has severely reduced in-person visits. At one large Boston health center, nearly 75% fewer people initiated PrEP between January and April 2020. The pandemic has also “accelerated growth of alternative options, bolstered by additional funding support,” including services that are more patient-centered, accessible, collaborative and less bureaucratic, including telehealth, longer and early refills and remote access to Ryan White recertification and services, which should be integrated into sustained policy changes.

**“Advancing Digital Health Equity:** A Policy Paper of the Infectious Diseases Society of America and the HIV Medicine Association” reports on the “digital divide” in telemedicine, including disparities in video and phone access. People identified as female, low income (<\$50k/year), age above 60, Black or non-English speaking have been found to be less likely to complete video visits instead of phone visits during the pandemic. Non-English proficiency was associated with 50% less video or phone visits. The authors identify and support people around 4 digital health access points: technology, technical literacy, broadband connectivity and personal privacy (e.g. location, use of headphones).

**Disparities among Latinx people in Oakland:** Fruitvale Unidos en Salud COVID study led by a coalition including La Clínica and Unity Council tested 1,099 people with PCR and antibody tests and found 39 with a positive PCR test, a 3.5% positivity rate. 97% of the people who tested positive were Latinx even though they were only 62% of those tested. 10% of people were antibody positive, including 12% of Latinx people and 27% among Mayan residents.

“It is not new that we are the underserved and one of the most vulnerable groups in the area, and now with COVID-19 we are facing an even greater crisis especially with access to health services, housing, food and financial support,” said Rosendo Aguilar, a Fruitvale resident and Mam speaker.



### A new CDC study estimated 198,081 excess deaths attributed to COVID-19

from late January to early October 2020 in addition to the 215,025 diagnosed COVID-19 deaths. This represents 2/3 of all the 299,028 excess deaths. The largest percentage increases were seen among adults aged 25-44 years and among

Latinx people.

## Disparities among Filipino American

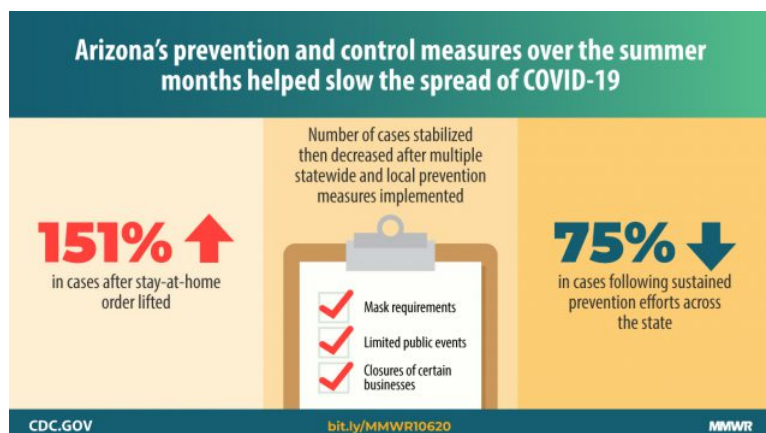
**nurses:** A recent report by the [National Nurses United](#) union found that Filipino Americans in [California](#) make up 20% of the nurse work force but make up 70% of COVID-19 deaths among nurses. Filipino American nurses are concentrated in in-patient, critical care roles, many work second jobs in long term care facilities, and often live in large, intergenerational households.

**Face masks were not found impair oxygen levels in patients with COPD:** [This study](#) assessed whether masks cause added impairments in oxygen and carbon dioxide exchange among people with COPD. They found no change in the carbon dioxide concentration at rest or after a 6-minute walk test. Oxygen levels did not decline at rest, and after a 6-minute walk test with masks, oxygen levels declined only at the level expected for the severity of the person's COPD.

**COVID-19 transmission in child care programs:** A [study](#) of 57,335 US child care providers reported 427 COVID-19 cases April-May 2020. Community prevalence, race, travel and social gatherings (family gatherings, restaurants) were predictive of infection, but exposure to a childcare center was not. Masking was low: only 35% staff, 12% children >2 masked. Being a home-based provider was associated with COVID-19 but not due to exposure in the childcare setting. However, case reports of outbreaks in day care settings like [this one in Poland](#) with a 27% cluster positivity rate remind us to ensure preventive measures are in place.

**A new study shows that viable SARS-CoV2 viruses last 9 hours on human skin,** 5x longer than influenza A viruses. Both are inactivated within 15 seconds by 80% ethanol, a common alcohol ingredient in hand sanitizers, highlighting the importance of hand hygiene.

**A COVID-19 outbreak at a spin studio/gym in Canada** has resulted thus far in 44 patrons infected and 17 additional cases of household contacts of patrons. While the studio in Hamilton, Ontario and public health rules require masks while off the spin bikes, it does not require patrons to wear masks while on the bikes, which are spaced 6 feet apart. Gyms are at higher risk for transmission because people take off their masks while exercising, breathing at a higher rate and more deeply, and often talking loudly.



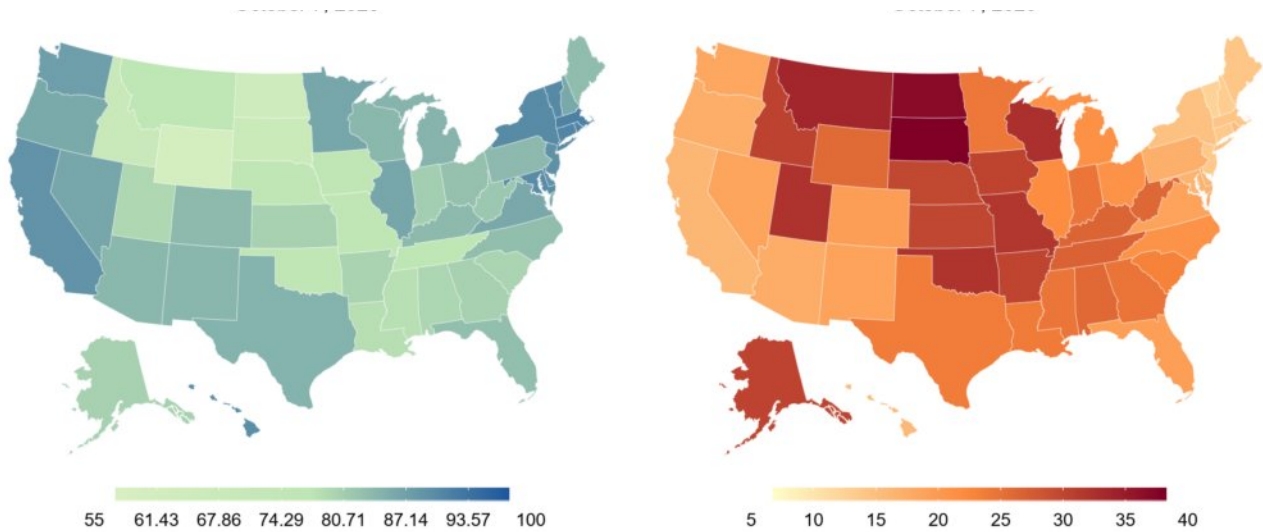
## A CDC study on the impact of community COVID-19 prevention strategies in

**Arizona** shows that cases rose by 151% in June after stay-at-home orders were lifted and decreased by 75% in July after prevention measures were implemented. These strategies included mask mandates, guidance around physical distancing, reducing the number and size of large gatherings, pausing operation of businesses where maintaining distance is

challenging, such as bars, gyms, theaters, water parks, and reducing indoor dining capacity.

% wearing masks in public most or all the time  
October 7, 2020

% who know someone who is sick  
October 7, 2020



Data from Delphi COVIDcast, covidcast.cmu.edu

A [new study](#) from Carnegie Mellon University showed the **highest self-reported mask usage in California and the Northeast**, where more than 90 percent of people reported wearing masks either most or all of the time while in public when surveyed between September 8 and October 7. Increasing masking rates also correlated with lower official COVID-19 case rates. In the maps below, you can see how the states with the highest percentage of people wearing masks (in darker green) also had the lowest rates of knowing someone sick from COVID-19 (in lighter orange).







Our [summary of COVID harm reduction strategies](#) is constantly updated with 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:**

- [Wear face coverings](#) when in public and within 30 feet of others,
- Wear non-medical N95s when unable to stay indoors during times of unhealthy air quality,
- Maintain at least six feet distance from others,
- Sanitize or wash hands frequently, and
- Stay home when sick.

#### 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.

## 2020 ELECTION: MORE DETAILS AND GUIDANCE

- [Click here](#) to check your registration status or register to vote.
- You can vote as soon as you receive your ballot.
- Fill the ballot out using blue or black ink, and put it in the return envelope.
- Sign your name on the back and seal the envelope.

## **Voters who can return their ballots early will help ensure safe physical distancing at voting locations.**

Voting locations will offer voter registration, replacement ballots, accessible voting machines, and language assistance. **There are many options for voting early and safely!**

- Drop off at official ballot boxes: Drop off your completed, signed ballot at one of the official drop box locations: Alameda County [locations](#), and Contra Costa County [locations](#). This is recommended as the safest option.
  - Mail: Put it in the mailbox. No stamps are necessary.
  - Drive-through: voters in Alameda County can also drop off their ballots at the courthouse at 1225 Fallon St in downtown Oakland. [Click here for more drive-through info.](#)
  - In-person: You can also bring your ballot to a voting location, or go to one for in-person registration and voting.
    - In Alameda County, 1225 Fallon St in Oakland has been open and [more voting locations](#) will be open October 31 to November 3 across the county.
    - In Contra Costa County, the Contra Costa County Clerk-Recorder-Elections Office in Martinez has been open, and more [voting locations](#) will be open October 30, 31 and November 2 across the county.
    - In Solano County, the Solano County Registrar of Voters in Fairfield [has been open](#) for early voting, ballot drop-off and registration.
  - After you submit your ballot, [click here](#) to check your ballot status
- 

## **OTHER UPDATES AND OPPORTUNITIES:**

- USCHA: **The United States Conference on HIV/AIDS** concluded today. The [closing plenary](#) on Ending the HIV Epidemic and keynote by Dr. Fauci (1 hour in) is posted on YouTube [here](#). If you registered, you can still access conference sessions [here](#). If you were unable to register, NMAC will reopen free registration on Nov 3rd for people who need access to the platform. The information will be online for 12 months. All you need is your email to access.
- **Job Opportunities:**
  - EBGZ is looking for two consultants to work with us on community messaging: a communications consultant and a graphic designer. For more info, please contact Yamini at [yamini@ebgtz.org](mailto:yamini@ebgtz.org).
  - AHF is looking for a part-time HIV Testing Counselor (up to 20 hours/week) at their Oakland Wellness Center. Applicants must be available to work on Monday and Thursday afternoon/early evening. Interested applicants may send their resumes to: [christopher.mejia@ahf.org](mailto:christopher.mejia@ahf.org)
  - Alameda County Healthcare for the Homeless is looking for a medical director. Learn more about the opportunity [here](#).
  - WORLD is hiring for a full-time delivery driver who will be in charge of assembling and dropping off COVID care kits to households. Learn more [here](#).
  - Trucha at La Clinica is hiring for the following positions: Street Outreach Worker, PrEP Navigator, HIV Linkage Coordinator. Learn more by emailing them at [trucha@laclinica.org](mailto:trucha@laclinica.org)
- **Services/opportunities for clients/participants:**
  - AIDS Medi-Cal Waiver provides community/home based services as an alternative to nursing facility care or hospitalization. To make a referral, or obtain more information please contact



[dpowell@pcahi.org](mailto:dpowell@pcahi.org).

- **Youth opportunities:**

- Youth UpRising's DPN's employment program is hiring youth ages 14-21 who live in Alameda County. Learn more by contacting Tsehayu at [tbantidagne@youthuprising.org](mailto:tbantidagne@youthuprising.org).

- **Webinars/Virtual events:**

- PAETC and other partners are hosting the Getting to Zero webinar series. The next session is on October 29, 2020 from 8 – 10:00 am titled Increasing Access to Underserved Communities. Register [here](#).
- Alameda County Care Connect has many educational opportunities coming up. Create an account to view their offerings by emailing [CareConnectTrainings@chcnetwork.org](mailto:CareConnectTrainings@chcnetwork.org). The next training session will take place on October 29th from 10-11am and is titled governmentally-Subsidized Housing Opportunities for Immigrants. Learn more and register [here](#).
- De-escalation for Front-line Providers in COVID-19 training by SFDPH will take place Friday, October 23, 2-4:00 pm. Click [here](#) to register and learn more.
- The [UCSF Medical Management of HIV/AIDS and COVID-19 conference](#) will be livestreamed December 10-12. [More info here](#).

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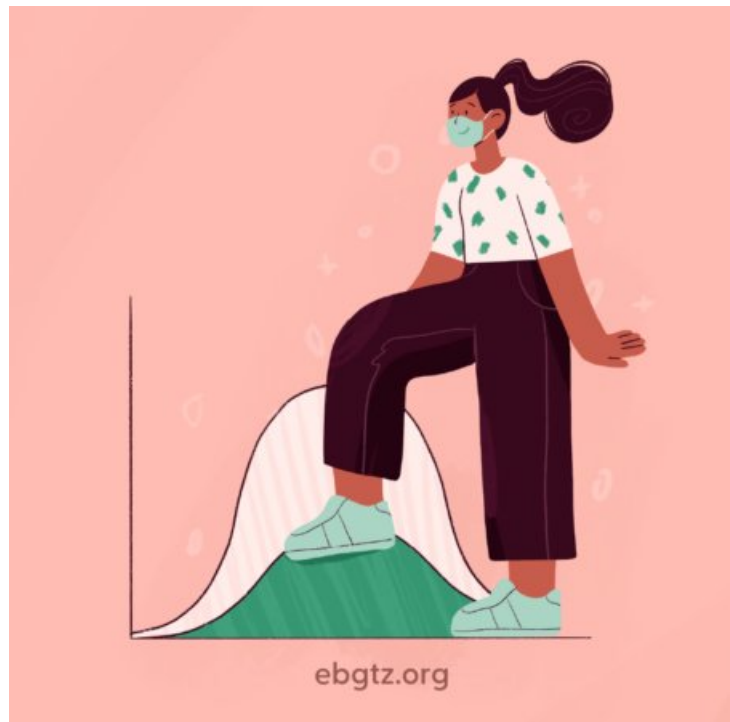
**HIV services during COVID-19:** Click [here](#) for Contra Costa HIV services and see our online directory for Alameda County HIV services.

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 and testing supplies and [request staffing](#).

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

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**A note about this webpage:** COVID data updates will be posted to this page on Wednesdays in the late afternoon during non-holiday weeks. New studies will be continuously added to our summary of [COVID-19 harm reduction strategies](#). The emailed [HIV+COVID-19 update newsletters](#) are now on a bi-weekly schedule of 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays.



**Official Alameda County COVID-19 weekly updates are accessible on the [county website](#) and will not longer be posted on this page.** You can sign up to receive the Alameda County weekly COVID-19 newsletter by emailing [Jamie.Yee@acgov.org](mailto:Jamie.Yee@acgov.org).

[CLICK HERE FOR ALAMEDA COUNTY WEEKLY NEWSLETTERS](#)

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## 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.](#)

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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](#), [what to do if you test positive or have contact with someone with COVID](#), 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 \(sewn\)](#)

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## ALAMEDA COUNTY GUIDANCE:

**[Click here for all current approved businesses and activities.](#)**

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](#), [youth extracurricular](#) and [general outdoor recreation activities](#).

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](#).

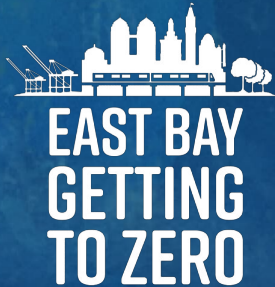
**If your organization is in Alameda County and needs COVID-related supplies or staffing**, please go to the [Emergency Medical Services website](#) to [request PPE](#), [request staffing](#) and [request testing supplies](#).

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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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