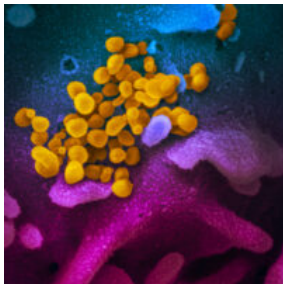


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COVID-19 AND HIV UPDATES

OCTOBER 7, 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:

East Bay strategic planning process: Our [next meeting on writing the strategic plan](#) will be held on Friday, October 23, 10-11:30 am. Please join us. Your voice is important. Please register for the meeting [here](#).

2020 Election: This year every registered California voter will get a ballot in the mail. Expect to receive your ballot soon. Important things to note:

- [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.
- 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. Or put it in the mailbox. No stamps are necessary. If needed, you can also bring your ballot to a polling place on Election Day.



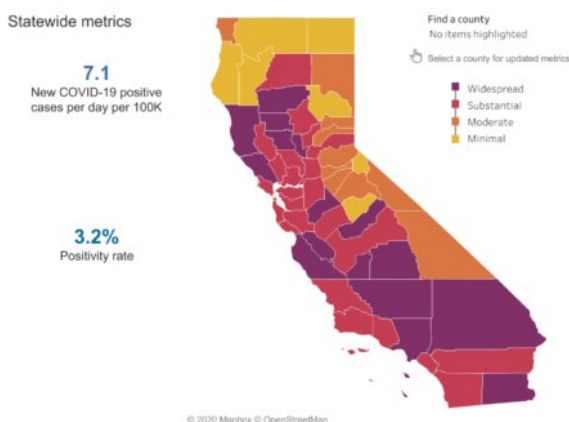
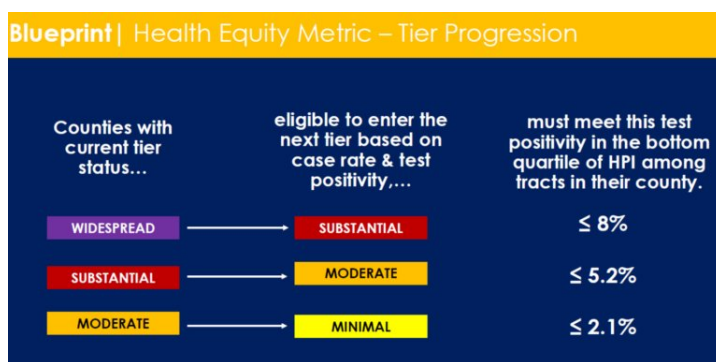
EAST BAY COVID-19 UPDATES

This week a new [statewide COVID-19 equity metric](#) went into effect. Alameda, Contra Costa and Solano counties remain in the red tier (2nd risk level for "substantial" risk) in California's [Blueprint to Safer Reopening](#) with stable case rates. These trends show encouraging decreases after summer surges.

The state Blueprint tiers are determined by new case and test positivity rates. The equity metric adds the requirement that test positivity rates in the lowest quartile of the [Healthy Places Index](#) census tracts do not significantly lag behind the overall county test positivity rate.

The [California Healthy Places Index](#) (HPI) is a composite measure of socioeconomic opportunity applied to census tracts that includes 25 indicators across economic, social, education, transportation, housing, environmental and neighborhood factors that determine life expectancy. While the state's lowest quartile HPI census tracts are home to 24% of Californians, they account for 40% of COVID-19 cases. The equity metric targets must be met to move into less restrictive tiers but will not be considered as a factor in whether a county needs to move to a more restrictive tier.

All 3 counties are currently meeting the health equity red tier goal of $\leq 8\%$ test positivity in the lowest quartile HPI census tract. Alameda County has a test positivity rate of 3.9% in the lowest quartile HPI census tract, compared to overall county positivity rates of 2%. Contra Costa County's testing positivity rate is 6.8% in the lowest quartile HPI census tract. Solano County's testing positivity rate is 2.9% in the lowest quartile HPI census tract.



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

[Contra Costa](#) and [Solano Counties](#) are following state

allowances for reopenings. [Alameda County announced](#) that as of October 13, elementary schools that complete a [COVID-19 health and safety reopening plan](#) are permitted to open. School reopening plans vary by school district and individual schools.

Current estimated transmission rates are 0.88 in Alameda County, 0.94 in Contra Costa and 1.04 in Solano County, compared to 0.96 statewide. Our goal is to keep transmission rates less than 1 so that cases decrease. Our collective efforts to wear masks and maintain physical distance are crucial for limiting illness and death.

ALAMEDA COUNTY:

- [4.0 new cases](#) of COVID-19 per day per 100,000 residents (down from 4.8 last week for the unadjusted new case rate).
- [2.0%](#) test positivity rate countywide (down from 2.3%).
- 3.9% test positivity in the lowest quartile HPI census tract.
- [21,845 cumulative cases](#) and 440 deaths.
- [78 hospitalized patients](#) (highest was 213 on 7/28), including 26 ICU patients (highest was 73 on 8/20) with confirmed COVID-19.

- [0.88 transmission rate](#) on the updated [Cal-CAT](#) model (down from 0.89).

CONTRA COSTA COUNTY:

- [6.2 new cases](#) of COVID-19 per day per 100,000 residents (down from 6.7).
- [3.3%](#) positivity rate (down from 3.7%).
- [0.94 transmission rate](#) (down from 0.95).

SOLANO COUNTY:

- [5.6 new cases](#) of COVID-19 per day per 100,000 residents (down from 6.2).
- [2.8%](#) positivity rate (down from 3.4%).
- [1.04 transmission rate](#) (up from 0.98).

Alameda County test positivity trends by [Healthy Places Index](#) (HPI) quartiles also show encouraging progress, with the gap between the lowest and highest HPI quartiles narrowing from August to September.

NEW HIV AND COVID-19 STUDIES

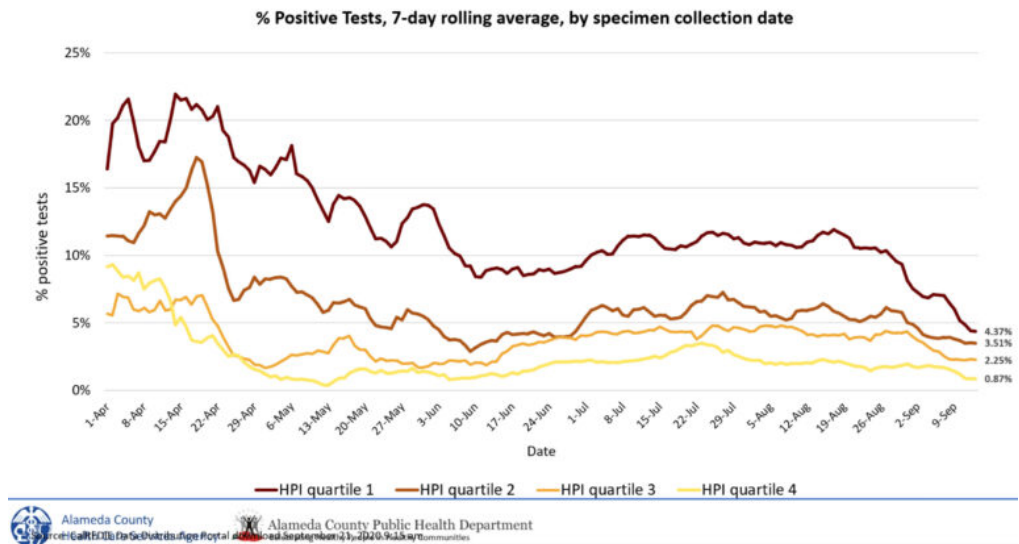
[Rapid ART with integrase inhibitors leads to a drop in secondary HIV](#)

transmissions among MSM: A large modeling study in [PLoS One](#) found that initiating HIV treatment with an integrase inhibitor-based regimen immediately after a person is diagnosed led to an 88% reduction in onward HIV transmission risk over the next eight weeks among men who have sex with men (MSM), when compared to starting treatment 28 days after diagnosis. That's a moderately higher rate reduction than the researchers found for efavirenz-based therapy (76%) and considerably higher rate than for boosted darunavir-based therapy (58%).

A special UCSF COVID-19 Medical Grand Rounds was recorded on October 6: President Trump's Covid-19 Diagnosis: Implications for Transmission, Treatment, and Prognosis and can be [viewed anytime here](#).

The first large-scale COVID-19 population study in a lower-resource country was [recently published](#) with data from India. Notably, this study showed that kids can get and transmit COVID-19. More than 5,300 school-aged children in the study had infected 2,508 contacts but were more likely to spread the virus to other children of a similar age. Researchers could not assess the children's ability to transmit relative to adults.

A new CDC MMWR case study showed that a 13-year-old with nasal congestion was the index case for a COVID-19 family outbreak. This finding fits with the data that children and adolescents can serve as a source of outbreaks, even when their symptoms are mild.



COVID-19 and altered mental status:

A new study of 509 hospitalized COVID-19 patients in the Chicago area showed that nearly a third of patients experienced some type of altered mental function, ranging from confusion to delirium to unresponsiveness. These patients stayed three times as long in the hospital as patients without altered mental status.

The CDC acknowledges that COVID-19 can be spread by airborne transmission.

The CDC website now states that "There is evidence that under certain conditions, people with COVID-19 seem to have infected others who were more than 6 feet away. These transmissions occurred within enclosed spaces that had inadequate ventilation. Sometimes the infected person was breathing heavily, for example while singing or exercising."

A new CDC study investigates COVID-19 transmission during a 5-hour flight in Australia, where 11 patients with confirmed SARS-CoV-2 infection likely transmitted virus to another 11 passengers. Among secondary cases, 8 passengers were seated within 2 rows of infectious passengers, 2 possibly flight-associated cases were seated 3 rows away, and 1 flight-associated case was seated 6 rows away. Mask use was low overall during the flight, and only 2 of the secondary cases said they wore masks for only part of the flight.

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](#).

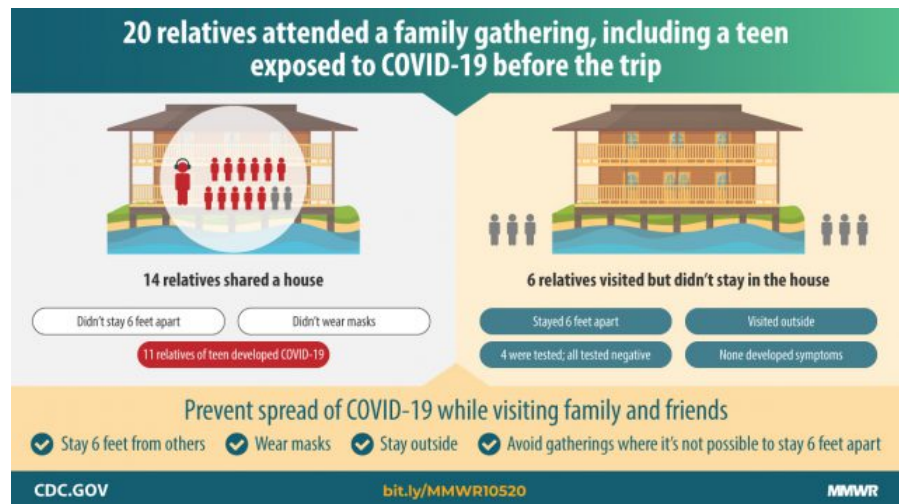
To stay safe during wildfire season and the pandemic, we all need to:

- [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.

OTHER UPDATES AND OPPORTUNITIES:

Resources for supporting clients:

- **Election 2020: Oakland Rising's Voter Guide** is out. Check it out [here](#).
- **Generic Truvada:** Teva Pharmaceuticals (makers of generic Truvada) now has a copay card available [here](#). It pays up to \$600 a month, but is only for people with insurance (and won't work with Medicare, which bans copay cards). The Gilead copay card and free drug programs are still available, as is the federal Ready Set PrEP program. Teva has an exclusive agreement with Gilead to sell the generic for six months. Any generic manufacturer will be allowed to sell their generic starting in April of 2021, when we will likely see prices fall.
- **Black TRANS** (Training Resisting Advancing Never Settling) University is a new 12-week stipend-supported program created by Black trans people for Black trans people at the **Oakland LGBTQ Center** in collaboration with Tranz of Anarchii Inc. Learn more [here](#).



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% in one case series
5. Hand hygiene	28-45%
6. Testing/isolation	33%

Updated 8.17.20 * Data compiled by Sophia S. Wong, MD
Icons by Good Ware, Freepik and Strip on Flaticon.com
Please see EBGTZ.org/resources for the complete list of sources for this table.

Resources for agencies/advocates:

- CDC's Capacity Building Branch has released a **Toolkit for Providing HIV Prevention Services to Transgender Women of Color**. It is a technical assistance guide that community-based organizations and similar organizations can use to support their HIV prevention services for transgender women of color. Learn more about it [here](#).
- Newsletter: **California Department of Public Health – Office of AIDS** October 2020 newsletter OAVoice is [here](#).
- The **Centers for Disease Control and Prevention** (CDC) has announced the availability of fiscal year 2021 funds for community-based organizations to develop and implement high-impact HIV prevention programs. The Notice of Funding Opportunity focuses on addressing the national HIV epidemic by reducing new infections, increasing access to care, and promoting health equity. Learn more about the opportunity [here](#).

Funding opportunities:

- The **CDC's** Notice of Funding Opportunity is still open. Applications are due on November 20th. Learn more about the opportunity [here](#).

Job opportunities:

- **La Clinica de la Raza** is looking to hire a Street Outreach Worker. The individual in this position will conduct rapid HIV testing and provide referrals. Learn more about the opportunity [here](#).
- **IRC Oakland** is looking for a Financial Coach to join its Economic Empowerment team. IRC Oakland's Economic Empowerment programming connects individuals to employment and asset-building opportunities to lead them down the path of self-sufficiency. Learn more about the opportunity [here](#).

Trainings, webinars & virtual events:

- **Training video on Alameda County Housing services:** [In this recording](#), Colleen Budenholzer covers the housing Coordinated Entry system, a streamlined system designed to efficiently match people experiencing homelessness to available housing, shelter, and services. Participants will learn about points of entry and services for clients, housing problem solving, and the documents needed for housing services.
- PTBI Collaboratory: California Preterm Birth Initiative will be holding a special Collaboratory "**Communities as the Compass: When communities are the North Star**" on October 23rd from 1-2:30pm. Learn how health research initiatives centered community wisdom to evolve their missions, leadership teams and research strategies to focus anti-racism and drive positive, sustainable change for the organization and most importantly the communities they serve. More information can be found [here](#).
- **Positive Change II – Dismantling Racism in the HIV Workplace** is a virtual conference to be held on Thursday, October 29 and Friday, October 30. The purpose is to both inform the HIV workforce and to reflect and strategize on the roles that leaders, communities and our organizations play in perpetuating structural racism and white supremacy. Speakers include Drs. Camara Phyllis Jones, Tonia Poteat, Sheldon Fields and Russell Brewer. Register for the event [here](#).

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.

Starting October 7, the complete HIV+COVID-19 updates are now on a bi-weekly schedule of 1st and 3rd Wednesdays. COVID data updates will still be posted to this page on Wednesdays in the late afternoon during non-holiday weeks and new studies will be continuously added to our summary of [COVID-19 harm reduction strategies](#).

More detailed 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.

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



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](#).

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 \(sewn\)](#)

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

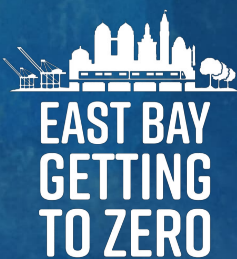
Download links for **Alameda County clinical guidance** on: [COVID-19 testing](#), [isolation orders in 7 languages](#) for all people getting tested, [reporting COVID-19 cases](#), [Project Roomkey isolation housing](#), [home health agencies](#), [remdesivir allocations](#), [routine vaccines](#), 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](#).

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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