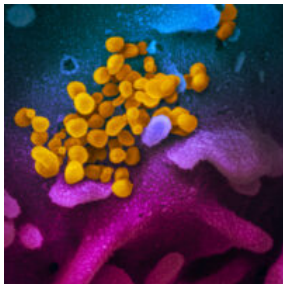


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COVID-19 AND HIV UPDATES

NOVEMBER 24, 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 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:

Please join us on Friday, December 4th from 12-1:30 p.m. for a World AIDS Day commemoration event and a presentation of our network's draft 5-year strategic plan. This event is titled '[Surviving 2020: Honoring our Resistance & Resilience on World AIDS Day](#).' The event is a collaboration between East Bay Getting to Zero, Oakland LGBTQ Center, RYSE Youth Center and WORLD. There will be performances from Bay Area artists, giveaways and more. Please register for the event [here](#).

The East Bay HIV strategic plan writing workshops in English and Spanish have concluded. Please see all [updates here](#).

On November 13th, 40 people joined us for workshop #3 to determine priorities and outcomes for each strategic priority. Download the [workshop #3 summary here](#) and [slides here](#).

On November 17th, 22 people joined us for our first strategic planning workshop in Spanish! Acá Entre Nos: Taller de Redacción de un Plan Estratégico para Acabar con La Epidemia. Many thanks to Dr. Xaviera Ortiz Soto and Moisés Cruz Jáuregui for co-facilitating this workshop. Download the bilingual notes from the Spanish language workshop [here](#) and slides [here](#). Puede descargar el resumen de la sesión [aquí](#) y la presentación [aquí](#).

EAST BAY COVID-19 UPDATES

Protect your health and the health of loved ones this holiday season! How we behave now and over the holidays will determine how our communities will get sick from COVID-19 and how much our health care system will get overwhelmed this winter.

With cases rising rapidly, the Bay Area Health Officers have updated their recommendations for holiday gatherings and travel and **California state has**



instituted a new stay-at-home order and curfew from 10 pm to 5 am for purple tier counties, which includes Alameda, Contra Costa and Solano counties as well as almost all of the state.

The safest way to reduce the spread of COVID-19 is to stay home and use phone or video to connect with others. [Click here](#) to find all our COVID prevention and mask videos and materials in one place.



If you gather in person, wear masks and keep it:

- **outside** with open air flow
- **small** with people from no more than 3 households
- **short:** no more than 2 hours, and
- **stable:** avoid multiple gatherings with many different households.

Recommendations of protective measures to take in different settings:

Lower risk	Moderate risk	Higher risk	Highest risk
Outdoor, masks on, ≥6 feet distance. -outdoor walks, runs, hikes, biking 	Outdoor, masks off, <6 feet distance. -outdoor dining -picnic, BBQ -outdoor events and other gatherings	Indoor, masks on, distanced, fewer people, ventilation. -religious spaces -doctor's offices -stores	Indoor, masks off, crowds, less ventilation. -restaurants, bars -gyms -coffee shops -hotels -indoor dinner parties
Best to: -wear any face covering. -Keep it <20 people. 	Best to: -Mask when you can. -Wear glasses. -Keep >6 feet distance. -Keep it <10 people. -Keep it short (<2 hrs). 	Best to: -Wear a mask. -Wear glasses. -Keep >6 feet distance. -Keep it <10 people. -Keep it short (<2 hrs). 	Avoid when possible. If you attend: -Wear a mask. -Wear glasses. -Keep >6 feet distance. -Keep it <10 people. -Keep it short (<2 hrs).
Alternatives: If not wearing a face covering, keep distance of 6 or more feet. 	Alternatives: Any face covering or face shield whenever you can wear them. 	Alternatives: Any face covering or face shield in well-ventilated spaces (doors, windows open). 	Alternatives: Any face covering and glasses, stay in more ventilated and spacious areas and minimize time there.

References: [Bay Area public health guidance on gatherings; summary of evidence and scientific studies](#)

(Icons by Freepick, Linector, srp and Smashicons)

Promising COVID-19 vaccine news as cases surge across the US: Pfizer and BioNTech have announced that their mRNA vaccine was found to prevent 95% of COVID-19 cases in the efficacy portion of their trial with over 43,000 participants, including 94% efficacy in people over 65. They have submitted data to the FDA for emergency use authorization, and the FDA plans to conduct its review in the second week of December. The Moderna mRNA vaccine reduced the risk of COVID-19 infection by 94.5% in an analysis including 30,000 study participants. There is great table summarizing the vaccine trial press release data in the [UCSF ID COVID-19 digest](#) for November 20.

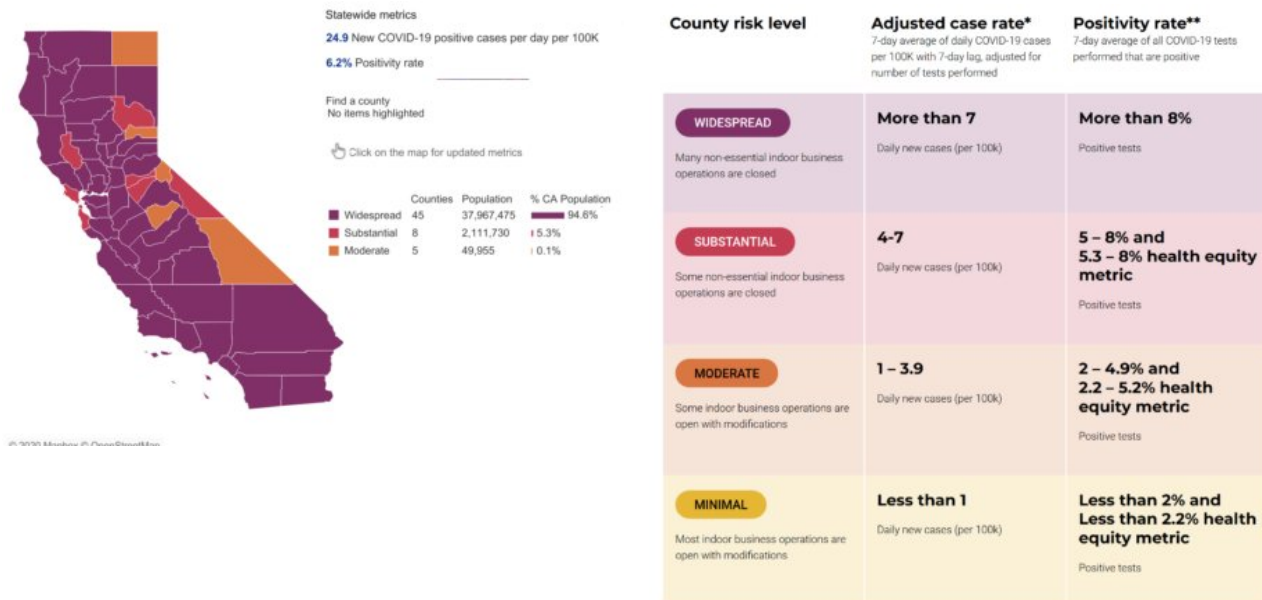
This week AstraZeneca and the University of Oxford **announced** that their inexpensive (\$3-4), easy-to-produce adenovirus-vector vaccine (AZD1222) appears effective in early analysis of data from late-stage clinical trials. Their press release reports: "One dosing regimen (n=2,741) showed vaccine efficacy of 90% when AZD1222 was given as a half dose, followed by a full dose at least one month apart, and another dosing regimen (n=8,895) showed 62% efficacy when given as two full doses at least one month apart. The combined analysis from both dosing regimens (n=11,636) resulted in an average efficacy of 70%. All results were statistically significant (p<0.0001)."

The NIH AstraZeneca COVID Vaccine Clinical trial is currently enrolling in Oakland!

- The Phase III study is looking at safety and efficiency of AstraZeneca investigational vaccine for prevention of COVID-19 in adults. In this study, participants will be randomly assigned (by chance) to receive 2 injections of either the investigational vaccine or placebo (4 weeks apart). Participants are reimbursed up to \$100 dollars per visit.
- If interested, please contact Study Coordinator: Ankita Bhalla @ bhallaA@sutterhealth.org or call/text: (510)295-7090 or (510) 292-3714

Over the past month COVID-19 cases and hospitalizations across the East Bay have risen rapidly. California case rates have doubled in 13 days and tripled in the past month, the fastest statewide doubling time of the pandemic. We can still slow down this surge by redoubling our efforts now to wear masks, stay outdoors and avoid crowds.

On November 24, Alameda, Contra Costa County and Solano Counties continue to be purple tier ("widespread" risk) along with most of the state in California's [Blueprint to Safer Reopening](#). Almost all counties have moved backwards, with most to the purple tier on November 16th. Due to the rapid and widespread increases in cases, the California Department of Public Health has modified their Blueprint process to use data from the past week and move counties multiple tiers to provide timelier responses.

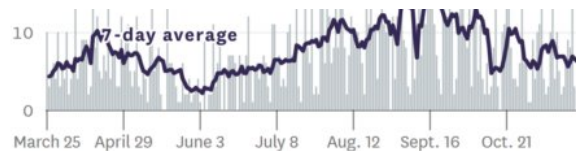


As a result [Alameda](#), [Contra Costa](#) and [Solano](#) Counties are all required to roll back reopenings as per [state requirements](#) effective November 18. Schools with students currently attending in-person may continue to do so but no additional schools may open.

Current estimated transmission rates (R_e) are 1.17 in Alameda County, 1.19 in Contra Costa and 1.11 in Solano County, compared to 1.20 statewide. Our goal is to support community measures around masking, staying outdoors and testing to get transmission rates back down to less than 1.

New reported cases and deaths in the Bay Area, by day





Bay Area COVID-19 cases and deaths from the [SF Chronicle](#) as of 11/24/20

ALAMEDA COUNTY:

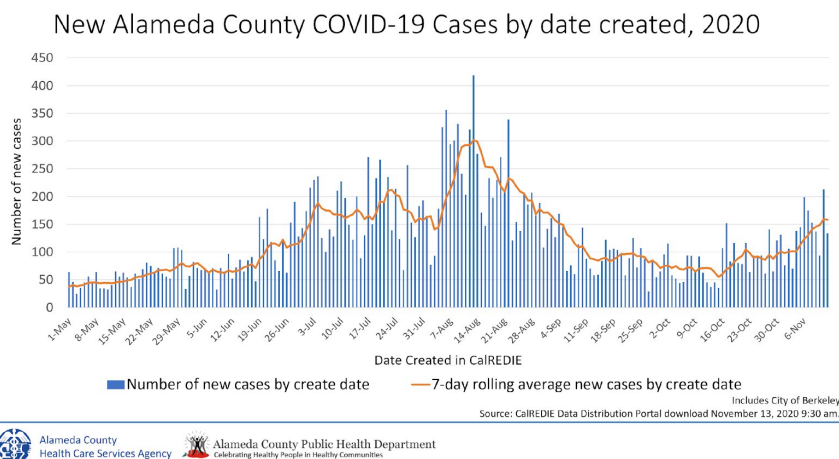
- Purple “widespread” tier week 2 (moved back from orange tier).
- 11.4 new cases of COVID-19 per day per 100,000 residents (up from 9.1 last week for the unadjusted new case rate).
- 2.8% test positivity rate countywide (up from 2.5% last week).
- 11/10: 2.8% test positivity in the lowest quartile [Healthy Places Index](#) (HPI) census tract (not updated yet).
- 27,857 cumulative cases and 499 deaths.
- 123 hospitalized patients (up from 89 last week; highest was 213 on 7/28), including 26 ICU patients (up from 24 last week; highest was 73 on 8/20).
- 1.17 transmission rate on the Cal-CAT model (up from 1.06).

CONTRA COSTA COUNTY:

- Purple “widespread” tier week 2 (moved back from red tier).
- 13.1 new cases of COVID-19 per day per 100,000 residents (up from 11.4).
- 3.7% positivity rate (same as last week).
- 11/10: 4.1% test positivity in the lowest quartile HPI census tract (not updated).
- 1.19 transmission rate (up from 1.13).

SOLANO COUNTY:

- Purple “widespread” tier week 2 (moved back from red tier).
- 14.7 new cases of COVID-19 per day per 100,000 residents (down from 15.2).
- 5.4% positivity rate (down from 5.5%).
- 11/10: 4.2% test positivity in the lowest quartile HPI census tract (not updated).
- 1.11 transmission rate (up from 1.10).



Case trends Alameda County show rapid increases since early November. Trends by race/ethnicity have not been updated yet this month.

Don't forget to get the flu vaccine if you haven't already! The health officers for Alameda County and Berkeley updated their joint [Health Officer order on flu vaccines](#) mandating that all licensed health care facilities require their health



care workers to receive an annual influenza vaccination and that mask wearing is not an adequate substitution for vaccination.

Click [here](#) for the list of [free Alameda County flu vaccine clinics](#). Walgreens will accept Alameda Alliance Medi-Cal and CVS will Blue Cross Anthem Medi-Cal without copays for flu vaccines.



The Biden-

Harris COVID-19 advisory council has outlined a [response plan](#) and includes 3 Bay Area physicians, one of whom is long-time HIV advocate and champion Dr. Eric Goosby.

NEW HIV AND COVID-19 GUIDELINES AND STUDIES

The HPTN 084 trial of injectable long-acting cabotegravir (CAB-LA) for HIV prevention in cisgender women found a high level of effectiveness. These data concur with data on both CAB-LA and oral PrEP strategies in men who have sex with men and transgender women. [Click here](#) for HPTN's press release.

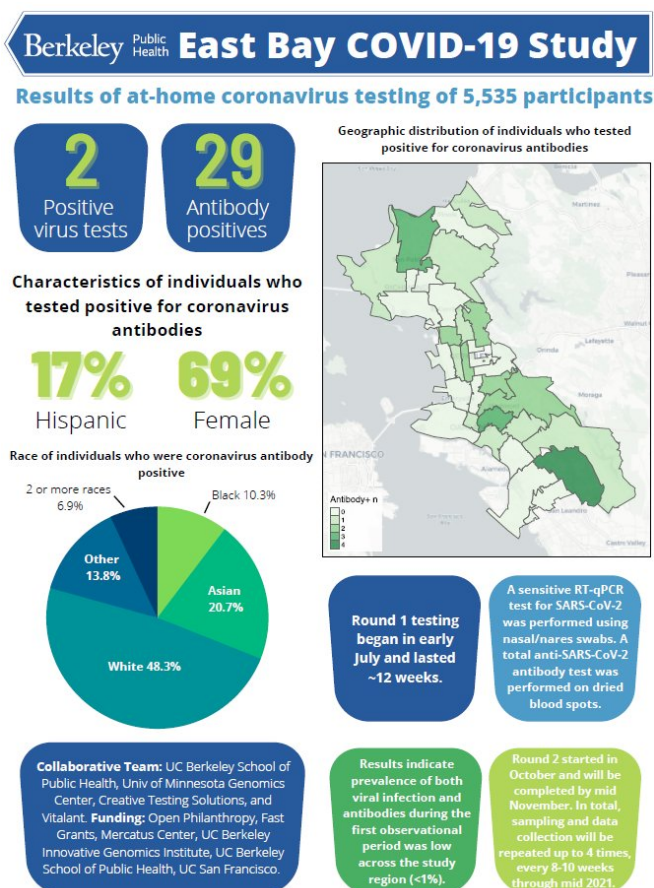
HIV on its own is not associated with higher COVID-19 mortality: A large study in AIDS from the multicenter research network TriNETX confirms data from other studies that have found no higher mortality from COVID-19 associated with HIV after controlling for other comorbidities. The authors write, "Early diagnosis and intensive surveillance are needed to prevent a 'Syndemic' of diseases in this vulnerable cohort."

Preliminary results from the UC Berkeley East Bay COVID-19 Study were released this week: 5,535 participants from 12 East Bay cities were tested for SARS-CoV2 RNA (current infection) and antibodies (past infection) in July and August 2020. Only 2 participants were positive for RNA and 29 were positive for antibody (0.5%), which matches blood bank data from the same timeframe. Latinx, Black and Asian (non-white) people were overrepresented in those who were antibody positive (~55%) compared to their proportion of the study population (~40%).

An analysis of private insurance claims by the FAIR Health group shows COVID-19's disproportionate effects on people with disabilities. The group reports that people with intellectual disabilities and developmental disorders are three times as likely to die from COVID-19 compared to others.

A UK study of 545 asymptomatic healthcare workers showed 2.4% PCR positivity rate and 24% antibody positivity with highest antibody rates among housekeeping (35%), acute medicine (33%) and gen internal medicine (30%) with lower rates for ICU workers (15%). People of color were twice as likely to be antibody positive.

Super-spreading events



A new study in *Nature* found that COVID-19 “super-spreader” locations like restaurants, gyms, coffee shops, hotels and grocery stores account for 85% of infections. “Restaurants were by far the riskiest places, about four times riskier than gyms and coffee shops, followed by hotels” in terms of new infections, said Jure Leskovec, a senior author at Stanford University. Higher infection rates were seen among people of color and people with lower income levels because they are not able to avoid crowded and higher risk settings as well.

The authors propose the following policies to address these inequities:

- stricter caps on indoor capacity,
- increasing food distribution centers to reduce density in stores,
- free and widely available testing in the hardest hit neighborhoods,
- paid leave and income replacement for when essential workers are sick,
- improved working conditions with high quality masks, eye protection, shields, hand hygiene, ventilation and distancing.

Wedding super-spreading events remind us to avoid large in-person gatherings: A wedding reception in [Maine](#) included 55 attendees, one arriving with COVID-19, who spread the virus to 176 other people over the next 38 days, resulting in 7 deaths. None of the 7 people who died attended the party. A November wedding in Washington State with 300 guests has led to at least 17 infections and 3 outbreaks so far, according to a Grant County Health District [statement](#).

Masks

The CDC updated its mask guidance with a stronger recommendation, stating that using masks benefits wearers, a step beyond its previous declaration that wearing masks would only protect others.

[A small study](#) on people aged 65 years or older showed that wearing a 3-layer face mask was not associated with a decline in oxygen saturation.

[A controversial and problematic Danish mask randomized control trial](#) of a group of people recommended masks compared to a group of people not recommend masks reported that there was no difference in COVID-19 outcomes and is now being exploited by anti-masking media. However, on closer analysis of their data and removing the problematic antibody data, the study actually found that in the mask group, there was a 0.2% PCR+ rate vs. a 0.6% PCR+ rate in the control group, suggesting a 2/3 reduction in PCR+ for those recommended masks.

Immunity

Some good news! In addition to two COVID-19 vaccines’ 95% efficacy rates,

A new pre-print study on immunity reports that 8 months after infection, most people who have recovered still have enough antibodies (spike IgG) and immune cells (spike-specific memory B cells) to potentially fight off the virus and prevent illness. The researchers estimate from the slow rates of decline that people would likely be protected for a few years.

Another study on SARS-CoV-2-specific memory CD8⁺ T cells published in *Nature* last week showed persistence of protective CD8⁺ T cells in 70% of people who have recovered from mild COVID-19 even when they don’t have antibodies.

A study in *Science* on pre-existing coronavirus immunity by Francis Crick Institute in London reports that 43% of children already have antibodies to other coronaviruses (which comprise of about 20% of the colds kids typically get) while only 5% of adults had these antibodies. Some of these antibodies may protect against the coronavirus that causes COVID-19, particularly one that attaches to the base of the virus spike.

Another study in *Nature* found that children with COVID-19 produced fewer SARS-CoV-2-specific antibodies, generating mostly IgG antibodies specific for the spike protein but not the nucleocapsid protein, unlike adults, who produced more of both.

These findings may explain why children with COVID-19 have milder symptoms, may be infectious for a shorter period of

time and are more likely to stop the virus from wreaking havoc in the body.







Our **summary of COVID prevention research** 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 safer during the pandemic, we need to:

- [Wear face coverings](#) when outside our homes,
- Stay outdoors whenever possible,
- Avoid crowds and 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 Sophia S. Wong, MD
Notes by David Ware, Freepik and Sip on Flatiron.com
Please see EBGTZ.org/resources for the complete list of sources for this table.

OTHER UPDATES AND OPPORTUNITIES:

- **Events & Groups**
 - Tonight: **LifeLong Medical Care** is hosting a virtual Sexual Health and COVID event at 7pm. There will be a panel as well as other sexual health experts from local community-based organizations. Register [here](#).
- **Job opportunities:**
- **Asian Health Services** is hiring for multiple positions. Learn more [here](#).
- **Project Open Hand** is searching for an ACL Care Coordinator who will play an integral role in the development and implementation of the Administration for Community Living (ACL) program. Learn more [here](#).
- **WORLD** is now accepting applications for a peer advocate position. Their ideal candidate is a woman of transgender experience who is able to work part-time, and conduct community outreach and engagement activities. Please send your resume and cover letter to Denise at djones@womenhiv.org if you are interested.
- Resources for clients:
 - **Oakland LGBTQ Center** has partnered with the Fox Theater to conduct a food drive in order to provide free food bags to the community for pick-up on 11/21 and 11/26. [Click here](#) for more information.
 - **Oakland LGBTQ Center** is hosting various support groups throughout the month. Learn more about them [here](#).
 - **WORLD** is hosting weekly wellness groups where participants have the opportunity to receive gift cards or exercise equipment. Reach out to Tinia at tbriggs@womenhiv.org to learn more.

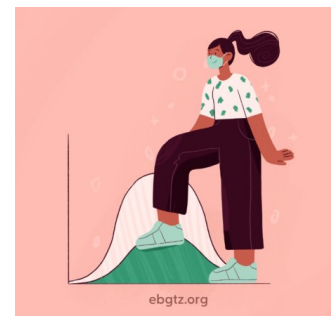
HIV services during COVID-19: [Click here for Contra Costa HIV services](#) and [see our online directory for Alameda County HIV services.](#)

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.

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 1st and 3rd 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



[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:

[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](#), [antigen 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 testing supplies, antigen test kits and/or PPE, and request staffing.

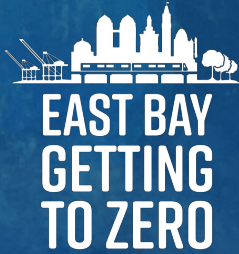
LOOKING FOR COVID-19 TESTING?

- **Alameda County COVID testing sites:** This [webpage](#) includes 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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