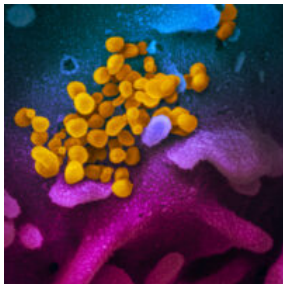


[Home](#) / [COVID-19](#) / [COVID updates](#) / [COVID-19 and HIV updates](#)

COVID-19 AND HIV UPDATES

NOVEMBER 4, 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:

We hope that you are finding time to take good care of yourselves and loved ones during this uncertain time and election week as we wait for **all votes to be counted**.

On Friday, October 23, 53 people joined us for the 2nd **East Bay HIV strategy** workshop. [Click here](#) for updates. [Writing workshop #3](#) will be on Friday, November 13, 10-11:30 am. You can [register here](#).

We will also host a **Spanish language strategy workshop** on 11/17 at 3pm – please email Yamini (yamini@ebgtz.org) if you are interested in attending.

EBGTZ has developed a series of short **COVID-19 prevention videos** in English and Spanish sharing information on using masks to protect oneself and others.

The English videos are: [Why Do Masks Help?](#); [What to look for in masks](#); [How to wear and care for masks](#).

The Spanish videos are: [Las tres principales razones que demuestran utilidad de las mascarillas](#); [Que cualidades buscar en las mascarillas](#); [Como usar y mantener en buen estado las mascarillas](#).

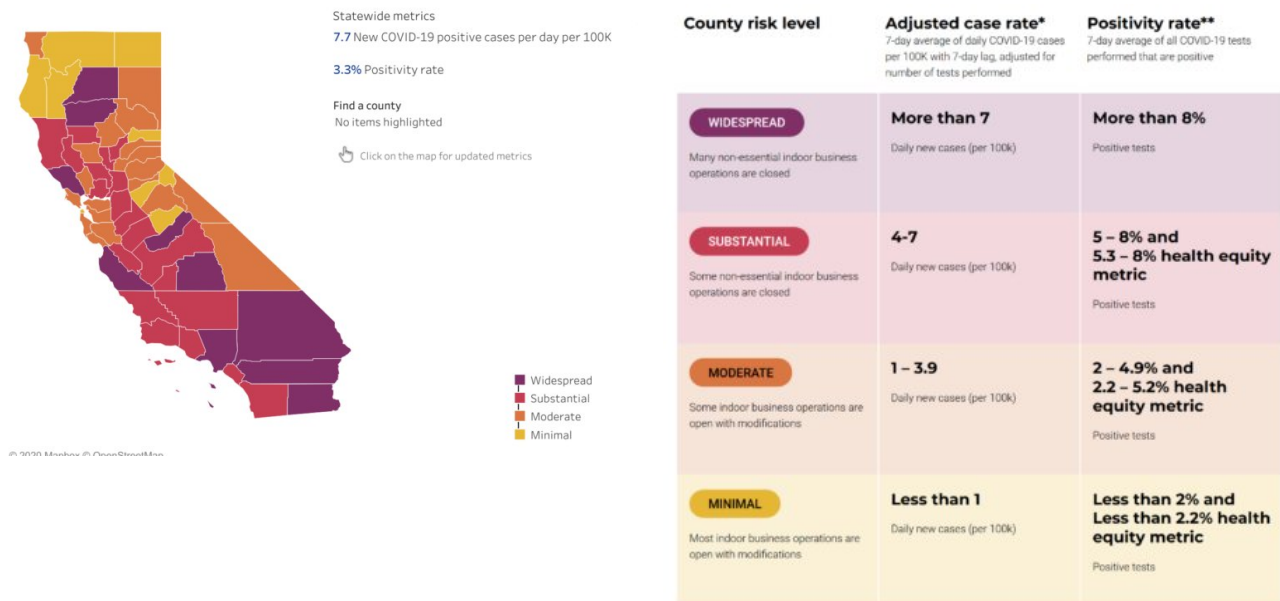
EAST BAY COVID-19 UPDATES

COVID-19 cases across the US are rising toward a record-breaking 100,000 per day. California has been holding off a big surge, but the overall transmission rate has gone up to 1.03. East Bay counties, which had been holding steady, are now seeing upticks in cases and hospitalizations.

Contra Costa County joined Alameda County last week in the orange tier ("moderate" risk), and Solano County remains



in the red tier (“substantial” risk) in California’s [Blueprint to Safer Reopening](#). Case rates have increased in all 3 East Bay counties in the past 1-2 weeks, and Contra Costa County is especially at risk for moving back to the more restrictive red tier. These local trends and new surges across the globe remind us to **keep things safer with masking, distancing and avoiding crowds, especially indoors**.

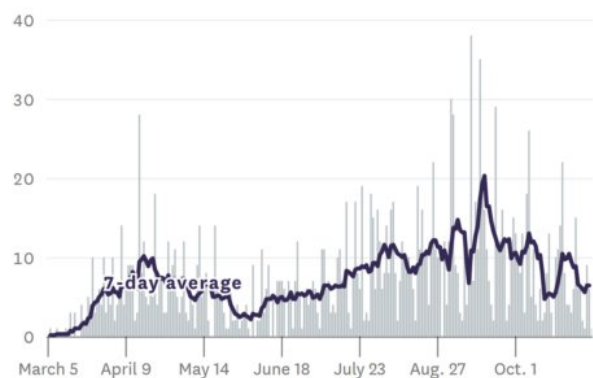


A county must remain in a tier for a minimum of three weeks and meet all 3 targets for the next tier for at least two weeks before being able to advance to a less restrictive tier. Counties can only move one tier at a time.

[Contra Costa County](#) has modified local health orders to try to rein in the rise in cases, including outdoor bars, reducing capacity for indoor dining, theaters and religious services to 25%, and limiting the number of people allowed at sporting events to 25 people. [Solano County](#) has been following [state allowances](#) for reopenings. [Alameda County](#) continues to reopen at a slower pace and is watching trends with the October school reopenings before opening additional riskier indoor activities.

[Current estimated transmission rates \(Re\)](#) are 0.98 in Alameda County, 1.0 in Contra Costa and 1.11 in Solano County, compared to 1.03 statewide. Our goal is to support community measures around masking, distancing, hygiene and testing to keep transmission rates 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

ALAMEDA COUNTY:

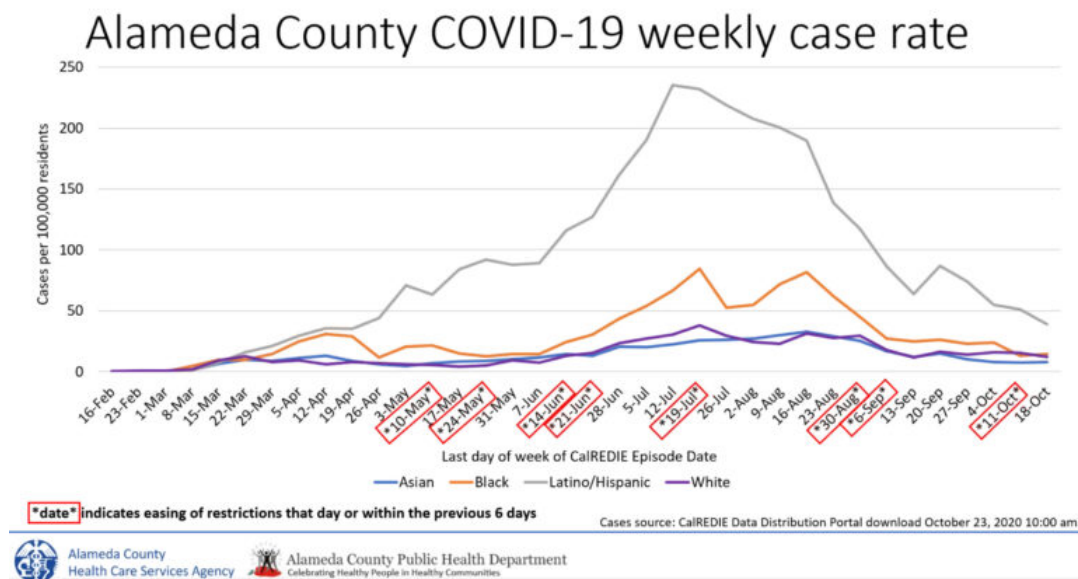
- Orange “moderate” tier week 4.
- 4.4 new cases of COVID-19 per day per 100,000 residents (up from 4.0 last week for the unadjusted new case rate).
- 1.5% test positivity rate countywide (down from 1.6% last week).
- 2.6% test positivity in the lowest quartile [Healthy Places Index \(HPI\)](#) census tract (same as last week).
- 24,162 cumulative cases and 466 deaths.
- 65 hospitalized patients (up from 58 last week; highest was 213 on 7/28), including 16 ICU patients (down from 17 last week; highest was 73 on 8/20).
- 0.98 transmission rate on the updated [Cal-CAT](#) model (up from 0.92).

CONTRA COSTA COUNTY:

- Orange “moderate” tier week 2.
- 5.7 new cases of COVID-19 per day per 100,000 residents (up from 4.1).
- 2.2% positivity rate (up from 1.9%).
- 4.0% test positivity in the lowest quartile HPI census tract (up from 3.9%).
- 1.0 transmission rate (up from 0.92).

SOLANO COUNTY:

- Red “substantial” tier week 7.
- 7.7 new cases of COVID-19 per day per 100,000 residents (down from 7.9).
- 2.5% positivity rate (down from 2.9%).
- 2.8% test positivity in the lowest quartile HPI census tract (up from 2.5%).
- 1.11 transmission rate (up from 1.01).



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. Recent increases in cases are not captured in this graph. Latinx people still have significantly higher case rates and Black/African American people still have significantly higher death rates than White people.

Contact tracing data in Alameda County point to community transmissions during indoor social gatherings. Data on [superspreading events](#) (the *k* dispersion variable) is not yet available. Please see more information on this topic below.

Alameda County released a new series of COVID-19 prevention Public Service Announcements (PSAs) including community leaders featuring [Joe Hawkins](#) from the [Oakland LGBTQ Community Center](#), [Greg Hodges](#) from the [Brotherhood of Elders](#)

Network, and Aaron Ortiz, CEO, La Familia, encouraging others to help stop the spread of COVID-19 in [English](#) and [Spanish](#).

The first known Bay Area case of COVID-19 and flu coinfection was reported last week in Solano County. A [recent pre-print UK study](#) found that while people with COVID-19 were less likely to have the seasonal flu (possible competition between the two viruses), those who did have coinfection were more likely to need a ventilator and had a higher risk of death.

This finding highlights the **importance of getting the seasonal flu vaccine** this season. 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.

Let's fight flu together! As a reminder 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. Click here for the list of [free Alameda County flu vaccine clinics](#).



NEW HIV AND COVID-19 GUIDELINES AND STUDIES

Drops in STD diagnoses: At the national [2020 STD Prevention Conference](#), experts report that the pandemic has seriously hindered efforts to mitigate sexually transmitted infections. At the beginning of 2020, cases of gonorrhea, chlamydia and syphilis were expected to reach record highs but instead took an abrupt decrease during the pandemic. Rather than indicating the STD rates are declining, the reduction in case numbers likely signal instead that STDs are now going largely undetected.

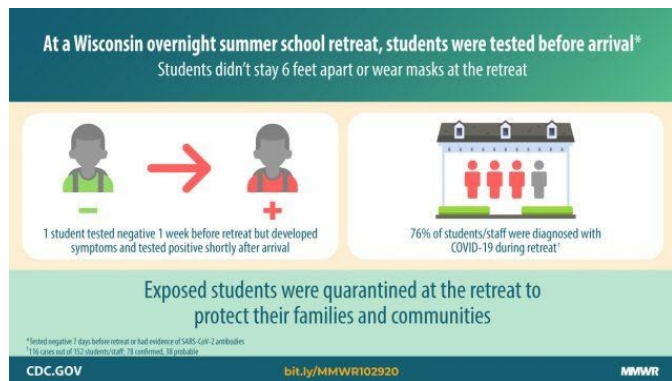
'All You Want Is to Be Believed': The Impacts of Unconscious Bias in Health Care. In this [KQED article and recording](#), Karla Monterroso of Alameda describes how her experience with unconscious bias in health care are part of why people of color are disproportionately affected by the coronavirus. It is not merely because they're more likely to have front-line jobs that expose them to it and the underlying conditions that make COVID-19 worse. "That is certainly part of it, but the other part is the lack of value people see in our lives," Monterroso wrote.

Transmissions, disparities and outcomes

A CDC study on pregnancy and COVID-19 outcomes found that in an analysis of approximately 400,000 women aged 15-44 years with symptomatic COVID-19, intensive care unit admission, invasive ventilation, extracorporeal membrane oxygenation, and death were more likely in pregnant women than in nonpregnant women. The authors conclude that pregnant people should be counseled about the risk for severe COVID-19 illness and emphasize preventive measures for pregnant people and their household members.

A preprint study on partial school closures in Sweden reports that opening elementary schools had limited impact on infection rates, but adults teaching at in-person schools with older children had double the rate of infections compared with those who taught remotely. While elementary school aged children (less than 10 years old) appear to be less likely to get infected with the SARS-CoV-2 virus, once they are, a new CDC study shows that they can rapidly transmit the virus to adults and others in their households:

A CDC study on COVID-19 transmission in households shows substantial and rapid transmission from both children and adults. The study reports that 53% of household contacts became quickly infected within a week of the first person's diagnosis, and transmission from children under age 12 were just as likely as transmission from adults. The report urged that "persons who suspect that they might have COVID-19 should isolate, stay at home, and use a separate bedroom and bathroom if feasible." Everyone in the home should wear a mask, especially in shared spaces.



A CDC report describes how COVID-19 can spread rapidly in overnight camps. In this report, a ninth grader received a negative PCR test a week before the camp and went on to infect at least 116 people (76% attendees) at a faith-based overnight retreat in Wisconsin in July-August where masks and distancing measures were not used.

A pre-print study showed the spread of COVID-19 from college campuses to nursing homes. The study described how La Crosse County, Wisconsin experienced a large, rapid outbreak of COVID-19 coinciding with resumption of

in-person education at three local colleges and alcohol-fueled indoor and outdoor social gatherings in September 2020. Genomic sequencing showed that there were only 2 substrains of the virus, and one of the substrains was transmitted to two skilled nursing facilities and led to two deaths.

A CDC case report describes how repeated short exposures can result in COVID-19 infections, which challenges the definition of "close contact" as spending at least 15 minutes consecutively within 6 feet of a case. A Vermont correctional officer was diagnosed with COVID-19 after numerous, brief encounters with incarcerated people with asymptomatic COVID-19 during an 8-hour shift, adding up to 17 cumulative minutes.

A study on superspreading events in Hong Kong showed that 19% of cases were the source for 80% of transmissions, especially in social settings such as weddings, parties and bars. A new Stanford [study](#) reports that Trump rallies likely led more than 30,000 confirmed cases of COVID-19, and likely caused more than 700 deaths among attendees and their close contacts. Superspreading events [overwhelmingly occur](#) in poorly ventilated, indoor environments such as weddings, churches, choirs, gyms, funerals, restaurants, bars and parties where there is loud talking or singing without masks. [Identifying and targeting stricter prevention](#) and control measures in these settings can help control outbreaks. [Click here](#) to see how Science magazine visually explores the science behind superspreading.

Vaccines

A new study on the potential acceptance of a COVID-19 vaccine in 19 countries showed that overall 71.5% of respondents said they would be very or somewhat likely to take a vaccine. Respondents in China were most likely to get the vaccine (90%), while respondents in Russia were the least likely (55%). The more an individual reported trusting their government, the more likely they accept a vaccine. While respondents from the US in this study reported 75% vaccine acceptance rate, a more recent [Kaiser Family Foundation \(KFF\) Health Tracking Poll](#) found that only 42% of respondents would accept a vaccine if it became available before the November election.

The same [KFF Health Tracking Poll](#) found that 48% of respondents hold at least one of six **misconceptions about coronavirus** prevention and treatment, including 20% who incorrectly say wearing a face mask is harmful to your health, 16% who incorrectly say masks do not help reduce spread. One in four who say hydroxychloroquine is an effective treatment for coronavirus. Trust in some official sources of information on coronavirus has declined since April, including CDC, NIH and White House leadership.

Caution has been advised on the use of adenovirus type-5 vectored vaccines for COVID-19 due to an association with increased vulnerability to HIV: Dr. Susan Buchbinder, who runs the HIV Prevention Research in the San Francisco Department of Public Health and other researchers shared their 'cautionary tale' in using the adenovirus-5 (Ad5) vectored vaccines, citing the findings of the Step and Phambili phase 2b studies using an Ad5 vectored HIV-1 vaccine. The Step trial found that men who were Ad5 seropositive and uncircumcised on entry into the trial were at elevated risk of HIV-1 acquisition during the first 18 months of follow-up.

Masks

A new study from the IHME COVID-19 Forecasting Team estimates that universal mask use could prevent nearly 130,000 deaths from COVID-19 in the US from now to February 2021 (95% mask use in public). An 85% mask wearing is estimated to

prevent 95,814 deaths.

The CDC released updated guidance [recommending mask use in all public settings](#), including while traveling, at events and gatherings, on rideshares and public transportation. "Wear a mask in public settings and when around people you don't live with, especially when social distancing is difficult."

Dr. Anthony Fauci was interviewed in this [JAMA Q&A podcast](#) last week. He also co-authored this 2-page JAMA article: [Preventing the Spread of SARS-CoV-2 With Masks and Other "Low-tech" Interventions](#). They write, "Return to normalcy will require the widespread acceptance and adoption of mask wearing and other inexpensive and effective interventions as part of the COVID-19 prevention toolbox."







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 Sophia 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.

OTHER UPDATES AND OPPORTUNITIES:

- **Provider Relief Funding:** The Department of Health and Human Services (HHS) has announced \$175 billion in relief funds, including to hospitals and other healthcare providers on the front lines of the coronavirus response as part of the CARES Act, PPP Program and Health Care Enhancement Act. Click [here](#) to learn more and [here](#) to apply.
- **The Alameda County Office of HIV Care and Prevention has released a new smartphone app** to help people connect with services in Alameda and Contra Costa counties. The East Bay CARES: HIV Services Directory App is free and available for Android and iOS [here](#).
- **California HIV/AIDS Policy Research Centers released a new CA SB159 PrEP brief** earlier this week, intended to help health care providers and patients better understand how the U.S. Preventive Services Task Force (USPSTF) Grade A recommendation for pre-exposure prophylaxis (PrEP) and Senate Bill (SB) 159 will impact PrEP access in California. Read the brief [here](#).
- **AIDS 2020:** Virtual now has several sessions subtitled and transcribed in French, Spanish, Portuguese, Russian and Arabic available online for free. You can access them [here](#).
- **Events & Groups**
 - **National AIDS Memorial** will host a national conversation for World AIDS Day on December 1 from 10a.m.-12noon. The event will recognize Tony Fauci and David Ho and bring together powerful voices from both pandemics. Sign up for updates on this event [here](#).
 - **TRUCHA at La Clinica de la Raza is starting a new support group: 'Grupo LGBT Online.'** Check out the flyer [here](#).
 - **Bay Area Community Health is hosting a live virtual event titled 'Healthy, Sexy & Strong!'** in commemoration of World AIDS day on December 3 from 6-7PM. Register [here](#) for the event.
- **Job opportunities:**
 - **The CDPH STD Control Branch** is recruiting to fill two Research Data Analyst II, CGSS Interviewer positions. Learn more about the positions [here](#).

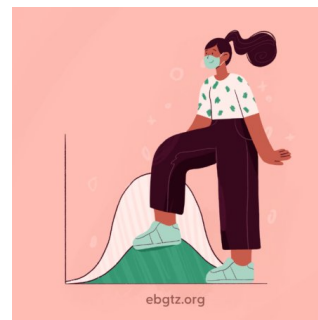
- **Alameda County Public Health Department** has one part-time vacancy and one full-time vacancy located in the Diabetes Program. Learn more about the positions [here](#).
- **Kaiser Permanente's Division of Research (DOR)** has now opened up the applications for the 2021 Programmer Analyst training program for the DOR in Oakland. The program includes a robust curriculum in didactic and interactive programming analysis using data from electronic medical records and other sources. Learn more [here](#).
- **Alameda County Healthcare for the Homeless** is looking for a medical director. Learn more [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 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 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:

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.

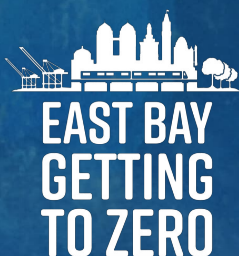
Download links for **Alameda County clinical guidance** on: COVID-19 testing, antigen testing, isolation orders in 7 languages for all people getting tested, reporting COVID-19 cases, Project Roomkey isolation housing, home health agencies, remdesivir allocations, routine vaccines, reporting pediatric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

[← BACK TO UPDATES](#)



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YOUTH
SERVICES
COVID-19

RESOURCES
UPDATES
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