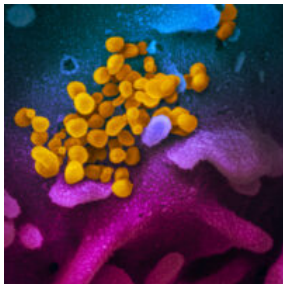


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COVID-19 AND HIV UPDATES

DECEMBER 16, 2020



The SARS-CoV-2 virus
(NIAID)

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, video with some in-person visits available.

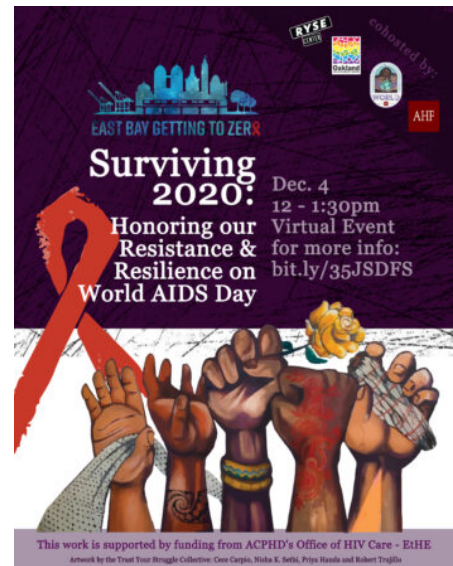
KEY UPDATES FOR THIS WEEK:

100 people joined us on Friday, December 4th for a World AIDS Day commemoration event and a presentation of our network's draft 5-year strategic plan: [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. [Click here to watch videos of the performances and town hall!](#)

Please click here ([EBGTZ.org/strategy](#)) to read and provide input on the East Bay HIV strategic plan draft. The second draft will be posted on [this webpage](#) in late January, and the final version will be released in February 2021.

If you want to join one of our new strategy groups:

- **Youth network**, including youth, advocates and providers: please email Yamini Oseguera-Bhatnagar at yamini@ebgtz.org
- **Housing work group**: please email Judy Eliachar at judy@edenir.org
- **Spanish language group**: please email Yamini at yamini@ebgtz.org



EAST BAY HIV STRATEGIC PLAN, 2021-2025: **STRATEGIC PRIORITIES**
ADVANCING HEALTH EQUITY AND HEALING THROUGH:



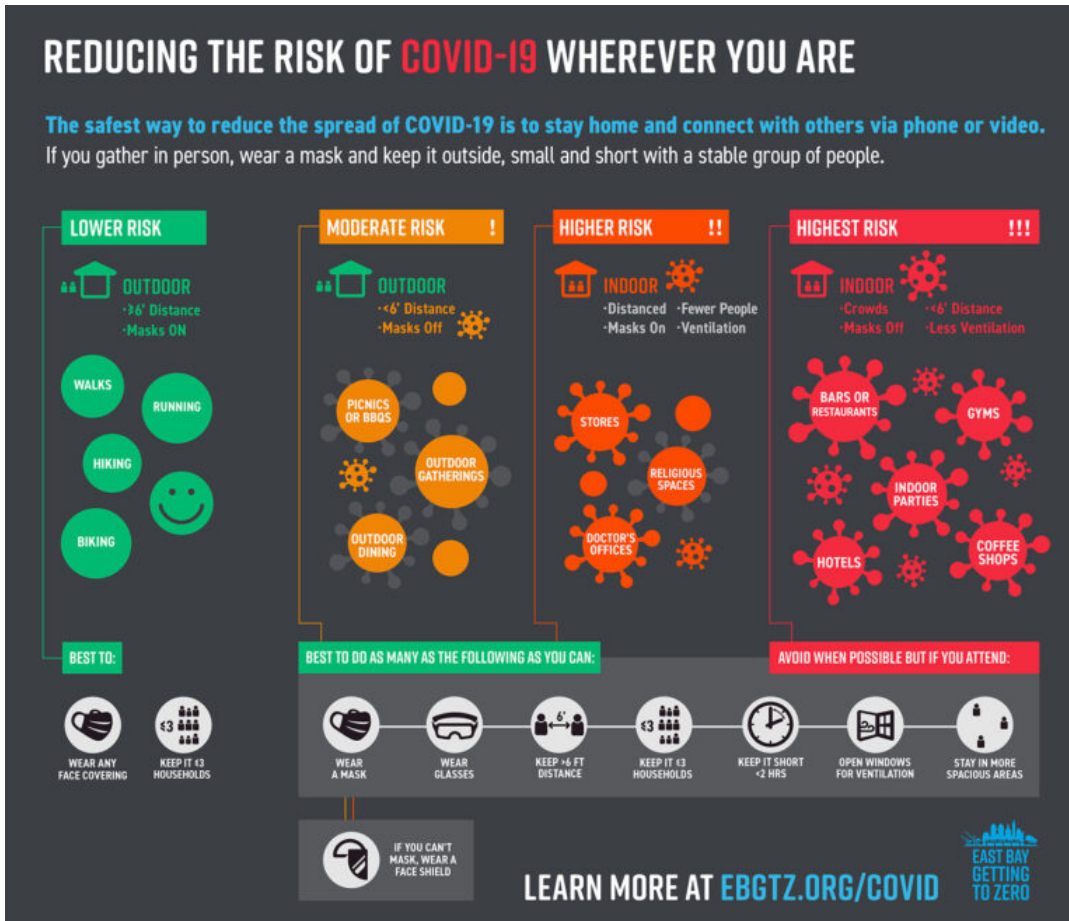
EAST BAY COVID-19 UPDATES

The first COVID-19 vaccinations began this week as we hit our worst surge and COVID-19 deaths surpassed 300,000 people nationwide. New case rates in California have nearly doubled in the past week as ICU capacity dwindles and deaths rates have climbed to nearly 300 per day. The Bay Area now has more than 200,000 cumulative cases. The East Bay continues to have rapid increases in new cases and hospitalizations. Hospitalizations in Alameda County have quintupled (5x) in the past month.



Now is the most important time to **wear masks, stay home or outdoors, avoid gatherings** and get vaccinated as soon as we're able!

Our new COVID-19 prevention and harm reduction infographics in **English** and **Spanish** are out! Please download them [here in English](#) and [here in Spanish](#) and share with your clients,



References: Bay Area public health guidance on gatherings; summary of evidence and scientific studies



Aprende más abriendo algunas de las siguientes ligas: [about masks](#) (información acerca de cubre bocas), [COVID guidance](#) (guía del COVID), y [the science behind prevention strategies](#) (la ciencia detrás de las estrategias de prevención).

VACCINES ROLL OUT!

The Pfizer vaccine has undergone extensive FDA review and received Emergency Use Authorization (EUA) approval on December 11. Pfizer has shipped 2.9 million doses to receiving facilities this week, including hospitals, research centers and pharmacies with ultracold freezers. **The Moderna vaccine** is undergoing final FDA review for EUA on December 17. If approved, 6 million doses of Moderna's vaccine will be shipped across the nation over the weekend and arriving at local facilities next Monday through Wednesday, December 21-23.

The first vaccination in California was given to Los Angeles ICU nurse Helen Cordova on December 14. Vaccinations rolled out in Contra Costa on December 15 and will arrive in Alameda County on December 18. Vaccinations are starting with health care workers at the highest risk of exposure, with residents and staff at nursing homes expected to get vaccines via Walgreens starting December 28.

Bay Area counties are following CA state guidelines on vaccine prioritization, which starts with:



California Gov. Gavin Newsom looks on, far right, as ICU nurse Helen Cordova receives the Pfizer-BioNTech COVID-19 vaccine at Kaiser Permanente Los Angeles

Phase 1a (now!) health care workers and first responders: Persons at risk

of exposure to SARS-CoV-2 through their work in any role in direct health care or long-term care settings, including people in non-clinical roles such as environmental services, patient transport, interpretation and others. People working in acute care, nursing homes and emergency services at highest risk are prioritized over people working in outpatient settings.



MONTREZ, CA. - DECEMBER 15. Licensed Vocational Nurse Heidi R. receives a COVID-19 vaccine from Infection Prevention and Control Program Manager Holly Longmire, right, at the Contra Costa Regional Medical Center in Martinez, Calif., on Tuesday, Dec. 15, 2020. Frontline healthcare workers who work in roles with high risk of exposure to infectious disease received their initial doses of the new COVID-19 vaccine recently approved for emergency use by the U.S. Food and Drug Administration. (Jane Tinkley/Bay Area News Group)

Phase 1b: Residents in nursing homes and similar long-term care settings. People with underlying conditions that put them at significantly higher risk, such as people with organ transplants on immunosuppressive therapies.

Phase 2: People living with HIV and other underlying conditions, teachers and other essential workers, people in shelters or group homes, people who are incarcerated, and older adults not in Phase 1.

Phase 3: young adults, children, other workers.

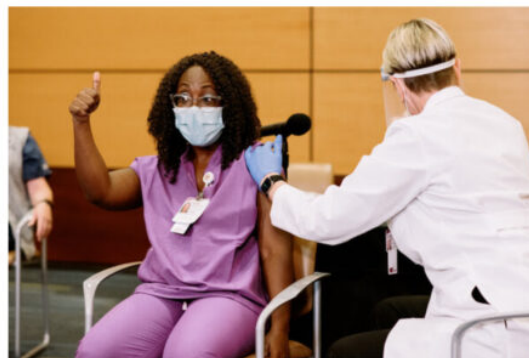
Phase 4: everyone else.

PEOPLE LIVING WITH HIV AND COVID-19 VACCINES

Currently all people living with HIV who don't have severe allergic reactions to components of the vaccines are recommended to get the COVID-19 vaccine once we are in Phase 2. We don't know yet when there will be enough vaccines for Phase 2 but may have an estimated timeline next week. There is currently no recommendation to check antibody levels for people living with HIV after completing vaccination, but providers may consider doing so.

The California COVID-19 vaccine strategy prioritizes safety and equity, with a [scientific safety review work group](#), a [guidelines work group](#) and a [Community Vaccine Advisory Committee](#) co-chaired by CA Surgeon General Dr. Nadine Burke Harris focused on addressing barriers to equitable vaccine implementation and decision-making.

"African-Americans have suffered quite the repercussions of COVID-19," said Dr. Sylvia Owusu-Ansah, 42, an emergency physician at the UPMC Children's Hospital of Pittsburgh, who is Black and was among the first people to be vaccinated, as reported in the [New York Times](#). "I wanted to share with my community that it is OK, that this vaccine is the thing to do to keep us safe, to keep us healthy and to keep us alive."



Dr. Sylvia Owusu-Ansah received the Pfizer vaccine on Monday. Kristian Thacker for The New York Times

LA VACUNA DEL COVID-19 ESTÁ AQUÍ

MANTENTE INFORMADO. SIGUE USANDO MASCARILLA.

- Validada por los principales expertos médicos del país por su seguridad y eficacia
- Proporcionada sin costo
- Plan de distribución por fases basado en el riesgo y el nivel de exposición
- Ampliamente disponible más adelante en 2021

covid19.ca.gov/es/vaccines

Vaccinate ALL 58

Help educate our community and get ready for vaccines! Here are some resources:

- CA COVID vaccine media toolkit in multiple languages
- Alameda County vaccine education materials and media
- COVIDReadi registration for potential vaccination sites
- COVID vaccine info for recipients and caregivers
- COVID vaccine info for health care providers giving the vaccine

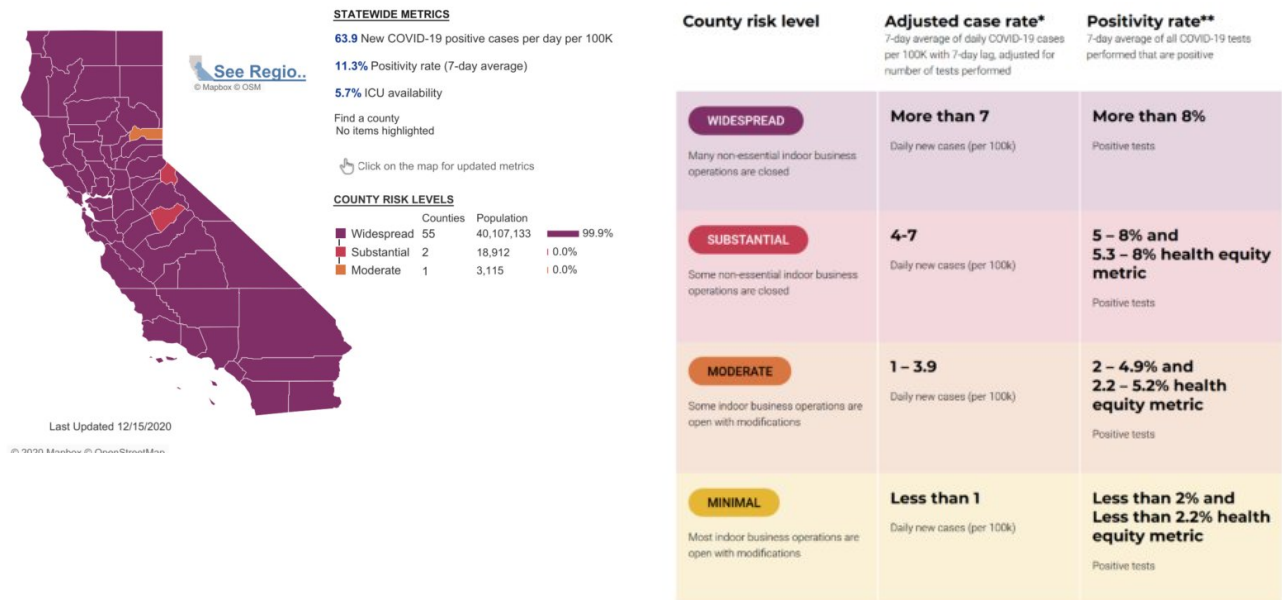
BAY AREA SHELTER-IN-PLACE ORDER

On December 4, the Bay Area Health Officers, including Alameda, Contra Costa, Marin, San Francisco, and Santa Clara Counties and the City of Berkeley [jointly announced](#) that they are implementing the State's Regional Stay Home Order early.

- The main message is to **stay home as much as you can**.
- [Click here to download details on the closures and restrictions](#).

- [Click here for FAQs on the restrictions.](#)
- [Click here for clarifications on the order's impact on schools in Alameda County.](#)

On December 16, the Bay Area region had **12.9% ICU capacity** (down from 21% last week) and must follow the [State's Stay Home Order](#). Alameda, Contra Costa County and Solano Counties remain in the highest purple tier (for "widespread" risk) along with 99.9% of all of California in the statewide [Blueprint to Safer Reopening](#). Alameda, Contra Costa and Solano Counties have all rolled back reopenings as per [state requirements](#).



Current estimated transmission rates (R_e) are 1.37 in Alameda County, 1.29 in Contra Costa and 1.25 in Solano County, compared to 1.15 statewide. Our goal is to support community measures around masking, staying outdoors, avoiding gatherings and vaccinating to get transmission rates back down to less than 1.

The LEMMA hospital prediction as of December 16 is that Alameda County will exceed ICU bed capacity (median projection) by the first week of January if transmission rates don't change. If we can cut our transmission rate by 50% with the December 4 sheltering order, the projection is that we can stay within our current ICU bed capacity with a median peak of about 150 ICU hospitalizations around January 1.

New hospital capacity data released by the Department of Health and Human Services on December 7 provides capacity reporting from individual hospitals in 2,200 counties in the U.S. and identifies areas where hospitals are reaching capacity. The data is downloadable as a CSV spreadsheet with a 2-day lag.

ALAMEDA COUNTY:

- Purple "widespread" tier week 5.
- **33.7 new cases** of COVID-19 per day per 100,000 residents (up from 17.2 last week for the unadjusted new case rate).
- 6.0% test positivity rate countywide (up from 4.9% last week).
- 9.2% test positivity in the lowest quartile [Healthy Places Index \(HPI\)](#) census tract (up from 6.9%).
- **38,971 cumulative cases** and 558 deaths.
- **332 hospitalized patients** (up from 254 last week; 332 is the new high on 12/15), including 93 ICU patients (up from 69; high of 95 on 12/14).
- 139 out of 442 ICU beds (31.4%) were available as of 12/15 (down from 35%).
- **1.37 transmission rate** on the Cal-CAT model (up from 1.34).

CONTRA COSTA COUNTY:

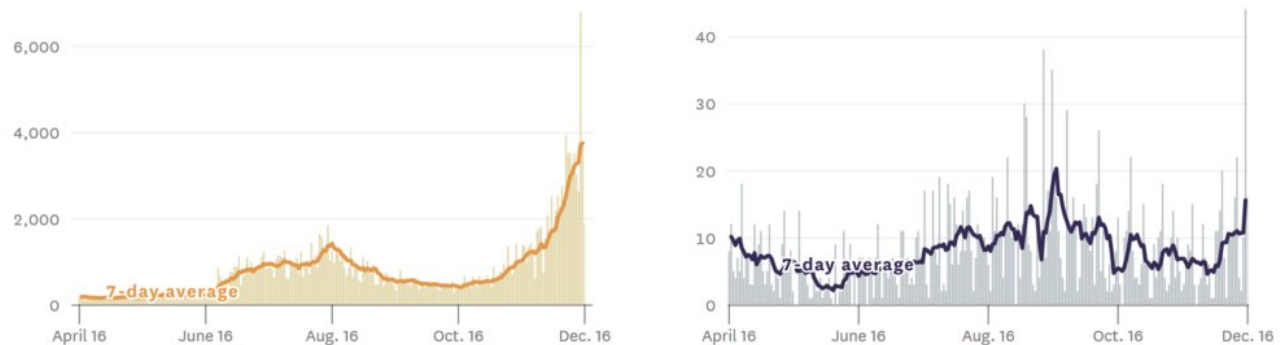
- Purple "widespread" tier week 5.
- **35.6 new cases** of COVID-19 per day per 100,000 residents (up from 17.9).

- 7.6% positivity rate (up from 5.2%).
- 12.1% test positivity in the lowest quartile HPI tract (up from 8.7%).
- 1.29 transmission rate (up from 1.25).

SOLANO COUNTY:

- Purple “widespread” tier week 5.
- 37.4 new cases of COVID-19 per day per 100,000 residents (up from 21.6).
- 8.8% positivity rate (up from 7.0%).
- 11.1% test positivity in the lowest quartile HPI tract (up from 7.1%).
- 1.25 transmission rate (up from 1.19).

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



Bay Area COVID-19 cases and deaths from the [SF Chronicle](#) as of 12/16/20

NEW CA NOTIFY SMARTPHONE SYSTEM



Download or turn on the new CA Notify app to get COVID-19 exposure alerts and to protect those around you! The new app goes live across California on December 10. After you activate CA Notify and keep Bluetooth on, you will receive alerts if you were in close contact with someone who tests positive for COVID-19. Your privacy is protected as your identity is not known and your location is not tracked.



COVID-19 and Mental Health: Alameda County

Supervisor Richard Valle recently launched a Mental Health Series, which you can view on [YouTube](#).

MORE COVID-19 VACCINE NEWS

AstraZeneca and the University of Oxford shared [results](#) of a pooled analysis of their phase 2/3 vaccine trials in the UK and Brazil. The Brazilian study used two full-dose vaccinations where efficacy among 8,895 participants was 62.1%.

Dr. Robert Rodriguez and Dr. Eric Goosby, two Bay Area physicians on the **Biden-Harris Coronavirus Task Force**, presented on the December 8 [California Medical Association's Virtual Grand Rounds](#) with Dr. Erica Pan and Dr. Seema Jain from CDPH. They shared that the top priority for the national task force is to address public trust and fight misinformation to help increase vaccine acceptance and adoption of other preventive measures. Dr. Rodriguez's role is to support ways to address health care worker burnout and support resilience. Dr. Goosby's role is to support coordination and collaboration between health delivery systems for a more effective vaccine roll out and massive scale up of a national testing effort, including low-

barrier and frequent testing for people without symptoms.

A new Health Affairs article on COVID-19 vaccine implementation stresses “the urgent need for health officials to invest greater financial resources and attention to vaccine production and distribution programs, to redouble efforts to promote public confidence in COVID-19 vaccines, and to encourage continued adherence to other mitigation approaches, even after a vaccine becomes available.”

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.

OTHER NEW HIV AND COVID-19 REPORTS AND STUDIES

The “HIV in Alameda County, 2017-2019” report and its Executive Summary was written and released by the Alameda County HIV Epidemiology and Surveillance Unit on December 15. This report presents the most recent county-level data on the HIV epidemic and summarizes findings on new HIV diagnoses, people living with HIV, the continuum of HIV care, HIV among key populations, and social determinants of health and HIV in Alameda County from 2017-2019. Many thanks to the HIV epi and surveillance team for this important report!

A new CDC MMWR Vital Signs report found that HIV-related deaths have fallen by 48% in the U.S. from 2010 to 2017, but disparities in HIV-related deaths persist for certain populations. The authors write, “Rates of HIV-related deaths during 2017 were highest by race/ethnicity among persons of multiple races (7.0) and Black/African American persons (5.6), followed by White persons (3.9) and Hispanic/Latino persons (3.9). The HIV-related death rate was highest in the South (6.0) and lowest in the Northeast (3.2).”

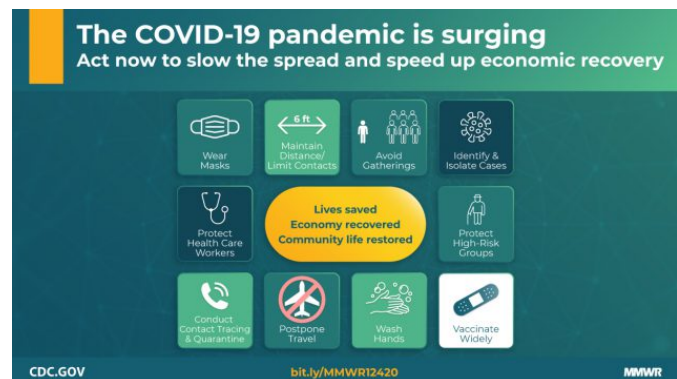
On December 4th the CDC COVID-19 Response Team issued its first comprehensive guidance on public health strategies to address high levels of SARS-CoV-2 transmission and deaths, including recommendations for universal mask wearing.

A new study on COVID-19 disparities including 9,722 patients in the New York University Langone Health system found that Black and Latinx patients were more likely than White people to test positive for COVID-19. Asian and multiracial patients who tested positive were more likely to be hospitalized than White, Latinx or Black patients. Among people hospitalized with COVID-19 infection, Black patients were less likely than White patients to have severe illness and to die or be discharged to hospice. Dr. Gbenga Ogedegbe, the lead author said, “We hear this all the time — ‘Blacks are more susceptible.’ It is all about the exposure. It is all about where people live. It has nothing to do with genes.”

These and other recent studies suggest that Black and Latinx people in the US have higher rates of COVID-19 because they are more often exposed to COVID-19 because of social and environmental factors, not because of innate or genetic vulnerability.

A new worldwide analysis shows that men with COVID-19 are hospitalized and die at higher rates than women. The meta-analysis of 3,111,714 reported global cases shows that while there is no difference in the proportion of men and women with confirmed COVID-19, men have almost three times the odds of requiring intensive care (OR = 2.84) and have higher odds of death (OR = 1.39) compared to women.

The CDC provides options for shortened quarantine duration for asymptomatic people from 14 days to 7-10 days: Based



on updated analyses and modelling data, the CDC recently provided additional options to reduce the duration of quarantine in asymptomatic people: 7 days with PCR testing (performed on days 5-7)—or 10 days without testing. These durations should be effective for preventing most transmission (96% and 99% respectively).

The Naughty N'awlins swingers convention became a superspreader event with 41 out of 250 attendees later testing positive despite [requiring testing and mask wearing](#) but only *when not eating and drinking*, so there were plenty of opportunities for people to take off their masks.

A case report from a restaurant in South Korea showed that a person exposed for 5 minutes and sitting 6.5 meters (21 feet) away while ceiling air conditioners blew air around.

In an informal survey of 700 epidemiologists, half said they would keep up with personal behaviors like social distancing until at least 70% of the population was vaccinated.







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 slow the COVID-19 surge, we all need to stay home as much as we can and when we go out:

- [Wear masks](#) and glasses,
- 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
Icons by Good Ware, Freepik and Srip on Flaticon.com
Please see EBOZ.org/resources for the complete list of sources for this table.

OTHER UPDATES AND OPPORTUNITIES:

Funding Opportunities:

- **The California Youth Opioid Response** (YOR California) issued a Request for Applications to improve and expand access to a continuum of youth-specific opioid use and/or stimulant use disorder (OUD/StUD) intervention, Medication-Assisted Treatment and other treatment, and recovery services for youth ages 12-24 and their families. The RFA is available at the [YOR California website](#). Applications are due on January 15, 2021.
- The National Library of Medicine has opened applications to the **2021 HIV/AIDS Community Information Outreach Program** (ACIOP). They are looking for proposals from organizations and libraries to design and conduct projects that will improve access to HIV/AIDS related health information for patients, the affected community, and their caregivers. The application deadline is December 28 2:00 PM ET. Learn more and apply [here](#).

Web events:

- NASTAD will be hosting a webinar on Thursday, December 17 from 1pm-2:15pm on the topic of **trans-inclusive and trans-centered harm reduction services**. The webinar will cover the importance of tailoring syringe services and other harm reduction programs to transgender participants and how to assess and respond to specific community needs. To join the webinar, please register [here](#).
- Also, please join NASTAD for a [webinar](#) focused on **overdose prevention** and response in Syringe Services Programs (SSPs) during the COVID-19 pandemic. Register [here](#) for this webinar.
- PAETC is hosting session 2 of the **HIV & SARS-CoV-2 Winter Webinar Series** on December 17, 2020, 10am-11:30am. Learn more [here](#) and register [here](#).

Resources for reference:

- The U.S. Department of Health and Human Services (HHS) has announced that the first-ever **STI National Strategic Plan** (STI Plan) will be released on Thursday, December 17, 2020. The plan will serve as a roadmap to help federal and non-federal stakeholders at all levels, and in all sectors, reverse the sharp upward trends in STI rates and further address this growing public health epidemic. You can learn about the STI Plan and where to find more information about it by participating in a webinar hosted by HHS. The webinar will take place on Thursday, December 17, 11am – 12noon. Register [here](#).
- **Kaiser Family Foundation conducted a national survey titled 'How COVID Changed HIV Care and Prevention: A Survey of Ryan White Providers.'** It was found that Ryan White providers, who receive federal funds to provide HIV treatment services, experienced significant disruptions and changes amid the COVID-19 pandemic. Read the issue brief [here](#).
- CDPH Office of AIDS has shared their **December OAVoice newsletter**. Please access it [here](#).

Resources for community members:

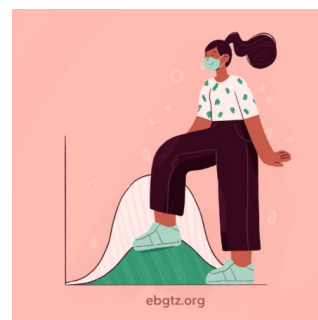
- **Word of Mouth food pantry is offering Free fruits, vegetables and groceries.** They will be out there on Saturday 12/19 and 12/26 from 11 am to 2 pm on each day for no-contact pick up. Address is: 8400 Enterprise Way, Oakland, CA. More information [here](#).

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:** 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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