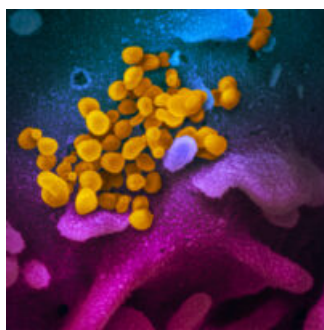


COVID-19 AND HIV UPDATES

DECEMBER 9, 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.

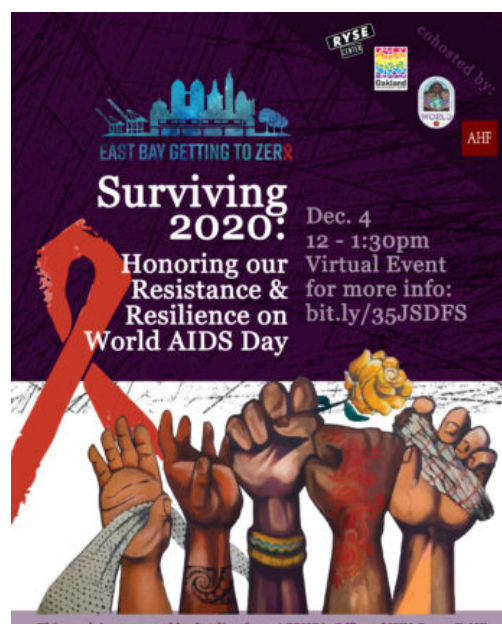
[MASKS](#)
[GUIDANCE](#)
[RESOURCES & LINKS](#)
[ARCHIVES](#)
[PDF SUMMARY](#)

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, 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.





EAST BAY COVID-19 UPDATES

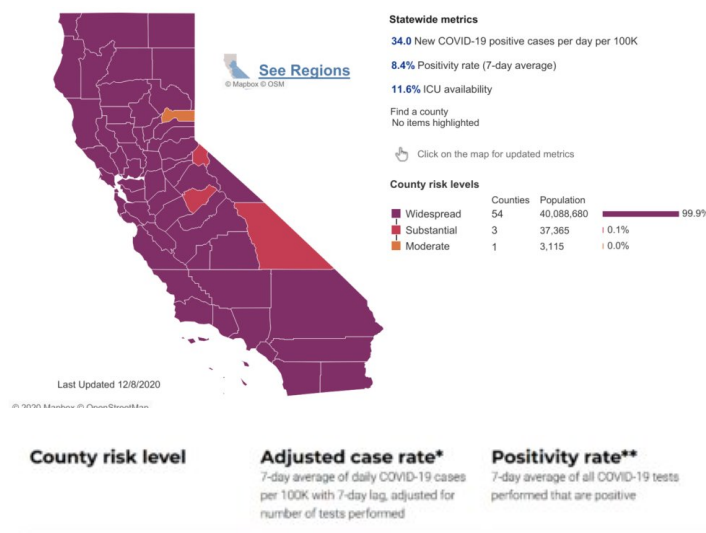
COVID-19 cases, hospitalizations and transmission rates have reached new record highs in the East Bay and across the state. We are experiencing the fastest and most alarming increase in cases since the beginning of the pandemic. We can still slow down this surge by redoubling our efforts now to **wear masks, stay home or outdoors and avoid gatherings.**

BAY AREA SHELTER-IN-PLACE ORDER (DECEMBER 4 TO JANUARY 4)

On December 3, Governor Newsom announced that all sectors other than retail and essential operations would be closed in regions of the State where less than 15% of ICU beds are available under a new [Regional Stay Home 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 will implement the [State's Regional Stay Home Order](#) now rather than waiting until ICU bed availability reaches critical levels, which is felt to be too late for preventing overwhelmed hospital systems. After January 4, the plan is to return to the CA system for openings and closings.

- [Click here to download the Dec. 4 press release on the Bay Area order.](#)
- [Click here to download the closures and restrictions under the Dec. 4 Bay Area order.](#)
- [Click here for FAQs on the restrictions.](#)
- [Click here for clarifications on the order's impact on schools. in Alameda County.](#)



As of December 8, the Bay Area region has **21% ICU capacity**. 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](#). Alameda and Contra Costa Counties have also implemented the stricter stay home order as described above.

Current estimated transmission rates (Re)

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% and 5.3 – 8% health equity metric Positive tests
MODERATE Some indoor business operations are open with modifications	1 – 3.9 Daily new cases (per 100k)	2 – 4.9% and 2.2 – 5.2% health equity metric Positive tests
MINIMAL Most indoor business operations are open with modifications	Less than 1 Daily new cases (per 100k)	Less than 2% and Less than 2.2% health equity metric Positive tests

are 1.34 in Alameda County, 1.25 in Contra Costa and 1.19 in Solano County, compared to 1.15 statewide. Our goal is to support community measures around masking, staying outdoors and testing to get transmission rates back down to less than 1.

The LEMMA hospital model prediction is that Alameda County will exceed ICU bed capacity (median projection) by the end of December if transmission rates don't change. If we can cut our transmission rate by 50% with the current sheltering order, the median projection is that we can stay within our current ICU bed capacity with a 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 4.
- 17.2 new cases of COVID-19 per day per 100,000 residents (up from 16.7 last week for the unadjusted new case rate).
- 4.9% test positivity rate countywide (up from 3.6% last week).
- 6.9% test positivity in the lowest quartile [Healthy Places Index](#) (HPI) census tract.
- 34,300 cumulative cases and 526 deaths.
- 242 hospitalized patients (up from 187 last week; 242 is the new record high 12/8), including 63 ICU patients (up from 57 last week; highest was 73 on 8/20).
- 155 ICU beds (35%) were available as of 12/8.
- 1.34 transmission rate on the [Cal-CAT](#) model (up from 1.24).

CONTRA COSTA COUNTY:

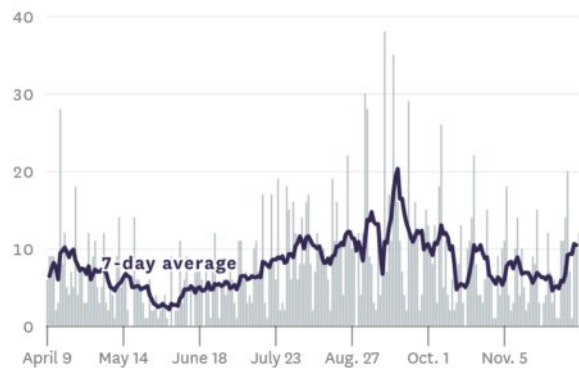
- Purple “widespread” tier week 4.
- 17.9 new cases of COVID-19 per day per 100,000 residents (same as last week).
- 5.2% positivity rate (up from 4.1%).
- 8.7% test positivity in the lowest quartile HPI tract.
- 1.25 transmission rate (up from 1.17).

SOLANO COUNTY:

- Purple “widespread” tier week 4.
- 21.6 new cases of COVID-19 per day per 100,000 residents (down from 22.4).
- 7.0% positivity rate (up from 6.8%).
- 7.1% test positivity in the lowest quartile HPI tract.

- 1.19 transmission rate (down from 1.25).

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



Bay Area COVID-19 cases and deaths from the [SF Chronicle](#) as of 12/9/20

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 VACCINE NEWS

The Pfizer vaccine is undergoing FDA review on December 10 expected to get EUA approval. Once approved, Pfizer is ready to ship ~20 million doses to receiving facilities, mostly acute care hospitals and pharmacies, by the end of this year.

Data from Moderna's COVID-19 vaccine showed that it was 100% effective at preventing severe disease from the coronavirus. No severe cases occurred in the vaccinated group while 30 severe cases occurred in the placebo group. Moderna applied to the FDA for Emergency Use Authorization (EUA) on November 30 and is expected to go through final FDA review on December 17, with shipments to health care facilities and pharmacies planned for the week of December 21.

At the end of November 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 ($p \leq 0.0001$). There has been [confusion](#) over a previous manufacturing mistake with the half-dose regimen, but in the end the vaccine has demonstrated that it works.

Vaccines will arrive for health care workers at highest risk around December 17-18:

Alameda County hospitals and pharmacies are expected to receive about 14,000 doses of the Pfizer vaccine around December 17-18. About 14,000 doses of the Moderna vaccine is expected to ship to facilities the week of December 21 upon FDA EUA and concurrent CA vaccine panel approval.

The doses arriving in December are for distribution to Tier-1 priority groups according to CDPH: "Persons at risk of exposure to SARS-CoV-2 through their work in any role in direct health care or long-term care settings." There will not be enough doses for all health care workers in December, so the first doses will go primarily to acute hospital and emergency workers at highest risk and long-term care facility workers and residents. The federal government has contracted with Walgreens and CVS to store and administer the vaccines for long-term care facilities. Facilities are advised to give all doses out as soon as possible, with promised that additional doses will arrive in time to give 2nd doses to those who have received their first dose. Alameda County facilities estimate that there are currently enough ultra-low freezers available to accommodate the doses coming in December, with more purchased and on their way.

Hopeful estimates are that enough doses will arrive by the end of January 2021 for Tier 2 outpatient, home and community health workers to be vaccinated. It is also estimated that there will be enough vaccine doses by the summer and fall of 2021 for most people to get vaccinated, with a goal to reach 70% or more vaccination rates by late 2021 to achieve population-level immunity and end this pandemic.

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.

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.

THE NATIONAL HIV STRATEGIC PLAN IS OUT FOR REVIEW

The Department of Health and Human Services' (HHS) Office of Infectious Disease and HIV/AIDS Policy (OIDP) in the Office of the Assistant Secretary for Health (OASH) announces the draft **HIV National Strategic Plan: A Roadmap to End the HIV Epidemic (2021-2025)** available for public comment. You can view a draft of the HIV National Strategic Plan [here](#). All comments must be received by 5:00 PM ET (2:00 PM PT) on Monday, December 14, 2020. Please send your comments to HIVPlanComments@hhs.gov

NEW HIV AND COVID-19 GUIDELINES AND STUDIES

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.

People living with HIV experiencing unstable housing: A study by the POP-UP program at SF's Ward 86 shows that people living with HIV experiencing unstable housing and viremia benefitted from a personal relationship with a provider and drop-in services. Participants were willing to trade significant financial gain and more resource-intensive services for the personal relationship and drop-in access.

Missed Opportunities for HIV Detection and Prevention: A large U.S. study shows that few women with



gonorrhea or syphilis were tested for HIV, and none were prescribed PrEP.

A UK COVID-19 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.

The impact of cold and dry weather on COVID transmission: A study of meteorological conditions in the US found that cold and dry weather was moderately associated with increased COVID-19 transmission, with humidity playing a larger role than temp.

A controversial Danish mask study compared a group of people recommended to wear 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.

Covered California released new COVID-19 survey data last week that showed the impact the COVID-19 pandemic is having on the health, lives, finances and concerns of Californians. Findings include: COVID-19 has affected virtually all Californians (96%) with a majority (52%) saying the pandemic has affected their lives significantly. The rates of those who say the pandemic has affected their lives significantly are much higher for the Latino population (58%), compared to 49% among whites, 44% among African Americans and 49% among Asian-Americans. Californians at the lowest end of the income spectrum were most likely to have suffered financially.







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:


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

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	Indoor, masks on, distanced, fewer people, ventilation. -religious spaces -doctor's offices	Indoor, masks off, crowds, less ventilation. -restaurants, bars -gyms -coffee shops

	other gatherings	-stores	-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. 

OTHER UPDATES AND OPPORTUNITIES:

Web events:

- **The Drug Policy Alliance and William C. Velasquez Institute** will be hosting an online policy discussion about drug decriminalization titled It's Time for the U.S. to Decriminalize Drug Use and Possession. It will take place on 12/3 at 6pm. Learn more and register [here](#).
- **Trucha/La Clinica will be hosting their World AIDS Day Posada** on 12/11 at 5pm. Register [here](#).
- **Riverside University Health System and the Pacific AIDS Education and Training Center (PAETC) are hosting a live webinar on PrEP** for Prescribing Clinicians on December 8th, 2020 from 12:00 – 1:30 pm. Register [here](#).
- **Spotlight Trust** is hosting part 2 of their 2-part series on Understanding and Addressing Medical Mistrust on Monday, December 7, 12-1:30pm. Learn more and register [here](#).
- **EHE Regional Learning Collaborative** is hosting their third session focused on At-Home HIV Testing on Tuesday, December 15th, 2020 from 10-11:30 a.m. Learn more and register [here](#).

Other opportunities and resources:

- The Alameda County Public Health Department Office of HIV Care launched the County's first-ever **HIV Care smartphone App** called East Bay CARES. Learn more about the app [here](#).
- The Federal Register has published a notice to invite public comment on the **draft HIV National Strategic Plan**. Comments must be received by 2pm on 12/14. Comments can be sent to HIVPlanComments@hhs.gov
- **The Frontline Workers Counseling Project (FWCP)**, formerly called the COVID-19 Pro Bono Counseling Project, is an initiative that helps connect frontline workers with free, confidential psychotherapy and counseling. The project is now open to frontline and essential workers in all Bay Area counties. Learn more about the service [here](#).

Job opportunities:

- **Oakland Community Land Trust** currently has two full-time staff positions open: Project Manager

and Stewardship Coordinator. Learn more and apply [here](#).

- **Costa County Employment & Human Services Department** (EHSD) is hiring for a Racial Equity Building and Technical Assistance Consultant. Learn more about the position [here](#).

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

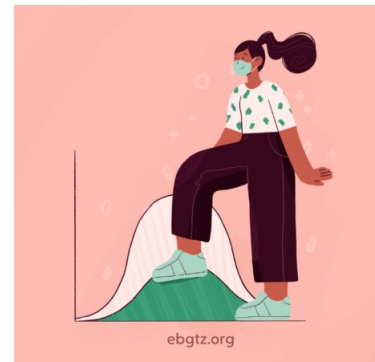
If your organization is in Alameda County and needs COVID-related supplies or staffing, please go to the [Emergency Medical Services website](#) to request PPE and testing supplies and request staffing.

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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EAST BAY GETTING TO ZERO

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