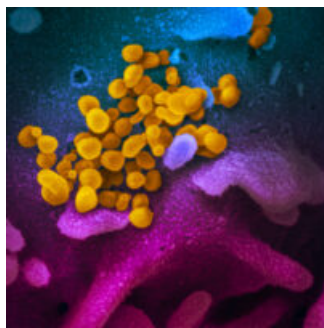


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COVID-19 AND HIV UPDATES

JANUARY 6, 2021



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, 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.

Jump to:

- [Key updates](#)
- [Vaccine updates](#)
- [Shelter-in-place and ICU status](#)
- [Case, hospitalization and transmission trends](#)
- [New HIV and COVID-19 studies](#)
- [Harm reduction resources](#)
- [Trainings, funding, job opportunities and other resources](#)

EAST BAY COVID-19 UPDATES

California's health care system continues to strain with the long winter COVID-19 surge, with new case rates in the East Bay 10 times higher than two months ago and new highs in daily death rates. Hospitals have been full in Southern California and the Central Valley, and are filling up in Santa Clara County.

A new health order was issued today requiring hospitals with available capacity to accept transfer patients from overwhelmed regions. The Bay Area stay-at-home order, which is set to expire on Friday,

will likely be extended by the state due to continued strains on hospital capacity.

While there are signs of stabilization in new cases, due to reduced testing over the holidays and delays in symptoms we probably won't see the true impact of holiday gatherings until mid-January, then hospitalizations will follow at the end of January and into February.

Now is the most important time to wear masks, stay home or outdoors, avoid gatherings and get vaccinated as soon as we're eligible and able to! To help us all stay healthy and well through the winter, let's find creative ways to connect while avoiding in-person gatherings during this surge, hopefully the last big one of the pandemic. The better we do now, the sooner we can get back together in 2021.

People needing medical care are still encouraged to seek care, as safety protocols are now well established, and there is capacity in Bay Area hospitals and clinics.

VACCINE ROLL-OUT UPDATES



MARTINEZ, CA -- DECEMBER 15: Licensed Vocational Nurse Heidi K. receives a Covid-19 vaccine from Infection Prevention and Control Program Manager Holly Longmuir, 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 Tyska/Bay Area News Group)

California has administered over 450,000 vaccine doses as of January 4th, including 117,900 in the Bay Area region and anticipates more doses of the **Pfizer and Moderna mRNA vaccines** this week. Bay Area counties are still focused on vaccinations for health care workers and nursing home residents in the highest risk tiers in Phase 1a.

With the vaccine roll-out slower than planned due to shortfalls in deliveries and limited vaccination sites, [Governor Newsom issued an emergency waiver for dentists](#) to administer

vaccinations on January 4. Plans for expanding access at pharmacies are also underway.

Britain approved the AstraZeneca vaccine (using a non-infectious adenovirus vector) on December 30, which is more affordable, more easily made and stored. The **Johnson and Johnson vaccine** (using an adenovirus 26 vector) efficacy results are expected in January. The **Novavax protein-based vaccine** has shown promising preliminary results and started Phase 3 trials in the US on December 28. Results from the Novavax British trial are expected in early 2021.

The Pfizer vaccine received Emergency Use Authorization (EUA) approval on December 11. Pfizer shipped 2.9 million doses to receiving facilities the week of December 14, including hospitals, research centers and pharmacies with ultracold freezers. The federal government has contracted with Pfizer for 100 million additional doses to be delivered by July 2021.

The Moderna vaccine received EUA approval on December 17. The first doses arrived in Alameda County on December 24.

Contra Costa County administered its first vaccines on December 15 to health care workers at highest risk of exposure in Phase 1a of the vaccine prioritization framework.

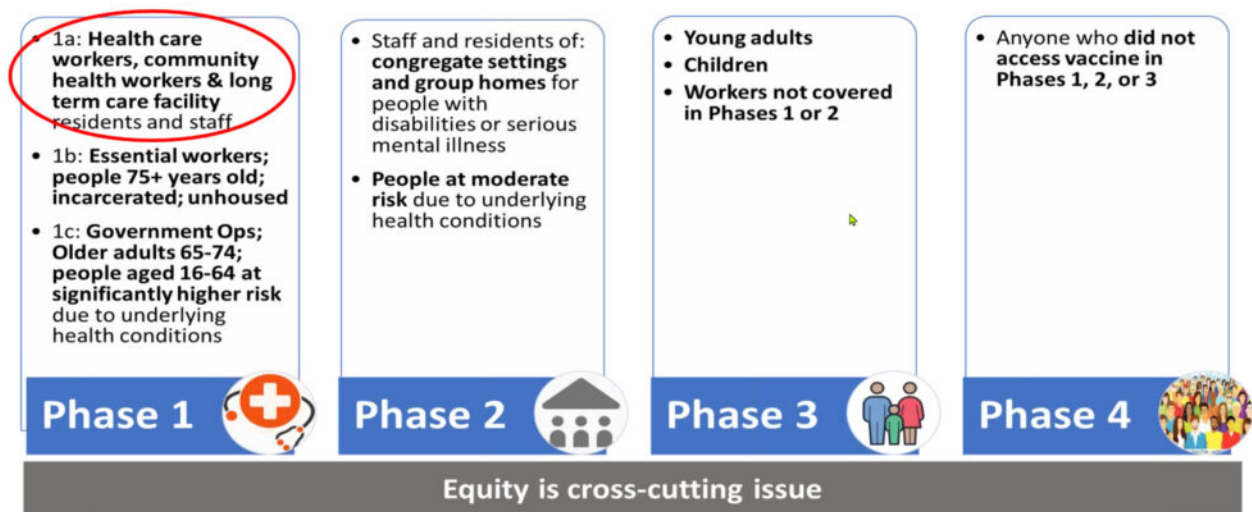
Alameda County administered its first Phase 1a vaccines on December 18 and has received 60,075 doses as of January 3, including 2nd doses of the Pfizer vaccine. There are an estimated 147,660 people in Phase 1a in Alameda County. Reports from hospital and first responder thus far show few side effects and high acceptance rates. Vaccine acceptance rates among some health care worker and nursing home groups in Southern California have been **as low as 50%**, and the state is conducting a survey on vaccine acceptance and declinations, which it will release soon.

Alameda County hospitals report that they are on track to complete Phase 1a Tier 1 acute hospital worker and first responder vaccinations soon. Vaccinations at nursing homes, public health testing workers and intermediate care facilities began the last week of December. Tier 2 vaccinations for community and home health workers have now begun.

Health care workers at smaller organizations/clinics and independent health care workers in Alameda County are supposed to get invitations from the county to schedule appointments and get vaccinated soon at multiple point-of-distribution sites. It is unclear when and where the invitations are sent, so please stay tuned as we look into this.

Vaccine Prioritization Framework—updated 1.3.21

- ❖ Subject to change per pending Federal and State recommendations
- ❖ Timing depends on vaccine supply and demand
- ❖ Local health depts. have *some* discretion within phases



Who's in Phase 1a?

The Public Health Department is reaching out to eligible health care workers as vaccine becomes available.

Tier 1 (vaccination started in mid-December):

- Acute care, psychiatric and correctional facility hospital staff
- Staff and residents of skilled nursing facilities, assisted living facilities, and similar settings for older or medically vulnerable individuals
- Paramedics, EMTs and others providing emergency medical services
- Dialysis centers

Tier 2 (vaccine started late December):

- Intermediate Care Facility staff & residents
- Home Health Care/In-Home Supportive Services

Tier 3 (vaccination not yet started):

- Specialty Clinics
- Laboratory Workers
- Dental/Oral Health Clinics

- Community Health Workers/Promotoras
- Public Health Field Staff (including Testing Site Staff)
- Primary Care Clinics, including Federally Qualified Health Centers, Rural Health Centers, Correctional Facility Clinics & Urgent Care Clinics

- Dental/Oral Health Clinics
- Pharmacy Staff (non-Hospital)



Alameda County
Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

Bay Area counties are following CA state guidelines on vaccine prioritization, which were revised on January 3rd:

Phase 1a: 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. Nursing home residents are included in this phase.

Alameda County has further prioritized Phase 1a into these tiers:

- **Tier 1 (now!):** People working in acute care, nursing homes, emergency services and dialysis centers as well as nursing home residents.
- **Tier 2 (now!):** Intermediate care staff and residents, community health workers/promotoras, home health workers, public health field staff and people working in primary care, correctional and urgent care clinics.
- **Tier 3:** People working in specialty clinics, lab workers, dental and oral health clinics, and non-hospital pharmacy staff.

Phase 1b was revised on 1/3 with a new tier system:

- Tier 1: people over the age of 75, child care staff, educators, emergency services and food/agriculture workers.
- Tier 2: essential workers in critical manufacturing, facilities services, transportation and logistics; incarcerated people and correctional staff, people and staff in shelters, people experiencing homelessness and adults ages 64-75 underlying conditions.

Phase 1c was also revised on 1/3: Government operations staff; all adults ages 65-74; people ages 16-64 with underlying conditions that put them at significantly higher risk, such as people with organ transplants on immunosuppressive therapies, COPD, chronic kidney disease, heart conditions, obesity, pregnancy, sickle cell disease, smoking, diabetes, and people over the age of 50 living in congregate or overcrowded settings.

Phase 2: People living with HIV and other conditions that put them at moderate risk (and who are not eligible in Phase 1), staff and people in group homes.

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 (PLWH) who don't have severe allergic reactions to components of the vaccines are recommended to get the COVID-19 vaccine once eligible. For PLWH not otherwise eligible in

Phase 1, all PLWH will be eligible in Phase 2. We don't know yet when there will be enough vaccines for Phase 2 but it will hopefully be in the spring; we may have an estimated timeline next week. So far in studies, there is not enough data among PLWH yet to know if there are differences in population-level outcomes. There is currently no recommendation to check antibody levels for people living with HIV after completing vaccination. We don't know yet if commercially available SARS-CoV2 antibody tests such as at Quest and LabCorp check for the antibody generated by the vaccines, but providers and patients may be considering checking for antibody response while we await more data.

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

Vaccine questions and feedback:

- In Alameda County, email covax@acgov.org
- To provide feedback on the CA state vaccine prioritization plan ([click here for community advisory committee meeting notes](#)), email COVID19vaccineoutreach@cdph.ca.gov

A poster with a yellow background. At the top, it says "LA VACUNA DEL COVID-19 ESTÁ AQUÍ" in large white letters. Below that, in smaller white letters, it says "MANTENTE INFORMADO. SIGUE USANDO MASCARILLA." There are four bullet points in white text: "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", and "Ampliamente disponible más adelante en 2021". In the center is a photo of an older Black man with white hair, wearing a white lab coat, a blue tie, and a white surgical mask. He has a stethoscope around his neck. At the bottom left, it says "covid19.ca.gov/es/vaccines" in white. At the bottom right, it says "Vaccinate ALL 58" in white.

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

- [COVID vaccine info for recipients and caregivers](#)
- [CDC v-safe app info for vaccine recipients to report side effects and get reminders for their second dose](#)
- [COVID vaccine info for health care providers giving the vaccine](#)
- [CA COVID vaccine media toolkit in multiple languages](#)
- [CA and county vaccine education materials and media](#)
- [COVIDReadi registration for potential vaccination sites](#)
- For providers: [reporting an adverse vaccine event to VAERS \(the national Vaccine Adverse Event Reporting System\)](#)
- [The latest vaccine recommendations from the CDC ACIP](#)

([Advisory Committee on Immunization Practices](#))

Here are **COVID-19 vaccine references** we use to get the latest updates:

- UCSF vaccine overview: what we currently know and don't know.
- California State COVID-19 vaccine tracker (distribution and administration)
- *SF Chronicle* and *New York Times* Coronavirus Vaccine Trackers
- WHO COVID-19 vaccine database: updated technical data & study links.
- KFF COVID-19 Vaccine Monitor: public attitudes and experience.
- Alameda County COVID-19 vaccine roll-out plan and updates.

BAY AREA SHELTER-IN-PLACE ORDER AND ICU STATUS

The Bay Area has implemented the [State's Regional Stay Home Order](#):

- 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 January 5, the Bay Area region had **7.4% ICU capacity** (down from 7.5% last week) and must continue to follow the [State's Stay Home Order](#). Alameda, Contra Costa County and Solano Counties remain in the highest purple tier (for "widespread" risk) in the statewide [Blueprint to Safer Reopening](#). [Alameda](#), [Contra Costa](#) and [Solano](#) Counties have all rolled back reopenings as per [state requirements](#).

The New York Times has an **ICU capacity dashboard** using **hospital capacity data** released by the Department of Health and Human Services showing the ICU status at specific hospitals searchable by zip code.

CASE, HOSPITALIZATION AND TRANSMISSION TRENDS



Current estimated transmission rates (Re)

are 1.0 in Alameda County, 1.03 in Contra Costa and 1.12 in Solano County, compared to 1.0 statewide. However, reduced testing during the holidays may miss cases that have not been diagnosed and thus be less accurate. Alameda County's weekly testing rates have fallen 39% compared to before Christmas. 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 hospitalization prediction for Alameda County

using data through January 4 is that if Alameda County's transmission rate stays the same (LEMMA's current estimated R_t is 0.98), which is sadly unlikely with holiday gatherings, the median projection is for about 130-140 ICU cases

County risk level	Adjusted case rate* 7-day average of daily COVID-19 cases per 100K with 7-day lag, adjusted for number of tests performed	Positivity rate** 7-day average of all COVID-19 tests performed that are positive
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	4-7 Daily new cases (per 100k)	5-8% and 5.3-8% health equity metric

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

through January and February, which would be just within our current ICU capacity.

ALAMEDA COUNTY AS OF JANUARY 6:

- Purple “widespread” tier week 8.
- 35.5 new cases of COVID-19 per day per 100,000 residents (down from 42.1 last week for the unadjusted new case rate).
- 7.6% test positivity rate countywide (up from

7.3% last week).

- 11.3% test positivity in the lowest quartile [Healthy Places Index](#) (HPI) census tract (up from 10.8%).
- 55,441 cumulative cases and 681 deaths.
- 442 hospitalized patients (down from 449 last week; highest was 449 on 12/29), including 109 ICU patients (down from 123; highest was 124 on 12/23).
- 71 ICU beds were available for COVID-19 patients.
- 1.0 transmission rate on the [Cal-CAT](#) model (down from 1.08; doesn’t reflect holiday transmissions yet).

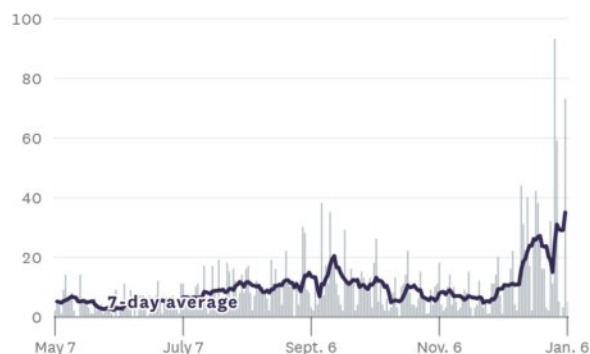
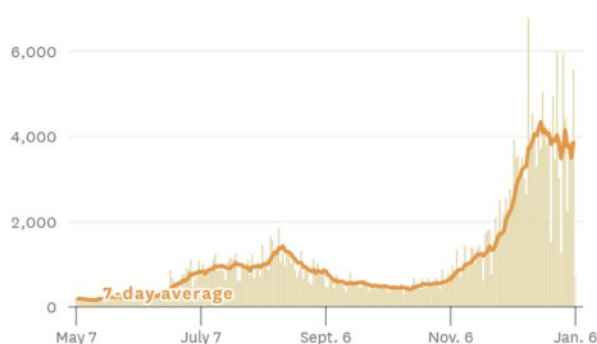
CONTRA COSTA COUNTY AS OF JANUARY 6:

- Purple “widespread” tier week 8.
- 37.1 new cases of COVID-19 per day per 100,000 residents (down from 43.5).
- 8.7% positivity rate (up from 8.2%).
- 13.5% test positivity in the lowest quartile HPI tract (up from 12.5%).
- 1.03 transmission rate (down from 1.07; doesn’t reflect holiday transmissions yet).

SOLANO COUNTY AS OF JANUARY 6:

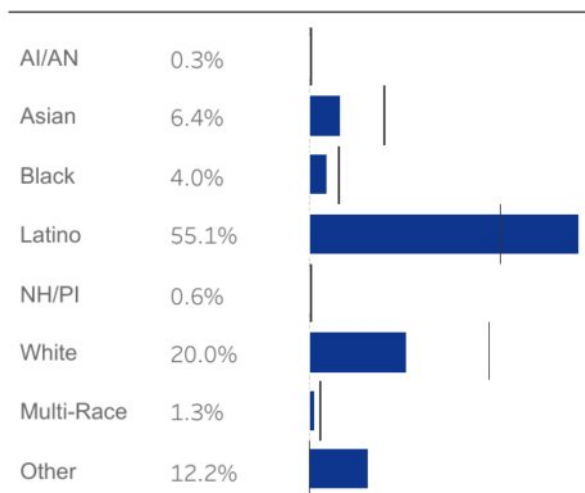
- Purple “widespread” tier week 8.
- 44.8 new cases of COVID-19 per day per 100,000 residents (down from 55.8).
- 11.5% positivity rate (same as last week).
- 12.5% test positivity in the lowest quartile HPI tract (down from 12.8%).
- 1.12 transmission rate (down from 1.16; doesn’t reflect holiday transmissions yet).

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

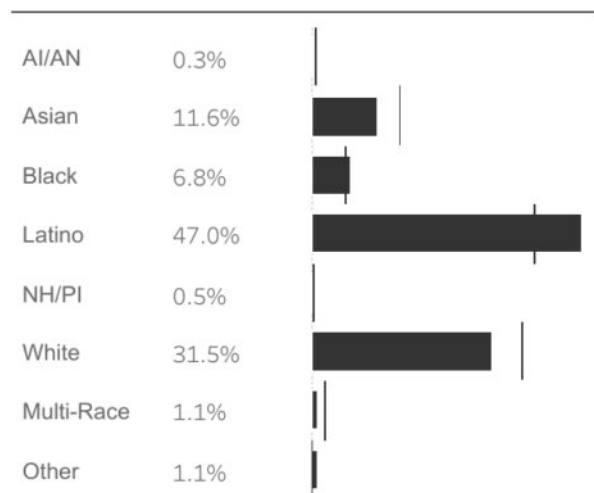


SF Chronicle, 1/6/20: COVID-19 daily cases and deaths in the Bay Area.

Positive cases by ethnicity



Total deaths by ethnicity



CDPH CA State COVID-19 dashboard 1/6/20: Latinx and Black/African American Californians continue to be disproportionately impacted by COVID-19.

OTHER NEW HIV AND COVID-19 REPORTS AND STUDIES

An SF study examining whether HIV is associated with a higher incidence of COVID-19 showed that while people living with HIV (PLWH) tested in SF were more likely to be diagnosed with COVID-19 (4.5% positivity rate among PLWH compared to 3.5% among people without HIV), the rate of severe illness was not increased among PLWH. Only 54.6% of the PLWH with COVID-19 were housed. The authors conclude that “homelessness and higher rates of congregate living situations among PLWH likely accounted for this disparity. Special efforts to house patients with marginal housing during the COVID-19 pandemic are needed.”

Pulse Oximetry Bias

Pulse Oximeter Devices Have Higher Error Rate in Black Patients

A study showed that the devices, which measure oxygen levels in the blood, were three times more likely to give misleading readings among African-American patients.



Racial bias in pulse oximetry measurement may place Black patients at increased risk for undetected low oxygen levels: A study done at the University of Michigan Hospital and data from ICUs at 178 hospitals comparing pulse ox measurements to arterial blood gas measurements showed that in two large cohorts, Black patients had nearly 3 times the frequency of occult hypoxemia of <88% by arterial blood gas (undetected low oxygen levels) as White patients with pulse ox readings of 92-96%. These findings suggest that reliance



NYTimes, December 22, 2020

on pulse ox may place Black patients at increased risk for low oxygen levels. Clinicians are urged to use additional clinical and patient-reported data to guide the use of supplemental oxygen and other treatment decisions.

A new study from UCSF on the impact of the early California lockdown showed that while mortality rates from COVID-19 dropped overall, but Latinx people and those without high school degrees did not have a mortality benefit. Latinx people and those without high school degrees are disproportionately represented among low-wage workers who continued working in grocery stores, delivery services and other essential jobs. Workers in these jobs are also more likely to live in crowded conditions that make it harder to prevent spread.

The same UCSF team have a pre-print study with updated and more detailed analysis of the **pandemic impact on the California Latinx community**. They found that, "During the first seven months of the pandemic, Latino deaths in California exceeded expected deaths by 10,304, a 31% increase. Excess death rates were greatest for individuals born in Mexico (RR 1.44) or Central America (RR 1.49), with less than a high school degree (RR 1.41), or in manufacturing (RR 1.62) or food-and-agriculture occupations (RR 1.50)." These studies highlight a need to address

The new B117 variant strain of SARS-CoV-2 that contains a series of mutations first described in the **United Kingdom (UK)** has been found to be more rapidly transmissible but there is no evidence thus far that it causes more severe illness or is more deadly. Conventional SARS-CoV-2 PCR tests used for diagnosis detect multiple areas of the virus and have been confirmed to detect this variant.

The **first US case with this variant was in Colorado** on December 29 in a National Guardsman working in a nursing home with no travel history. Governor Gavin Newsom **announced the first California case in Southern California** on December 30. A total of 32 Californians has been identified with the B117 strain as of January 6, but testing samples for this variant has been limited and not systematic. The UCSF, UC Berkeley and state public health lab in Richmond are conducting tests to identify variant strains.

South African scientists have found another new variant ("501.V2") which preliminary analysis suggests also spreads faster and is associated with a higher load of virus found in swabs.

Viral mutations like these are a natural and expected occurrence, especially in viruses that transmit and replicate rapidly like SARS-CoV-2. Mutations that allow for faster spreading like in these variants get selected and tend to dominate. Our prevention strategies around masking, distancing and avoiding gatherings are more important than ever.

Scientists also look for mutations that impact disease severity, vaccine and treatment efficacy. The Pfizer and Moderna vaccines and other vaccine candidates are polyclonal (produce antibodies that target several parts of the spike protein) and are expected to be active against the new SARS-CoV-2 variants emerging thus far. Pfizer and Moderna have announced that they are studying vaccine efficacy against these variants.

A new KFF COVID-19 vaccine survey finds that more people surveyed are saying they

Republicans and Black Americans More Likely to Be Hesitant About Getting COVID-19 Vaccine

would definitely or probably get a vaccine for COVID-19 if it was determined to be safe by scientists and available for free to everyone who wanted it. This share now stands at 71%, up from 63% in a [September survey](#). The survey finds an increase in the share who say they would get vaccinated across racial and ethnic groups, and among both Democrats and Republicans.

About a quarter (27%) of the public remains vaccine hesitant, saying they probably or definitely would not get a COVID-19 vaccine even if it were available for free and deemed safe by scientists. Vaccine hesitancy is highest among Republicans (42%), those ages 30-49 (36%), rural residents (35%) and Black adults (35%). 52% of Black adults surveyed reported that they wanted to wait and see how the vaccines are working for other people before getting it themselves, so as more safety and efficacy data emerge for diverse vaccine recipients, there may be more willingness to get vaccines. Importantly, 85% of people still report having trust in their own health care providers. Mask acceptance is also up at 73% (21 points higher than in May).

Young adults ages 25-44 have died at historically high rates this year:

From March through the end of July, there were almost 12,000 more deaths than were expected based on historical norms. Based on prior trends, around 154,000 in this demographic had been projected to die in 2020. We surpassed that total in mid-November. Even if death rates suddenly returned to normal in December (which they have not) we would anticipate well over 170,000 deaths among U.S. adults in this demographic by the end of 2020.

Percent of the public who fall in each group by COVID-19 vaccine enthusiasm:

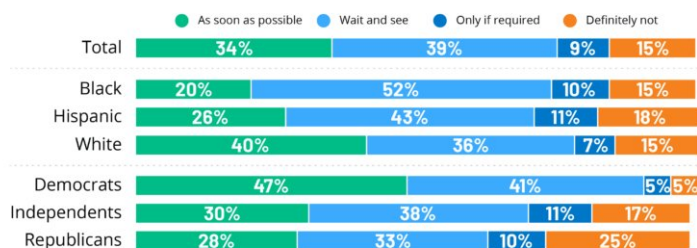
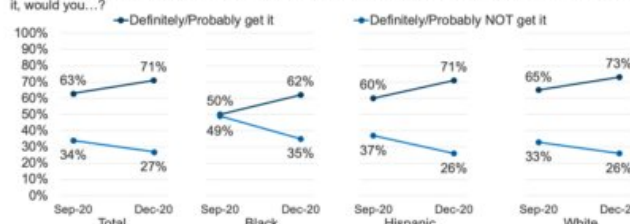


Figure 2

Willingness To Get COVID-19 Vaccine Has Increased Across Racial/Ethnic Groups

If a COVID-19 vaccine was determined to be safe by scientists and available for free to everyone who wanted it, would you...?



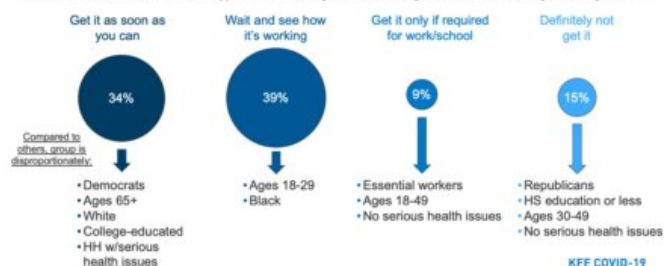
SOURCE: KFF COVID-19 Vaccine Monitor (KFF Health Tracking Poll, Nov. 30-Dec. 8, 2020); KFF/The Undeclared Survey on Race and Health (conducted Aug. 20-Sept. 14, 2020). See [timeline](#) for full question wording.

KFF COVID-19 Vaccine Monitor

Figure 12

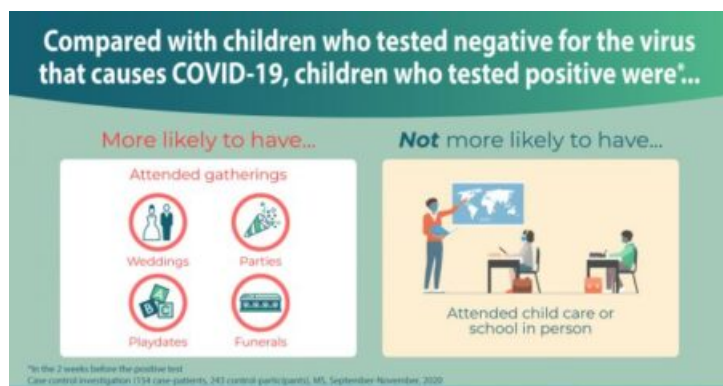
Profile Of Groups By Vaccine Enthusiasm

When a vaccine for COVID-19 is approved and widely available to anyone who wants it, do you think you will...?



SOURCE: KFF COVID-19 Vaccine Monitor (KFF Health Tracking Poll, Nov. 30-Dec. 8, 2020). See [timeline](#) for full question wording.

KFF COVID-19 Vaccine Monitor



A new CDC study shows that among

children and adolescents aged <18 years in Mississippi, close contact with persons with COVID-19 and gatherings with persons outside the household and lack of consistent mask use in school were associated with SARS-CoV-2 infection, whereas attending school or child care was not associated with receiving positive SARS-CoV-2 test results.

On December 30th Governor Newsom announced a \$2 billion plan to reopen schools and support early childhood education.

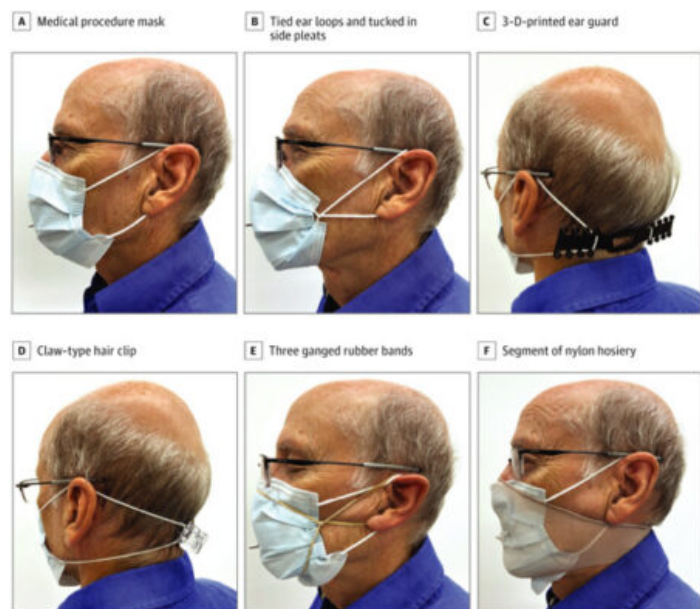
Small indoor gatherings are driving transmission: Health officer Dr. Matt Willis reported that the main driver of transmission in Marin County is not large parties but more “around the edges of that,” such as playdates and relocating small outdoor visits of mixed households indoors. Public health experts have been concerned about the impact of small indoor holiday gatherings in California, and as well as larger indoor gatherings, even with mask requirements, have been super-spreader events.



A new mask study conducted by the UNC School of Medicine and EPA showed that **consumer masks protect the wearer** from airborne particles that might carry SARS-CoV-2, especially snug and multilayered masks. A snug 2-layer woven nylon mask had 79% fitted filtration efficiency (FFE). An unmodified medical/hospital mask with ear loops only had 38.5% FFE, but with loops tied and corners tucked had 60% FFE. [Click here for a video demonstrating how to tie the ear loops on disposable medical-procedure-type](#)

masks to increase protection.

Applying harm reduction principles from HIV and the overdose epidemics to COVID-19: Drs. Monica Gandhi and Joshua Barocas published an [opinion article](#) “Harm reduction principles can help us restore trust in public health messaging on COVID-19” in the British Medical Journal (BMJ). They write, “Public health and scientific messengers must evolve non-judgmental, holistic, and [patient focused styles of messaging](#) around risk reduction and disease prevention. Returning to our discipline’s basic principles and centering our approach around [reducing harm](#) may help restore trust in public health.”

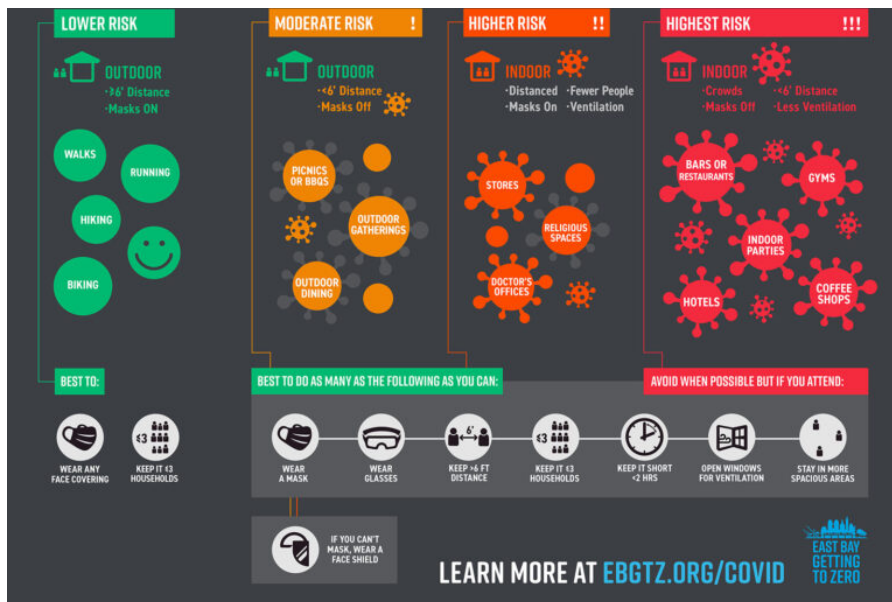


HARM REDUCTION RESOURCES

REDUCING THE RISK OF COVID-19 WHEREVER YOU ARE

The safest way to reduce the spread of COVID-19 is to stay home and connect with others via phone or video. If you gather in person, wear a mask and keep it outside, small and short with a stable group of people.

Our COVID-19 prevention and harm reduction infographic is available in **English** and **Spanish!** Please download



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

[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.

OTHER UPDATES AND OPPORTUNITIES:

Funding Opportunities:

- **The CA Small Business COVID-19 Relief Grant Program** provides micro grants ranging from \$5,000 to \$25,000 to eligible small businesses and nonprofits impacted by COVID-19 and the related health and safety restrictions. The application period is open until 1/13/21. Information about the grant program is available [here](#).

Web events:

- Black Coalition Against COVID-19 (BCAC) is hosting a web event titled **'Make it Plain: What Black America Needs to Know about COVID-19 Vaccines.'** The event will take place on January 7, 2021 from 4pm-5:30pm. Watch via [Facebook](#) or [YouTube](#) live.
- PAETC – Bay Area is offering a **Virtual Transgender Health Preceptorship** for clinicians interested in enhancing their skills in providing care to the trans community. The group will meet weekly beginning January 2021 (for 9 sessions). Interested clinicians can register [here](#).
- **PAETC COVID-19 Vaccine Update: Efficacy, Safety, and Availability for People with HIV (and their providers)**, on January 14 at 12 noon, presented by Christian Ramers, MD, MPH, AAHIVS, Director of

them here in English and here in Spanish and share with your clients, coworkers, friends and family! To download printable PDF versions, [click here for the PDF in English](#) and [click here for the PDF in Spanish](#).

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:

COVID-19 harm reduction strategies: Use as many of these as you can!

Strategy	% reduction
1. Vaccination	95% mRNA EUA vaccines
2. Masking	60-95%
3. Staying outdoors	~95% in one case series
4. Distancing	53-88%
5. Eye protection	78%
6. Hand hygiene	28-45%
7. Testing/isolation	33%

Updated 12.23.20 * Data compiled by Sophy S. Wong, MD
Icons by Good Ware, Freepik and Snip on Flaticon.com
Please see [EBGTZ.org/resources](https://ebgtz.org/resources) for the complete list of sources for this table.

Our **summary of COVID prevention research** is constantly updated with new studies.

Graduate Medical Education, Family Health Centers of San Diego. To register, please [CLICK HERE](#).

- Please join NASTAD on January 12 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 and UCSF's School of Nursing, is hosting a session titled '**Common Opportunistic Infections in HIV**' geared toward the whole care team: nursing/pharmacology students, community nurses – whoever would like to learn more about common opportunistic infections in HIV. The session will take place on January 26th, 2021. Please register [here](#).

Job opportunities:

- **Lifelong Medical Care** is recruiting for a provider (MD/DO, NP or PA) and RN to provide STI and HIV testing and sexual health counseling at the newly established Oakland LGBTQ Center Glenn Burke Wellness Clinic. The ideal candidates will have a passion for working with LGBTQ+ communities, particularly Black, Latino, and Indigenous LGBTQ+ communities. Both positions are part-time (0.3 FTE) with the potential to increase hours through other job assignments at Lifelong Medical Care and both involve some evening hours. Interested candidates can forward their cover letter and resume to klynch@lifelongmedical.org and tdinh@lifelongmedical.org
- **La Clinica** is looking to fill the following positions:
 - [HIV Linkage Coordinator](#)
 - [Street Outreach Worker/PrEP Navigator](#)
 - [Street Outreach Worker/ HIV Linkage](#)
 - [Street Outreach Worker](#)

Research opportunities:

- A UCSF study team is recruiting participants for the **Golden Compass study to help develop aging screenings for HIV care**. Participation entails a one-time 30 minutes – 1 hour long interview and will be compensated with a \$25 gift card. Potential participants may also contact us directly through telephone: (415) 652-0549 or email: GoldenCompass@UCSF.edu.

Community resources:

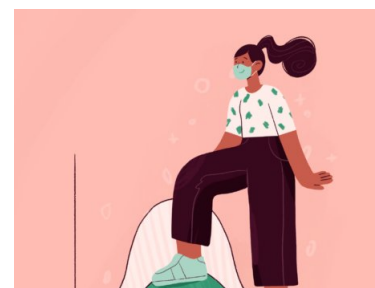
- Oakland LGBTQ Center is helping community members access **emergency rent and housing assistance**. If you or someone you know, is living in Oakland or Alameda County and in need of emergency rental assistance, you can access more information [here](#).

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

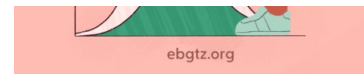
If your organization is in Alameda County and needs COVID-related supplies or staffing, please go to the [Emergency Medical Services website](#) to [request PPE and testing supplies](#) and [request staffing](#).

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 Vaccines:** [California State updates](#), [CA vaccine tracker](#), [Alameda County updates](#)
- **COVID exposure alerts:** [CA Notify app](#)
- **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](#).

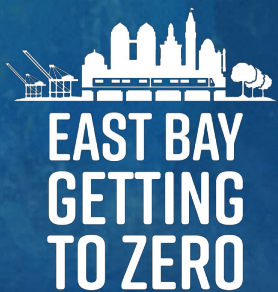
Download links for **Alameda County clinical guidance** on: [COVID-19 testing](#), [antigen testing](#), [isolation orders in 7 languages for all people getting tested](#), [reporting COVID-19 cases](#), [Project Roomkey isolation housing](#), [home health agencies](#), [remdesivir allocations](#), [routine vaccines](#), [reporting pediatric Multisystem Inflammatory Syndrome](#), [resumption of non-urgent medical services](#), [testing in Skilled Nursing Facilities](#) and [COVID-19 vaccinations](#).

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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