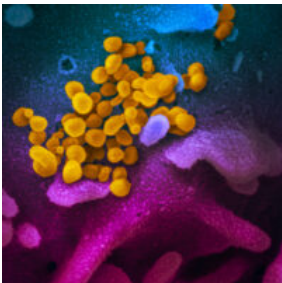


[Home](#) / [COVID-19](#) / [COVID updates](#) / [COVID-19 and HIV updates](#)

COVID-19 AND HIV UPDATES

MARCH 24, 2021

[SIGN UP FOR OUR MONTHLY NEWSLETTER HERE](#)



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.

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

Click on these links for vaccines, 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 East Bay COVID-19 updates](#)
- [Community spotlight](#)
- [Vaccine eligibility and access; vaccines for people living with HIV](#)
- [Disparities data and studies](#)
- [Harm reduction: prevention for vaccinated people and maximizing mask protection](#)
- [HIV and global health updates](#)
- [Trainings, funding, job opportunities and other resources](#)
- [Top links and where to get tested](#)

Dear Readers,

Over the next month, we will streamline this webpage to focus on what we have heard is most useful for you: what's happening locally with the pandemic, vaccine access, and changes in prevention guidance. [Please click here to share feedback with us.](#)

EAST BAY COVID-19 UPDATES

We are now one year into the global COVID-19 pandemic. One year ago, on March 17, 2020, the Bay Area health officers implemented the [first shelter-in-place order](#). At the time, there were only 300 known cases of COVID-19 across the Bay Area. We now have over 400,000 known cases and 5,700 deaths in the Bay Area, and over 540,000 deaths across the nation. Yet hope arrives this spring after a devastating winter surge, as three safe and effective vaccines are given to more

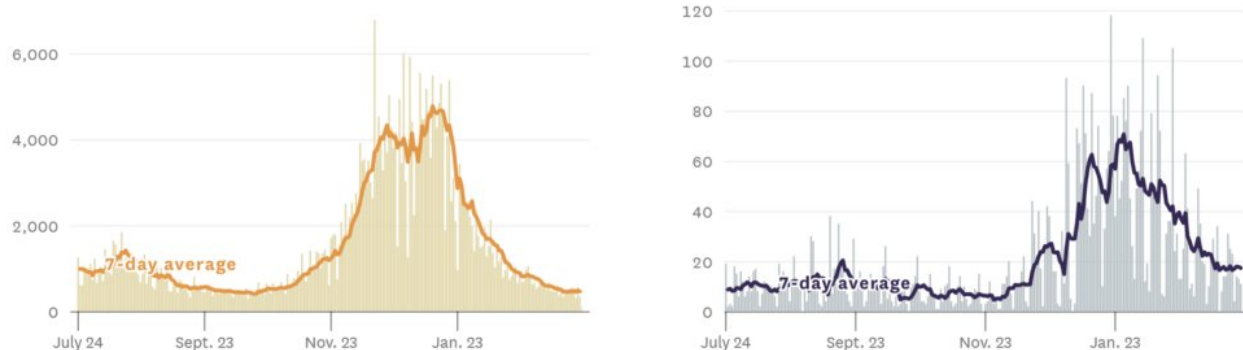
people, and cases and deaths quickly decline.

COVID-19 daily case, hospitalization and death rates in the East Bay have fallen since January. Rates of decline have started to level off in the past 1-2 weeks. However, the WHO reports that [global cases are rising again](#) this month with more transmissible variants and reopenings. As the Bay Area reopens more in-person activities, we are at a critical and yet hopeful point in the pandemic. We can prevent another surge here if we keep up [masking](#), [distancing](#) and [getting people vaccinated](#).

As of March 24, Alameda, Contra Costa and Solano Counties continue to be in the [red tier](#) of California's reopening framework. Estimated [transmission rates](#) in the Bay Area have been below 1 since January and are 0.8 across California this week, so cases continue to decrease. Click on the links below for more details in each county.

- **Alameda County:**
 - [0.79 transmission rate](#), [34% residents ages 16+ have received at least once vaccine dose \(partially vaccinated\)](#), [19% fully vaccinated](#)
 - [Links to county vaccine eligibility updates and what's open](#)
- **Contra Costa County:**
 - [0.83 transmission rate](#), [38% partially vaccinated](#), [21% fully vaccinated](#)
 - [Links to county vaccine eligibility updates and what's open](#)
- **Solano County:**
 - [0.85 transmission rate](#); [click here for the vaccine dashboard](#) (no rates available)
 - [Links to county vaccine eligibility updates and what's open](#)

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



[SF Chronicle, 3/24/21](#): COVID-19 daily cases and deaths in the Bay Area.

Variants: A UCSF study reported on March 17 has found that the B.1.427/9 variants are about 20% more infectious than the original virus and are likely now 75-90% of cases in California. Previous studies linked the B.1.427/9 variants to higher rates of ICU and ventilation use. [Other variants of concern](#) reported in the East Bay include the B117 and B1351 variants. Approved vaccines are still expected to be effective against serious disease from these variants. Remember that viruses mutate when they replicate, and we can slow the rise of COVID-19 variants through masking, distancing and vaccinations.

“Breakthrough” infections: Health care providers are asked to report any “breakthrough” infections for people who are vaccinated or who previously had COVID-19 to the county public health departments and send lab specimens for variant sequencing. In Alameda County, send a secure email to COVIDreport@acgov.org with subject line “suspect variant” or fax to (510) 273-3944; contact the county lab for sequencing at 510-382-4300.

Vaccine eligibility and access: As of March 24, Contra Costa and Solano Counties have opened eligibility to all people ages 50 and over while Alameda County is still vaccinating people 65 and over. All three counties are also vaccinating people with high-risk health conditions, people in congregate residential settings such as jails and shelters, and workers in public transit, health care, education/child care, emergency services, and food/agriculture. CA vaccine priority groups are defined here. Click here for more on vaccine eligibility and how to get one.

People living with HIV ages 16+ are eligible in Contra Costa and SF Counties and those who are Kaiser members. In Alameda County, medical providers can refer PLWH at high risk and all people experiencing homelessness for vaccines.



Nurse Sonni Belcher-Collins (right) administers a dose of the Johnson & Johnson COVID-19 vaccine to Vincent Burton (left) on Thursday, March 11, 2021 with the Trust Clinic in Oakland, California. Photo from SF Chronicle.

Vaccine phone lines for people who can't access

the internet: Alameda County has a new vaccine phone line for people who speak English, Spanish, Mandarin and cannot navigate the internet: 510-208-4VAX or 510-208-4829. Contra Costa County's multilingual phone line is 844-729-8410 and vaccine appointment line is 1-833-829-2626. In Solano County people can call 707-784-8988. California state's MyTurn vaccine line is 833-422-4255. Please reserve use of these phone lines for those who cannot use the internet.

Guidance for people who are vaccinated: On March 8, the US CDC released new guidance for what fully vaccinated people can do, such as:

1. gathering with other vaccinated people in small groups indoors and without masks,
2. visiting one low-risk household indoors without masks, and
3. masking and distancing in public spaces until more people get vaccinated.

For example, this means grandparents who received all their vaccine doses at least 2 weeks ago may visit unvaccinated low-risk children and grandchildren in one other household without masks and distancing.

Click for: [general guidance](#), [additional details](#), the [scientific brief](#). Click here for more of our [harm reduction guidance and graphics](#).

New local resources:

Guaranteed income pilot in Oakland: This spring, [Oakland Resilient Families](#) will give 600 BIPOC low-income families an unconditional \$500 per month for at least 18 months in one of the nation's largest basic income programs. Oakland Resilient Families is a collaboration between the Oakland-based community organization [Family Independence Initiative](#) and the national [Mayors for a Guaranteed Income](#).

Tenant and landlord relief programs: Contra Costa County and City of Oakland are using the CA-run [Housing is Key](#) program. Alameda County has its own [Housing Secure](#) program. Additionally, Oakland has its own program [Keep Oakland](#)

What vaccinated people should and shouldn't do

The Centers for Disease Control and Prevention considers individuals fully immunized two weeks after the second dose of the Pfizer or Moderna COVID-19 vaccines, or two weeks after the single-shot Johnson & Johnson vaccine.

DON'T NEED TO WEAR MASKS OR SOCIAL DISTANCE WHEN:



▶ Visiting other fully vaccinated people.



▶ Visiting unvaccinated people from a single household who are lower risk.

NEED TO CONTINUE WEARING MASKS AND SOCIAL DISTANCE WHEN:



▶ In public settings, such as indoor dining, gyms or small gatherings.



▶ Visiting unvaccinated people from multiple households.



▶ Visiting unvaccinated people who are at higher risk or have unvaccinated household members who are higher risk.

Source: Centers for Disease Control and Prevention

John Blanchard / The Chronicle

Infographic from [SF Chronicle](#) outlining the new CDC guidance

Housed.

People needing medical care for any condition are encouraged to seek care as our clinics and hospitals remain open with strict safety protocols to take care of all people.

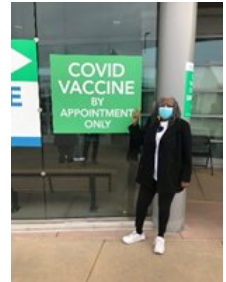
You are invited to join us on Thursday, April 29, 11:00 am – 12:30 pm to strengthen HIV service collaborations. This East Bay linkage and retention network workshop will focus on strengthening our online resources and contacts to streamline warm hand-offs, rapid linkages to services. [Please click here](#) for more info and to [register](#).

COMMUNITY VACCINE SPOTLIGHTS



Christian Aguirre (He/Him), HIV Prevention Manager at Rainbow Community Center of Contra Costa County says, "I felt very fortunate to have the chance to receive the vaccine and help protect the LGBTQI+ community members that are served through Rainbow Community Center of Contra Costa. Many of us struggle when it comes to receiving health services because of privilege, cost, insurance, and immigration status. The advice I had to give to myself was: If you are available to get the vaccine, do it ASAP!"

Terri Lynn Haggins, Community member & WORLD volunteer says, "I took my second vaccine today. It's important to think first about your health! NO to HIV...NO to cancer and NO to Covid-19!"



VACCINE ELIGIBILITY AND ACCESS

As of March 24, **Contra Costa** and **Solano Counties** have opened eligibility to all people ages 50 and over while **Alameda County** is still vaccinating people 65 and over. All three counties are also vaccinating people with **high-risk health conditions**, people in **congregate residential settings** such as jails and shelters, and workers in **public transit, health care, education/child care, emergency services, and food/agriculture**. CA vaccine priority groups are [defined here](#).

Contra Costa County, San Francisco City/County and Kaiser Permanente have added **HIV** to their list of qualifying health conditions. Alameda County has not added HIV as one of the qualifying health conditions. However, **health care providers can use clinical judgment and refer people whom they consider at high risk for serious COVID-19 for vaccination**. In Alameda County, people can indicate in their registration that they have an underlying condition without needing to divulge or show additional evidence of their diagnosis or specific qualifying condition.

In Alameda and Solano Counties, people experiencing homelessness (using the HRSA definition which includes people who are doubled-up in a room, such as couch surfing) are now all eligible to receive vaccines. People in Alameda County can self-attest to their houseless status and underlying medical conditions.

Alameda County has added **janitorial and utility workers** to their list of eligible workers. Download a printable version of the Alameda County vaccine eligibility tables (updated 3/17/2021) in [English](#) and [Spanish](#).

Solano County has also opened vaccine eligibility for **all essential workers** in the [California essential critical infrastructure list](#) in addition to all residents and workers 50+ and people 16+ with underlying health conditions.

East Bay Paratransit is now offering transportation to and from vaccination sites and a briefer, streamlined eligibility process to apply for services. [Click here](#) or call 510-287-5000 for more information.

To access vaccines, we recommend the following steps:

1. **Sign up for all the notification systems** available to you: see links below.
2. **Check on your vaccine eligibility** with your medical provider and/or county for when the vaccine is available

for your age or occupation group. See links below.

3. When you are eligible, keep checking for available appointments:

- Check your email for notifications and a link for appointments.
- Check online or call your medical provider for appointment availability.
- If you cannot get a vaccine through your health provider, check if you can get a vaccine through a public (county) vaccination site.
- Please see below for links to medical providers and public vaccine sites.
 - [VaccinateCA](#) is a volunteer-run website which may list additional vaccine sites in CA.
 - [Oaklandside](#) has additional details for Alameda County on their website.
- Don't give up! Keep checking and trying; eventually there will be enough vaccine.

All COVID-19 vaccines are available at no cost. No one should be charged for the vaccine.

Notifications for when vaccine is available for you:

There is no unified notification system, so you may choose to sign up for many different notification systems to stay informed about the full breadth of vaccination opportunities available to you:

- **California State** MyTurn notifications (in English, Español, 中文, Tagalog, Arabic, 한국어, ភាសាខ្មែរ, Tiếng Việt)
- **Alameda County** notifications (in English, Español, 中文; [click here](#) for how-to video)
- **City of Berkeley** notifications
- **Solano County** notifications
- Dr. B standby notification list for leftover vaccines
- You can also find out if your medical provider has a notification system.

Vaccine phone lines: please reserve for people who cannot use the internet.

- Alameda County: 510-208-4VAX or 510-208-4829 (English, Español, 中文)
- Contra Costa County: 844-729-8410 or 833-829-2626 (vaccine appointments)
- Solano County: 707-784-8988
- California state's MyTurn vaccine line: 833-422-4255

Vaccines through medical providers:

- **Kaiser members**
- **Sutter members**
- **Stanford Health members**
- Many **community health centers** are providing vaccine appointments to eligible members. Please contact your provider to find out more. [Asian Health Services members: click here.](#) [Alameda Health Systems members: click here.](#)

Vaccines for the public at mass vaccination sites:

- **Oakland Coliseum:** [Click here](#) for the MyTurn webpage to check eligibility and appointment availability. New toll-free phone line: 833-422-4255.
 - This site is run by FEMA and CA state emergency services and receives its own vaccine supply.
 - Both drive-through and walk-up appointments are available.
 - Appointment slots are added as supplies come in, starting in the early morning, so keep checking for availability if you first don't succeed.
 - FEMA will be ending their operations at the Coliseum on April 11. Discussions with CA state are in process for continuing some services.
- **Alameda Fairgrounds: is open for Alameda County residents.** [Click here](#) for appointment info.
- **The Berkeley Golden Gate Fields Buchanan parking lot site** is open for people living in northern Alameda County. More info from [Berkeleyside](#) can be found [here](#).

Vaccines through pharmacies:

- **CVS pharmacies**
- **Rite Aid pharmacies**

Vaccines through community pop-ups:

- **Umoja Vaccine: United in Health Oakland:** see flyer below
- **True Vine Ministries:** see flyer below

UMOJA HEALTH


COVID-19 FREE TESTING & VACCINATION DATES

Saturday, March 27, 2021

9:30am–4:00 pm
@Paradise Baptist Church
9670 Empire Road, Oakland, CA


Walk Up COVID-19 Testing & Vaccine Appointments Available*

*Vaccine eligible categories include: 65+ years or older; Healthcare Workers; Community Health Workers; In-home Health Services; Childcare/Education; Food Svc/Agricultural; private security; public transportation; emergency services workers; and those with certain chronic health conditions. Must live or work in Alameda County.



FREE COVID-19 VACCINE

Must Live or Work in Alameda County



TRUE VINE MINISTRIES
896 Newton Carey Jr. Way (Formerly Isabella St.)

March 6th
9am–4pm

March 7th
9am–4pm

March 27th
9am–4pm

March 28th
9am–4pm

Who is Eligible?

Emergency Service, Healthcare, Home Healthcare,
In-Home Supportive Services Workers (IHSS), Ages 65+,
Childcare, Food, Agriculture, Education, Private Security



Find out about our next Pop Up testing
AND Vaccine dates at
www.unitedinhealthoakland.org

**Appointment
Required**

(510) 208-4565
Bring a photo ID



Vaccines for the public through county vaccination sites:

- **Alameda County** COVID-19 vaccine eligibility and notifications in English, Spanish/Español, Chinese/中文
 - [Click here for how-to video.](#)
 - Vaccinations for people experiencing homelessness
 - The county is prioritizing people in these neighborhoods that have been disproportionately impacted by the virus: 94601 and 94606 (San Antonio/Fruitvale), 94603 and 94621 (East Oakland), 94607 (West Oakland), 94578, 94541, and 94580 (Ashland/Cherryland) and 94544 (South Hayward).
 - Notifications will be sent out when vaccines are available for your group from county-supplied sites.
 - Kaiser, Sutter, Stanford and the Coliseum get their own supply, so check with them separately.
 - Health care workers need to sign up as “health care providers” to get notifications.
 - City of Berkeley vaccine notifications: [click here to register](#)
- **Contra Costa County** COVID-19 vaccine eligibility updates and appointments
 - For appointment info: [click here](#) and go to “making an appointment.”
 - For county vaccine sites, [click here to request an appointment](#) or call 1-833-829-2626.
 - To bring equity-related concerns to Contra Costa County’s attention, [click here](#).
- **Solano County** vaccine eligibility updates, notifications and access points
 - Please [click here](#) and scroll to the bottom for where to access vaccines.

Vaccine appointments may still be difficult to access due to limited and uneven vaccine supplies, a fragmented health care system, and a confusing eligibility system. **When you're eligible, keep checking and trying, and you will eventually get a vaccine appointment.**

Who is eligible for vaccines now?

Bay Area counties are following **CA state guidelines on vaccine prioritization**. **Alameda County** additionally uses the following criteria to determine whom to invite to make appointments at county vaccination sites through their notification system:

Alameda County COVID-19 Vaccination Framework

**Currently
Vaccinating***
as supply permits

- Healthcare workers
- High risk congregate settings
- People aged 65+
- Food/Agriculture/Restaurant/Grocery workers
- Emergency Services workers
- Education/Childcare workers
- People aged 16-64 with high-risk medical conditions and disabilities
- Public transit workers, janitors, utility workers
- People experiencing homelessness



**Priority
Groups**

- Older adults
- MediCal or Uninsured
- Areas with very high COVID-19 case rates (HPI Q1 + priority zip codes)
- People with direct contact with clients or the public at work
- People who cannot work from home
- People with limited mobility



* Alameda County is aligned with state guidance; for details please see: [COVID-19 vaccination page](#) & [Essential Workforce definitions](#) & [Provider Bulletin, 3/11/21](#) & [High-risk conditions factsheet](#)



Alameda County
Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

State Update: Expanded Eligibility for Vaccine as of 3/15/21

People with underlying medical conditions:

- Cancer
- Chronic kidney disease (stage 4 and above)
- Chronic pulmonary disease (oxygen dependent)
- Down syndrome
- Immunocompromised state from solid organ transplant
- Pregnancy
- Sickle cell disease
- Heart conditions (excludes hypertension)
- Severe obesity (Body Mass Index $\geq 40\text{kg/m}^2$)
- Type 2 diabetes mellitus (with hemoglobin A1c level greater than 7.5%)

OR

If as a result of a developmental or other severe high-risk disability one or more of the following applies:

- Individual is likely to develop severe life-threatening illness or death from COVID-19 infection
- Acquiring COVID-19 will limit the individual's ability to receive ongoing care or services vital to their well-being and survival
- Providing adequate and timely COVID care will be particularly challenging due to individual's disability



Alameda County
Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

**What to bring to your
appointment at a
County POD**

1

Photo ID

Does not have to be government issued

2

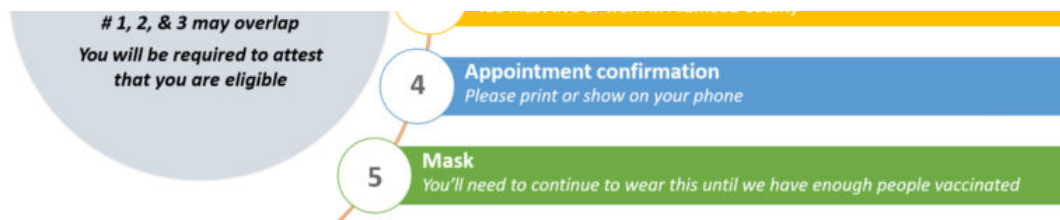
Proof of Age

Does not have to be government issued ID

3

Proof of home or work address

You must live or work in Alameda County



More about approved and available vaccines

The best vaccine is the one that you can get the soonest. We now have three authorized vaccines available in the East Bay: the [Pfizer](#) and [Moderna](#) mRNA vaccines and now the [Johnson & Johnson's \(J&J\) one-dose vaccine](#). [Here's an infographic from JAMA](#) on how the J&J vaccine works. All three authorized vaccines are highly protective, especially against severe disease, and 100% effective in clinical trials against hospitalization and death. Don't throw away your shot!

Here is an infographic from Alameda County showing the 3 available vaccines. Clinical trials show that while they were not compared in trials head-to-head, they are all safe and highly effective.

	Pfizer	Moderna	Johnson & Johnson
Safe and effective for ages	16+	18+	18+
Protection against death & hospitalizations	100% after 2nd dose	100% after 2nd dose	100% after single dose
Effectiveness	95% effective at preventing COVID-19 illness 1 week after 2nd dose	94% effective at preventing COVID-19 illness 2 weeks after 2nd dose	77% effective at preventing severe or critical COVID-19 after 2 weeks, increasing to 85% after 4 weeks
Doses needed	2 2nd dose is 3 weeks after 1st dose	2 2nd dose is 4 weeks after 1st dose	1 2nd dose not needed
Potential side effects	Injection site pain, fatigue, headache, muscle pain, joint pain, chills, fever	Injection site pain, fatigue, headache, muscle pain, joint pain	Injection site pain, fatigue, headache, muscle pain
Causes COVID-19 or changes genetic material	No	No	No
COVID-19 vaccine type	mRNA	mRNA	viral vector
Please Note: <ul style="list-style-type: none"> These vaccines have NOT been compared in head-to-head studies. All three were developed and tested at different times and in different environments during the pandemic. mRNA vaccines use harmless genetic material (mRNA) that instruct the body to generate an immune response to COVID-19. Viral vector vaccines use a harmless modified version of a non-COVID-19 virus to generate an immune response. 			

ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY

PEOPLE LIVING WITH HIV AND COVID-19 VACCINES

Currently all people living with HIV (PLWH) are recommended to get the COVID-19 vaccine once eligible. [Contra Costa County](#), [San Francisco City/County](#) and [Kaiser Permanente](#) have added HIV to their list of qualifying health conditions. Alameda County has not added HIV as one of the qualifying health conditions but providers can still refer PLWH for vaccines if considered at high risk. PLWH can self-attest online and at registration without needing to divulge their diagnosis at vaccination sites.

The approved vaccines are not live vaccines and are considered safe for people living with HIV regardless of CD4 count. A diagnosis of HIV alone, regardless of immune status, is not one of the qualifying medical conditions for vaccines under the California's vaccine guidelines [listed here](#). There is [emerging data](#) that people living with HIV and CD4 counts less than 200

are at greater risk for hospitalizations and death, so consider prioritizing outreach, education and vaccinations for this potentially more-at-risk group.

The [Moderna vaccine trial](#) included 179 PLWH and the [Pfizer trial](#) included 196 PLWH but data on these sub-groups has not been reported separately yet. There is currently no recommendation to check antibody levels for people living with HIV after completing vaccination. We are not sure yet how much commercially available SARS-CoV2 antibody tests such as at Quest and LabCorp check for protective levels of neutralizing spike antibodies generated by the vaccines, but providers and patients may discuss checking for spike IgG antibody levels two or more weeks after the second vaccine dose while we await more data.

Resources for PLWH and COVID-19 vaccines: [UNAIDS infosheet on COVID-19 vaccines and HIV](#), [Clinical FAQs with Dr. Paul Sax at Harvard](#) and [The New England Journal of Medicine](#), [Clinical FAQs for people living with HIV from HIVMA \(PDF\)](#), [Guidance for talking with patients and FAQs for PLWH from Alameda Health Systems \(PDF\)](#).

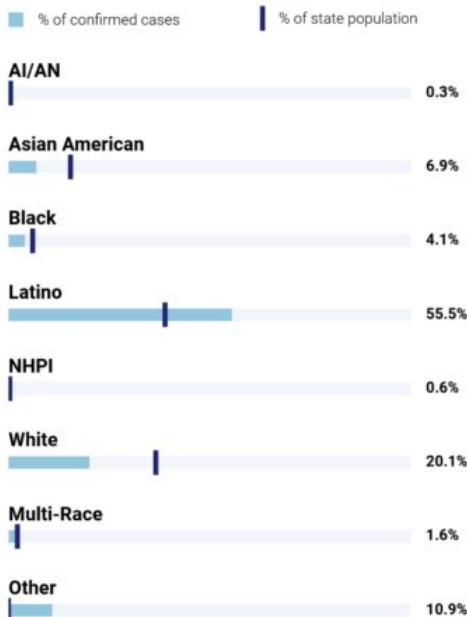
HELP THE VACCINE ROLL-OUT EFFORT!

- **Health care clinics and organizations** are encouraged to [enroll in CalVax](#) to become vaccinators.
- **To volunteer** at a county vaccination site, [please register here](#).
- **To volunteer** at a state MyTurn vaccination site, [please register here](#).

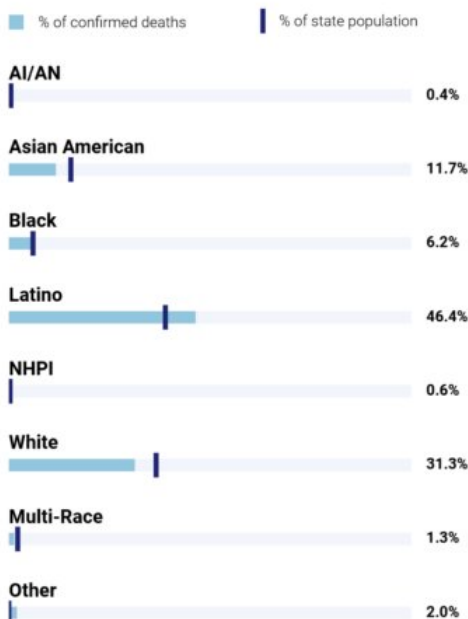
MORE VACCINE RESOURCES

DISPARITIES DATA AND STUDIES

Confirmed cases by race and ethnicity in California



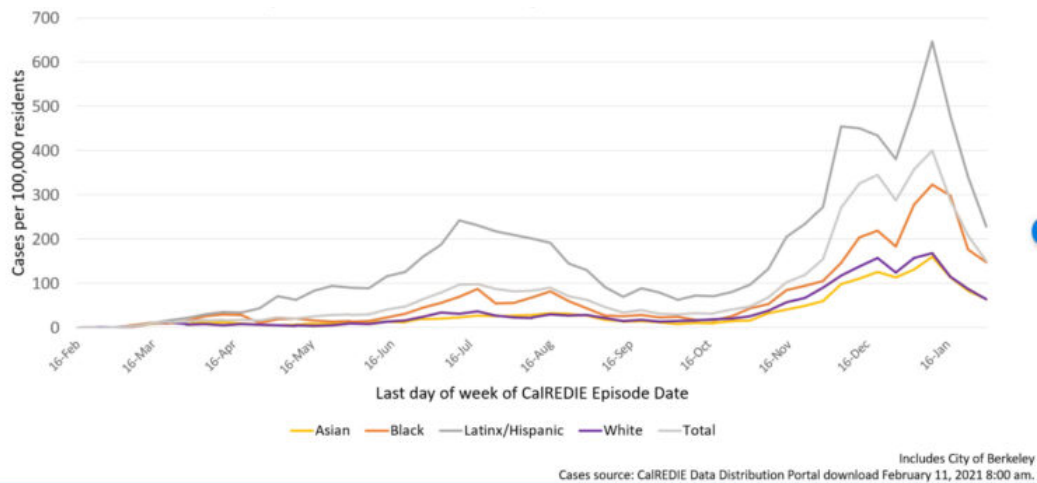
Confirmed deaths by race and ethnicity in California



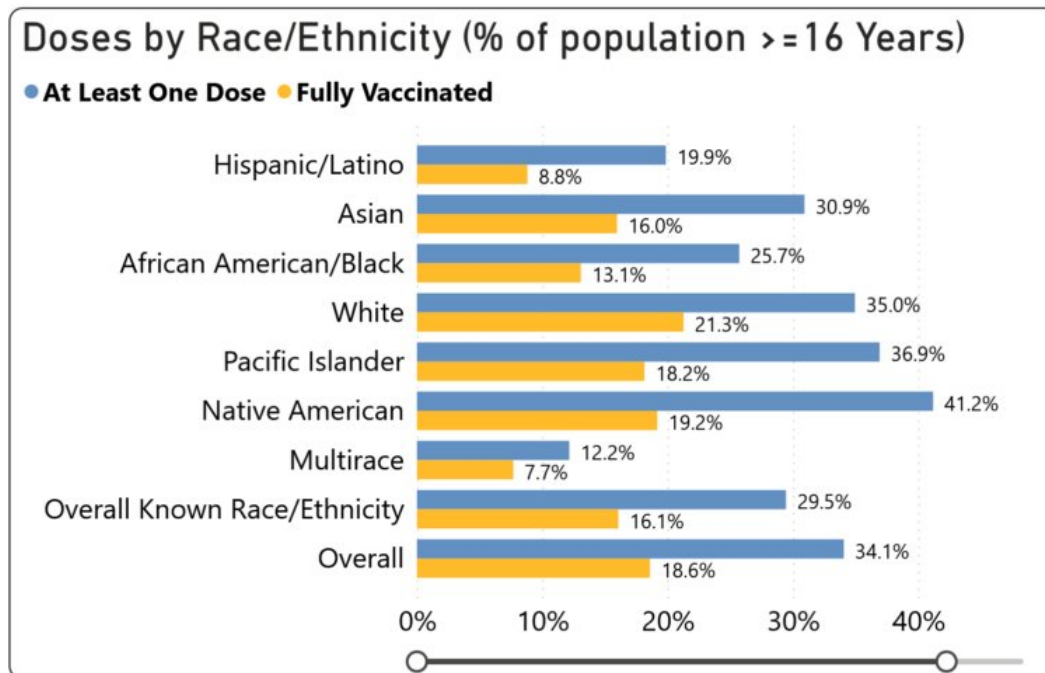
Updated March 17, 2021 with data from March 16, 2021. Note: Percentages may not add up to 100% due to rounding.

[CDPH CA State COVID-19 dashboard 3/17/21](#): Latinx and Black/African American Californians continue to be disproportionately impacted by COVID-19.

Alameda County COVID-19 weekly case rate



In [Alameda County](#), while case rates continue to fall from their January peak among all race/ethnicity groups, Latinx people are still more than 4 times more likely to be diagnosed with COVID-19 than white people. Black/African American residents are nearly 2 times more likely to die from COVID-19 compared to their white neighbors.



[Alameda County vaccination rates by race/ethnicity as of March 24](#) show that Latinx, Black/African American and Asian residents are less likely to have been vaccinated compared to White residents. However, there is a large number of people for whom race/ethnicity is not recorded, and some data suggests that a large proportion of those people are Latinx. Full vaccination rates in smaller, higher income cities such as Piedmont are twice as high than the harder-hit cities of Oakland and Hayward.

[Anti-Asian violence has risen](#) across the US during the pandemic, including a [shooting in the Atlanta](#) area on March 16 during which a 21 year old white man, Robert Aaron Long, killed 8 people at massage parlors, 6 of whom were Asian women. The group [Stop AAPI Hate](#) has [recorded 3,795 hate incidents](#) against Asian Americans and Pacific Islanders since the beginning of the COVID-19 pandemic in March 2020, with women victimized at more than twice the rate of men.

Delaina Ashley Yaun, 33; Paul Andre Michels, 54; Xiaojie Tan, 49; and Daoyou Feng, 44 died at Young's Asian Massage. One additional victim, Elcias R. Hernandez-Ortiz, 30, was injured in the shooting. Soon C. Park, 74; Hyun J. Grant, 51; Suncha

Kim, 69; and Yong A. Yue, 63 died in shootings at the other two massage parlors. We say the names of those who should be alive today as we work towards justice alongside our Asian community members. This is a healing practice learned from Black women in their struggle against white supremacy and police brutality against Black, Brown, and Indigenous peoples, and all people of color.

- To report anti-Asian and Pacific Islander hate incidents: [Stop AAPI Hate](#)
- To help prevent hate crimes as a bystander: [Hollaback Guide to Bystander Intervention](#)
- API mental health resources: [Asian Mental Health Collective](#), [Asians for Mental Health](#), free counseling for health care workers through the [Frontline Workers Counseling Project](#)

HARM REDUCTION TIPS AND RESOURCES

On March 8, the US **CDC released new guidance for what fully vaccinated people can do**, such as gathering with other vaccinated people in small groups and visiting one low-risk household indoors without masks, while still masking and distancing in public spaces. Click for: [general guidance](#), [additional details](#), [the scientific brief](#).

See the [key updates section above](#) for the infographic from *SF Chronicle* outlining the new CDC guidance.

Promising real-world vaccination data is showing signs that vaccinated people have lower likelihood of transmitting the virus to others. The early data shows that vaccinated people are less likely to get asymptomatic infection (**90%**) and lower viral loads when infected (**4x decreases**). In turn, **lower viral loads** and **asymptomatic infection** are linked to less viral spread.

MAXIMIZING MASK PROTECTION

With evidence of more infectious variants circulating in the East Bay, we may be wondering if we should increase our prevention efforts.

Wearing two masks on top of each other (double-masking) and 3+ layered masks can provide more protection so long as you can keep them tight on your face. [A new mask study by the CDC](#) demonstrates that tight-fitting multilayered masks and double-masking can decrease exposure to aerosols by up to 95%.

Before you go out, please make sure your mask set up is comfortable and breathable enough to keep on your face! No matter how many layers a mask has, it will not be useful if you can't keep it covering your nose and mouth.

Here are the qualities that make masks more protective, which we recommend using in indoor public settings (see higher/highest risk settings in our [infographic](#) below):

- **Use tightly-woven fabric or non-woven material**, like in surgical masks.
- **Use multiple layers**:
 - 2 layers provide decent protection and 3 or more layers provide maximal protection.
 - A non-woven layer, such as a disposable surgical-type mask or filter layer can help repel droplets.
 - You can double-mask by using a fitted cloth mask with a disposable surgical-type mask, like in the diagram.
 - Consider adding a face shield and/or goggles in the highest risk settings.



- **Make it fit tight:**

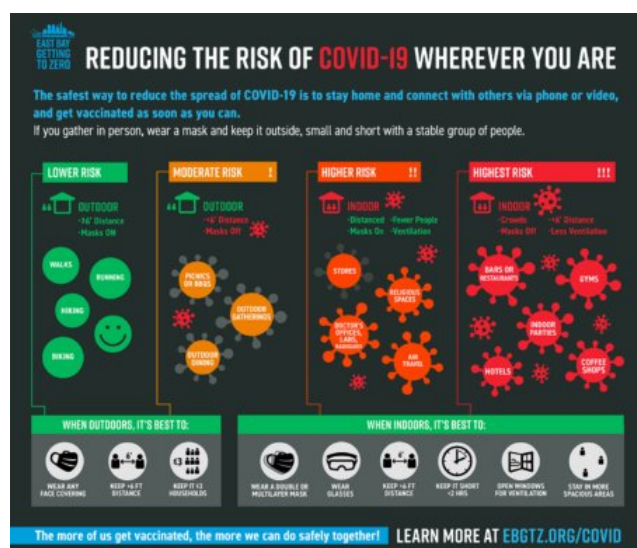
- Use tight/snug cloth masks.
- Reduce top gaps by using masks with adjustable nose wires.
- Reduce gaps in ear loop masks by tying knots near the sides. ([video here](#))
- Make sure the mask has a tight seal all around, over your nose, sides of your mouth and under your chin.
- In high risk work settings, get fit-tested for an N95 mask (the gold standard in protective masks).
- Keep in mind that KN95 masks are not fit-tested and are **less protective** than N95 masks. Treat them like surgical masks.

Figure 1. Recommended Masks for Public
Top: basic; bottom: maximal protection.

References: Diagrams from *Maximizing Fit for Cloth and Medical Procedure Masks to Improve Performance and Reduce SARS-CoV-2 Transmission and Exposure, 2021* by the CDC COVID-19 Emergency Response Team and *...Importance of Face Masks for COVID-19* by Monica Gandhi and Linsey C. Marr. Scientific references for these masking tips are located [here](#).

Our updated COVID-19 prevention and harm reduction infographic is available and printable in English and Spanish!

Please [download 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](#).



The graphics were updated to include guidance around double-masking (or multi-layered masking), air travel, lab and radiology settings. Please [download them here in English](#) and [here in Spanish](#). [Click here for the printable PDF in English](#) and [click here for the printable PDF in Spanish](#).

The SF Community Clinic Consortium developed this [HIV clinic reopening guidance document](#) which clinic teams might find helpful around specific considerations for PLWH.

To slow the spread of COVID-19 when we're in public:

- [Wear masks](#) and glasses,
- Stay outdoors whenever possible,
- Avoid crowds and maintain at least six feet distance from others,
- Sanitize or wash hands frequently,
- Stay home when sick, and
- [Get vaccinated](#) when it's our turn!

Free COVID testing sites: [Click here for Alameda County](#), [Contra Costa County](#) and [Solano County](#) testing sites.

**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 Srip on Flaticon.com

HIV AND GLOBAL HEALTH UPDATES

What's new in HIV research: Dr. Paul Sax highlights some studies in his annual [Really Rapid Review](#) – CROI 2021 Virtual.

In HIV-related news, a new study on same-day PrEP for people at risk for HIV in Uganda and Kenya led by a UCSF-Ugandan/Kenyan collaboration showed that same-day PrEP lowered HIV incidence by 74%. These findings support our efforts in the [East Bay](#) for same-day PrEP access.

National HIV antiretroviral therapy guidelines have been updated to include guidance on using the first complete long-acting injectable antiretroviral (ARV) regimen, **cabotegravir and rilpivirine**, as an option to replace the current ARV regimen in adults with HIV. [Click here](#) to read the full Recommendation for the Long-Acting Injectable Antiretroviral Regimen of Cabotegravir and Rilpivirine.

On **International Sex Worker Rights Day** California HIV/AIDS Policy Research Center (CHRP) released a [health brief](#) examining the criminalization of commercial sex trade and frameworks seeking to regulate it across the globe and reposted a [health brief](#) documenting barriers and facilitators to culturally appropriate sexual and reproductive health services for women of color in California.

Ebola outbreaks in the DRC and Guinea: The California Department of Public Health (CDPH) issued a [health alert](#) on March 6 regarding the monitoring of travelers returning to California from the North Kivu province of the Democratic Republic of Congo (DRC) and the Nzérékoré Region of Guinea following Ebola outbreaks in those countries, with nearly 30 combined cases and four deaths. Currently there are no cases known in the US. Health care providers are asked to ask patients about travel history, utilize infection control measures and monitor for symptoms such as fever, headache, abdominal pain, muscle aches, etc. And to report suspected Ebola cases to your local health department (in Alameda County: 510-267-3250).



OTHER UPDATES AND OPPORTUNITIES:

Jobs, Internships, Scholarships and more:

- [Rafiki Coalition for Health and Wellness](#) is seeking applicants for three positions who have a shared lived experience and cultural context with clientele: [Cancer Navigator](#), [Mental Health Therapist Consultant](#) and [Mental Health Therapist](#).
- Bay Area North & Central Coast AETC is looking for a Director. Learn more about this position [here](#).
- [Gender Health SF](#) has one full-time or two part-time job openings for a patient access navigator, contracted employment opportunity through the San Francisco Study Center. Interested candidates should send their cover letter and resume to genderhealthsf@sfdph.org.
- Alameda County Department of Public Health is looking for a Public Health Investigator. Learn more about the opportunity [here](#)
- [ChangeLab Solutions](#) recently launched the Housing Solutions Collaborative – a learning collective for cross-sector teams that offers peer support, technical assistance, and a stipend to help teams from 8 small to mid-sized cities advance equitable legal and policy solutions to the growing housing crisis. See email below for more information. Learn more about the opportunity and [apply here](#).

- **Youth opportunity!** The City of Oakland is currently recruiting to fill part-time Recreation Aide positions in Oakland Parks, Recreation & Youth Development Centers for the summer. Working hours will vary from week to week. Recreation Aides will provide support to Recreation Leaders in conducting programs and activities, assist with supervision of youth, help mediate conflict resolution when needed, and display role model behavior to youth. Learn more about these positions [here](#).
- **Youth opportunity!** The Directing Change Program is accepting art submissions for March's Hope & Justice contest, "Hope for Change." This is part of their monthly contest that asks students to create art in any form (visual art, film, narrative, music) that expresses how they are coping and shares their thoughts on issues that affect them. They are looking for young people to create art pieces exploring mental health, hope, resilience, and change. Learn more about this opportunity [here](#).

Funding opportunities:

- Positive Action Community Grants (PACG) from Viiv Healthcare can support organizations applying for General Operating Support, Special Events Sponsorships, or Project Support. Learn more about this funding opportunity and [apply here](#).

Web events:

- In commemoration of **National Native HIV/AIDS Awareness Day**, the Region 9 Prevention through Active Community Engagement Program (PACE) in collaboration with UCLA is holding a panel discussion among Native-serving organizations and leaders for an opportunity to highlight how to eliminate HIV disparities and inequities among Native communities. The panel is titled Zero is Possible Together: Innovation + Awareness and will take place on **Tuesday, March 23, 2021, 11-12:30pm**. Register for the event [here](#).
- **'CROI 2021 Report Back: Prevention and Treatment'** SFGH HIV Grand Rounds with Drs. Matthew Spinelli and Andrew Kerkhoff on **Wednesday, March 24th, at 12 PM PST. via Zoom**
- Join **COVID-19 Black's 2nd town hall on Thursday, March 25th from 5:30-7pm**. Hear from Policy makers, Public Health Officials, Doctors & Advocates from all Bay Area Counties. Learn and discuss the facts about the vaccine. Protect yourself and your loved ones. Register [here](#).
- Alameda County Care Connect is hosting a webinar on **'Self-Care and Stress Reduction for Emotional Wellness on Tuesday, March 30, 2021 from 10-12pm**. Participants will learn practical self-management tools to apply in their own lives as well as with assisting clients with their own emotional wellness. Learn more and register [here](#).
- **National Harm Reduction Coalition's DOPE Project** hosts monthly online & open overdose prevention and naloxone trainings. Join the upcoming training on **March 31st from 9-10:30am**. Register [here](#).
- **AHP & Chill COVID Vaccines: A discussion for People of Color. Friday, April 2, 2021, 5:00pm**. The UCSF Alliance Health Project's Sexual Health Services invites you to join Dr. Hyman Scott for a discussion about COVID-19 vaccines. Bring your questions and concerns and engage in a real discussion with Dr. Scott and the Sexual Health Services team at AHP. [Please click here to register](#)

Other resources:

- California's Emergency Rental Assistance Program seeks to distribute money to landlords and tenants financially impacted by COVID-19. The funds are available on a first-come-first-serve basis and applications will be processed until the funds run out. The application is open and can be found at [Housingiskey.com](https://housingiskey.com)
- California Department of Public Health's Office of AIDS has shared their March OAVoice newsletter. Please access it [here](#).

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

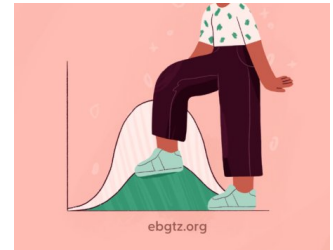
If your organization is in Alameda County and needs COVID-related supplies or staffing, please go to the [Emergency Medical Services website](#) to request PPE and testing supplies



and [request staffing](#).

Please follow and share our [Instagram](#), [Facebook](#) and [Twitter](#) accounts.

A note about this webpage: COVID and HIV practice-changing updates will be posted on this page, usually weekly on Wednesday evenings. New studies will be continuously added to our summary of [COVID-19 harm reduction strategies](#). The emailed [HIV+COVID-19 update newsletters](#) are sent monthly on third 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](#)

TOP LINKS:

- **HIV:** [FAQs for people living with HIV \(PLWH\)](#) and [Preguntas Frecuentes in Spanish](#), [Guidance for PLWH \(CDC\)](#), [Guidance for HIV providers \(HIVMA\)](#), [Vaccines for PLWH \(HIVMA\)](#), [UNAIDS infosheet on COVID-19 vaccines and HIV](#)
- **HIV services during COVID-19:** [Click here for Contra Costa HIV services](#), [Alameda County HIV services](#), [SF Community Clinic HIV clinic reopening guidance](#)
- **Key Communities:** [Harm Reduction Coalition](#), [Immigrants Rising](#), [Protecting Immigrant Families: Public Charge](#), [Healthcare for the Homeless](#), [COVID info in Asian languages](#)
- **Phone numbers/Centro de llamadas:** Contra Costa County- [\(844\) 729-8410](#), Solano County- [707-784-8988](#), Alameda County vaccine line in English, Spanish, Mandarin for those who cannot navigate the internet: [510-208-4VAX](#) or [510-208-4829](#)
- **COVID Vaccines:** [California State](#), [CA vaccine tracker](#), [Alameda County](#), [Contra Costa County](#), [Solano County](#)
- **COVID Vaccine Myths and Facts and FAQs** in English, Español, 中文, and Arabic: [Click here to download](#).
- **COVID exposure alerts in California:** [CA Notify app](#)
- **COVID Testing:** [Alameda County](#), [Contra Costa County](#), [Solano County](#)
- **COVID-related services** (food, housing, etc.): [Alameda County map or lists](#), [Contra Costa County](#), [Solano County](#)
- **Public Health Department updates:** [Alameda County](#), [Contra Costa County](#), [Solano County](#), [California State](#)
- **What's open:** [Alameda County](#), [Contra Costa County](#), [Solano County](#), [California State](#)
- **COVID data:** [Alameda County](#), [Contra Costa County](#), [Solano County](#), [California State](#), [California \(SF Chronicle\)](#), [US \(CDC\)](#), [US by race \(CDC\)](#), [National/Global \(JHU\)](#). **Variants:** [in the US \(CDC\)](#) and [in California](#).
- **Maximizing mask protection:** [CDC guidance](#), [EBGTZ mask videos](#), [guidance and resources](#)
- **COVID PPE, staffing or testing supplies:** [Alameda County EMS- request PPE](#), [request staffing](#) or [request testing supplies](#).

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.

[← BACK TO UPDATES](#)



**EAST BAY
GETTING
TO ZERO**

**ABOUT
GROUPS
YOUTH
SERVICES
COVID-19**

**RESOURCES
UPDATES
EVENTS
GET INVOLVED
DONATE**



[Privacy Policy](#)

[Site Map](#)

[Site Credits](#)

[Contact Us](#)

[Login](#)