

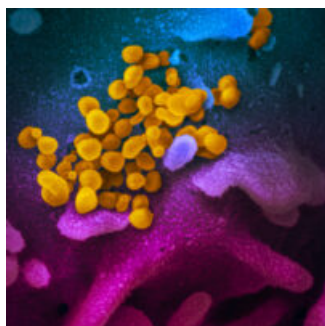
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COVID-19 AND HIV UPDATES

MARCH 31, 2021

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*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. Please click here to share feedback.

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

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This week we celebrate César Chávez's birthday and honor his leadership and the collective action of Chicano and Filipino farm workers in California. César Chávez's teachings ring true today: "From the depth of despair, people can work together, can organize themselves to solve their own problems and fill their own needs with dignity and strength."





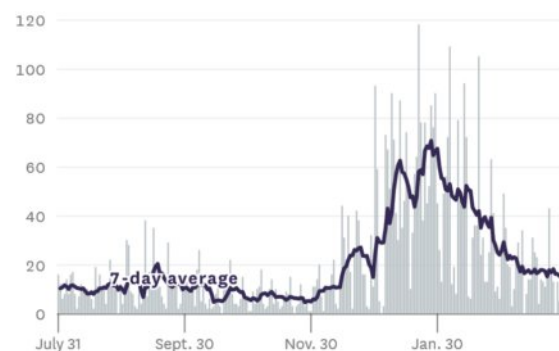
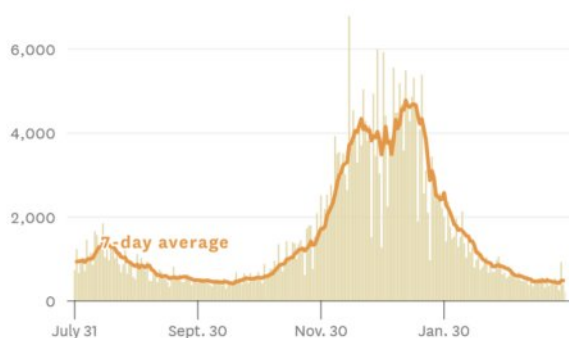
EAST BAY COVID-19 UPDATES

COVID-19 daily case, hospitalization and death rates in the East Bay have leveled off in the past 2 weeks. Rates have begun increasing in other parts of the US as restrictions are loosened. 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](#).

During the week of March 30, Alameda County moved into the [orange](#) “moderate risk” tier of California’s [reopening framework](#), while Contra Costa and Solano Counties continue to be in the [red](#) “substantial risk” tier. In the orange tier, additional indoor capacity and activities are allowed, including restaurants, bars and other risky settings. Estimated [transmission rates](#) in the Bay Area have been below 1 since January and are [0.81 across California](#) this week, but this may change as transmission data catches up with the reopenings. Click on the links below for more details in each county.

- **Alameda County: orange tier** week 1
 - 0.77 transmission rate, 40% residents ages 16+ have received at least once vaccine dose (partially vaccinated), 25% fully vaccinated
 - Links to county [vaccine eligibility updates](#) and [what’s open](#)
- **Contra Costa County: red tier** week 3
 - 0.81 transmission rate, 46% partially vaccinated, 27% fully vaccinated
 - Links to county [vaccine eligibility updates](#) and [what’s open](#)
- **Solano County: red tier** week 4
 - 0.81 transmission rate; click [here](#) for the vaccine dashboard (no % available)
 - Links to county [vaccine eligibility updates](#) and [what’s open](#)

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



SF Chronicle, 3/31/21: COVID-19 daily cases and deaths in the Bay Area.

Vaccine eligibility and access: [Contra Costa County](#) expanded eligibility to everyone ages 16+ starting March 30. [Solano County](#) is vaccinating people ages 50+. [Alameda County](#) is still vaccinating people ages 65+ and is *not* yet expanding eligibility to all people ages 50+ as recommended by California state and instead will announce a different eligibility schedule in the beginning of April.

Alameda County is also currently vaccinating people with [high-risk health conditions](#), people in congregate residential settings (jails/shelters), people experiencing homelessness and workers in public transit, health care, education/child care, food/agriculture, and emergency, janitorial and utility services. Solano County is also currently vaccinating [all essential workers in the California essential critical infrastructure list](#), people in congregate residential settings (jails/shelters), and people experiencing homelessness.

[Click here for more on vaccine eligibility and how to get one.](#)

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.](#)

Increasing real-world data shows that COVID vaccines are safe and highly effective in preventing both asymptomatic and symptomatic infection. A [new CDC study](#) shows how fully vaccinated high-risk frontline workers who were tested weekly were 90% less likely to get any infection, including asymptomatic infections.

Variants: A [UCSF study](#) reported on March 17 has found that the B.1.427/9 ("West Coast") variants are about



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.](#)

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 B.1.17 ("UK") and B.1.351 ("South African") variants. The P.1 ("Brazilian") variant has been identified in one case in nearby Santa Clara County. 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.

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 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.

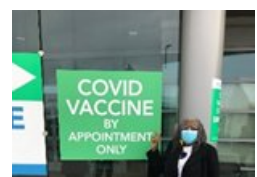
You are invited to join us on Thursday, April 29, 11:00 am – 12:30 pm to strengthen HIV service collaborations. This East Bay linkage and retention network workshop will focus on strengthening our online resources and contacts to streamline warm hand-offs, rapid linkages to services. [Please click here](#)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

Updated March 31, 2021



WHO IS CURRENTLY ELIGIBLE FOR COVID-19 VACCINES?

By age and by the county you live or work in:

- **Alameda County:** ages 65+
- **Contra Costa County:** everyone ages 16+ starting March 30!
- **Solano County:** ages 50+

Alameda County is *not* yet expanding eligibility to all people ages 50+ as recommended by [California state](#) and instead will announce a different eligibility schedule in the beginning of April.

Alameda County is also currently vaccinating:

- **people with high-risk health conditions.** Medical providers can refer people with other conditions and at higher risk. People can self-attest at vaccine appointment registration and should *not* have to show proof of diagnosis.
- **people in congregate residential settings** such as jails and shelters, and
- **workers** in public transit, health care, education/child care, food/agriculture, and emergency, janitorial and utility services.
- **people experiencing homelessness**, using the HRSA definition which includes people who are doubled-up in a room, such as couch surfing. People in Alameda County can self-attest to their houseless status and underlying medical conditions.
- Download a printable version of the Alameda County vaccine eligibility tables (updated 3/17/2021) in [English](#) and [Spanish](#).

Solano County is also currently vaccinating:

- **all essential workers** in the [California essential critical infrastructure list](#), and
- **people experiencing homelessness.**

HOW DO WE GET VACCINATED?

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.
4. **When you go to your vaccine appointment**, bring with you:
- A photo ID
 - Proof of age, home or work address
 - Appointment confirmation (printed or on phone)
 - A mask.

If you need help with transportation or are home-bound:

- [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.
- Home-bound people in Alameda County: to sign up for in-home vaccination, please complete the notification form for “Alameda County residents” [on this webpage](#). If you are not able to use the internet form, please call 510-208-4829.

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, ไทย, 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. Some are listed below. Please contact your provider to find out more.
 - Alameda Health Systems
 - Asian Health Services
 - Axis Community Health
 - Bay Area Community Health
 - La Clinica
 - LifeLong Medical Care
 - Native American Health
 - Tiburcio Vasquez Health Center
 - West Oakland Health

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 and mobile sites on April 10. Discussions with CA state are in process for continuing some services.
- **Alameda Fairgrounds:** 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**
- **Walgreens pharmacies**
- **Lucky and Save Mart pharmacies**

VACCINES THROUGH COMMUNITY POP-UPS:

- **Umoja Vaccine: United in Health Oakland:** see flyer
 - Hotline for people who can't use the internet: call 1-888-763-0007 and leave a phone number.

<p>PROTECT OUR Community... Come get tested!</p> 	<p>GET TESTED FOR COVID-19 FOR FREE!</p>  <p>Pre-register for speed (registration not required)</p> <p><small>www.unitedinhealthoakland.org</small></p>	<p>UMOJA HEALTH COVID-19 FREE TESTING & VACCINATION DATES</p> <p>Saturday, April 3, 2021</p> <p>9:30am-4:00 pm</p> 
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@Center of Hope
8411 MacArthur Blvd., Oakland, CA 94605

Walk Up and Drive Thru COVID-19 Vaccination & Testing

*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.

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

VACCINES 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

COVID-19 Vaccine

Fremont High School
High Street & Ygnacio Avenue, Oakland, CA 94601
(Close to Foothill Blvd - Check Street Sweeping)
Thursday, Friday, and Saturday, 8am - 4pm

Eligible Now

Age 65+ | Childcare, Food, Agriculture, Healthcare, Home Healthcare, In-Home Supportive Services (IHSS), and Community Health Workers

Must live or work in Alameda County

Register

covid-19.acgov.org/vaccines

Protect yourself

Same Day Appointments: Priority for Alameda County residents who live or work in zip codes 94601, 94603, 94606, 94607, 94621

ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT
@Dare2BWell

OAKLAND UNIFIED SCHOOL DISTRICT

BE Well
It's your turn!




- 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.**

WHAT VACCINES ARE CURRENTLY AVAILABLE?

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:

- 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



Alameda County
Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

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 \(PDF\)](#).

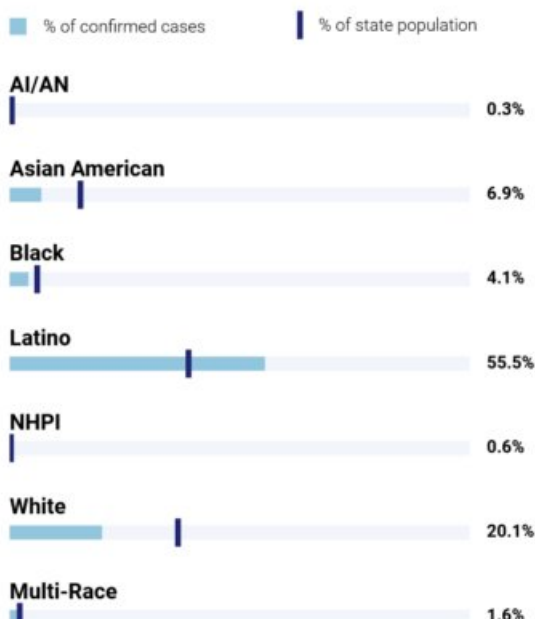
HELP THE VACCINE ROLL-OUT EFFORT!

- **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](#).

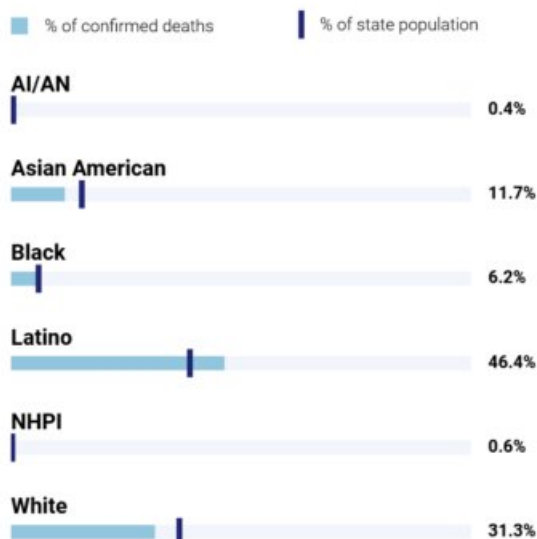
MORE VACCINE RESOURCES

DISPARITIES DATA AND STUDIES

Confirmed cases by race and ethnicity in California



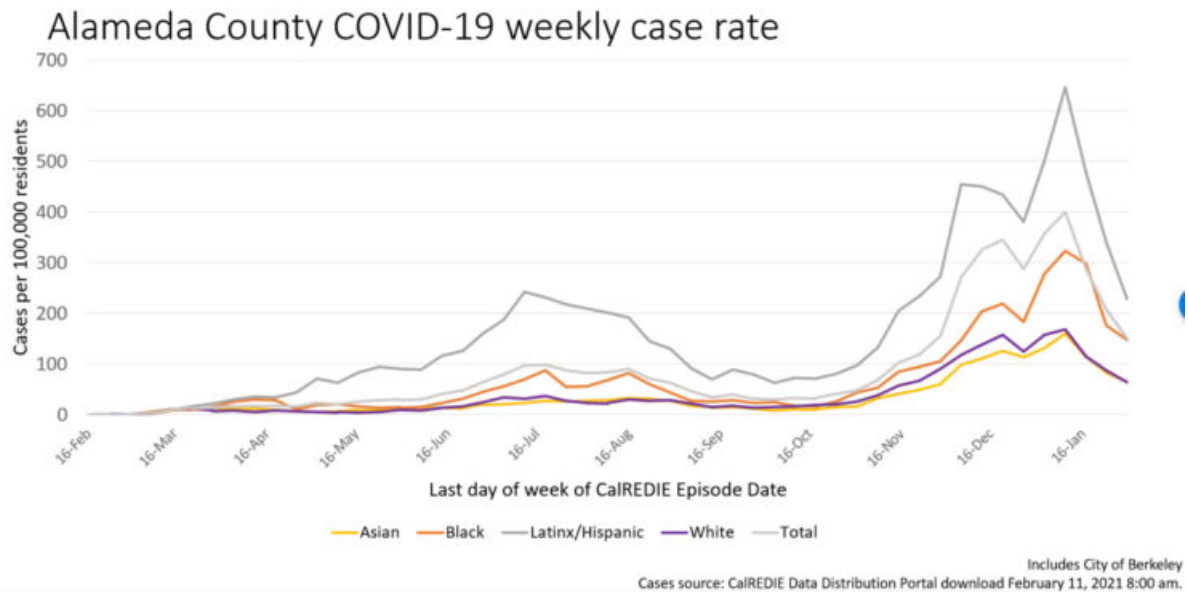
Confirmed deaths by race and ethnicity in California





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

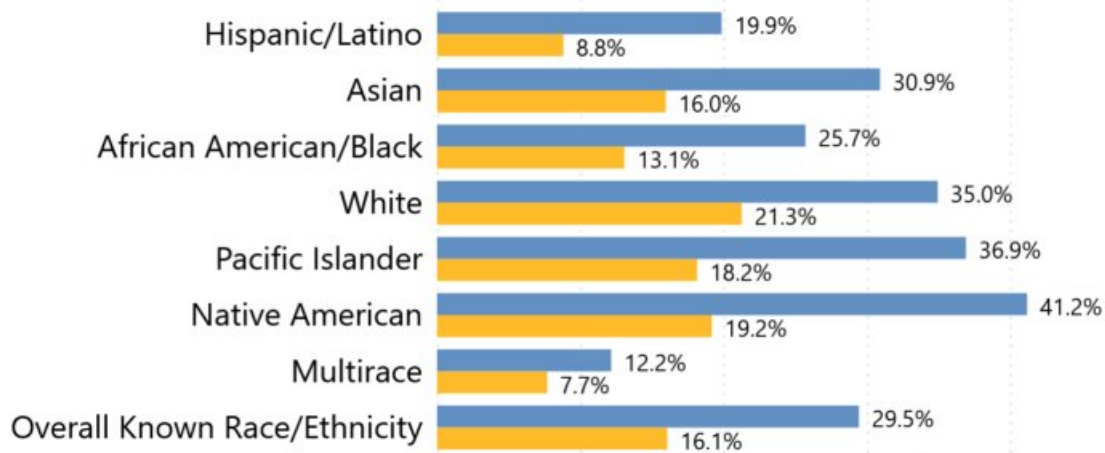
CDPH CA State COVID-19 dashboard 3/17/21: Latinx and Black/African American Californians continue to be disproportionately impacted by COVID-19.

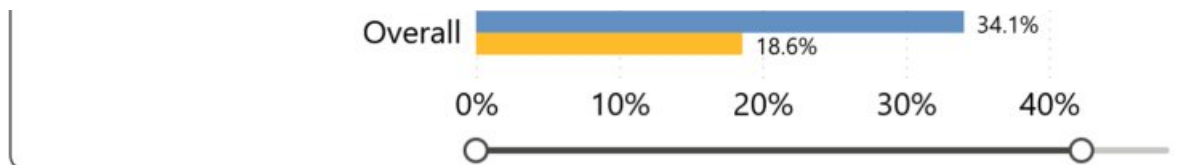


In [Alameda County](#), while case rates continue to fall from their January peak among all race/ethnicity groups, Latinx people are still more than 4 times more likely to be diagnosed with COVID-19 than white people. Black/African American residents are nearly 2 times more likely to die from COVID-19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

Doses by Race/Ethnicity (% of population >= 16 Years)

● At Least One Dose ● Fully Vaccinated





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.

Xiaojie Tan, 49; and Daoyou Feng, 44; Delaina Ashley Yaun, 33; and Paul Andre Michels, 54, died at Young's Asian Massage. 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 recognize the people who should be alive today as we work towards justice with 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

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.

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

For example, this means

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

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](#).

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.

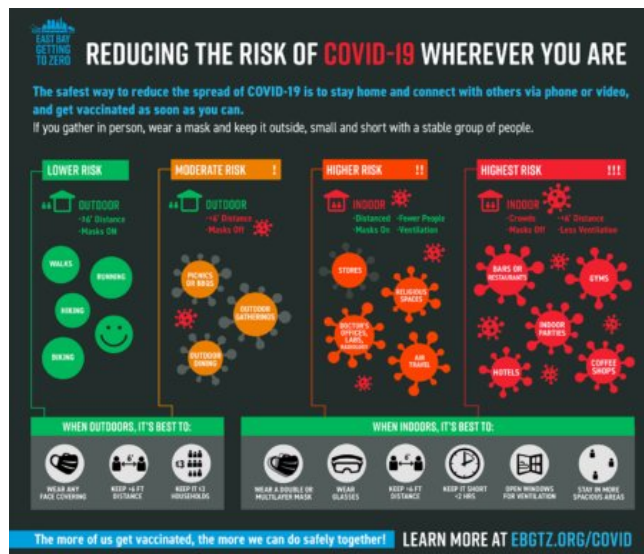
Figure 1. Recommended Masks for Public
Top: basic; bottom: maximal protection.

- **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.

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
Please see [EBGTZ.org/resources](#) for the complete list of sources for this table.

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

HIV AND GLOBAL HEALTH UPDATES

CROI 2021 Virtual, one of the top international scientific

HIV/AIDS conferences, took place on March 6-10. Highlights include studies showing:

- Integrase inhibitor regimens (bictegravir, dolutegravir) were better tolerated than non-INSTI regimens and had high viral suppression rates even with transmitted resistance and [extensive NRTI resistance](#), though also associated with [greater weight gain](#);
- Dolutegravir and TAF were safe and effective [in pregnancy](#); and
- CAB for PrEP: [HPTN 083](#) and [084](#) found CAB-LA to be more effective than F/TDF (Truvada) as PrEP among MSM, trans- and cis-gender women but [not currently cost-effective](#) compared to F/TDF, so should be priced to compete with generic F/TDF.
- HIV medical visits and viral load testing [dropped during the pandemic](#) as many of you know; demographic disparities highlight the important work that you all do engaging people back into care.

Want to learn more about the new studies presented at CROI? Here are some good online resources:

- [CROI 2021 Really Rapid Review](#) by Dr. Paul Sax at Harvard/NEJM
- [NATAP's collection of CROI 2021 abstracts](#)
- [Clinical Care Options](#) has good recaps and highlights, though is pharma-funded
- You can download the [CROI 2021 abstract ebook](#) here and all session recordings will be made free to the public on April 15, 2021 on the [CROI website](#).

In other 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 (Cabenuva)**, 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.](#)

Here is a [fact sheet](#) on using Cabenuva in Ryan White clinics.

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)

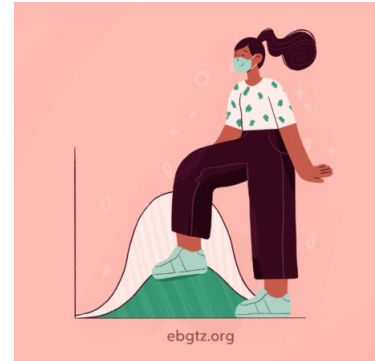
- California Department of Public Health's Office of AIDS has shared their March OAVoice newsletter. Please access it [here](#).

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:

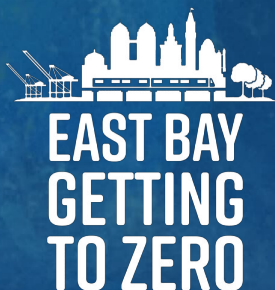
- **HIV:** [FAQs for people living with HIV \(PLWH\)](#) and [Preguntas Frecuentes in Spanish](#), [Guidance for PLWH \(CDC\)](#), [Guidance for HIV providers \(HIVMA\)](#), [Vaccines for PLWH \(HIVMA\)](#), [UNAIDS infosheet on COVID-19 vaccines and HIV](#)
- **HIV services during COVID-19:** [Click 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.

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