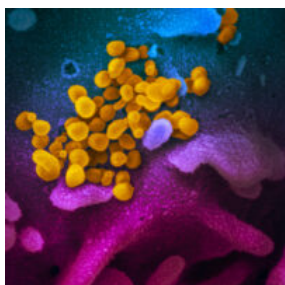


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COVID-19 AND HIV UPDATES

APRIL 21, 2021

[SIGN UP FOR OUR 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. Please [click here](#) to share feedback.

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

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EAST BAY COVID-19 UPDATES

Everyone ages 16 and over in the US is now eligible for a free COVID-19 vaccine. California opened up eligibility to everyone 16+ on April 15, including in the East Bay's [Alameda](#), [Contra Costa](#) and [Solano Counties](#). Vaccinations with the Johnson & Johnson vaccine have been paused ([click more details below](#)). Despite the pause, the East Bay has steadily increased vaccination rates to over 60% of adults.

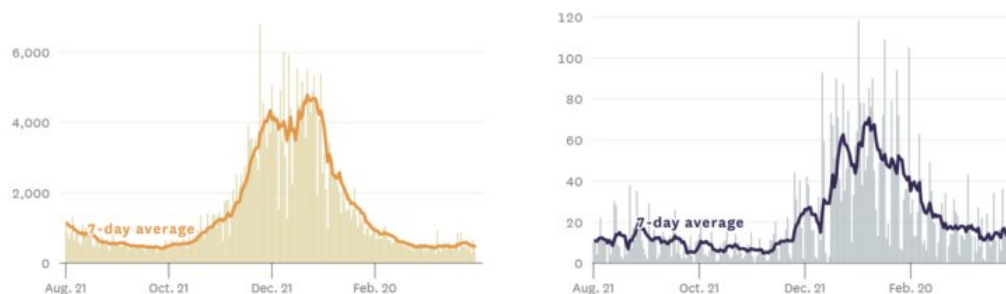
COVID-19 daily cases and hospitalizations in the Bay Area have increased in the past week, though hospitalizations and deaths remain low, thanks to people getting vaccinated, masking and distancing. Case and hospitalization rates have increased in other parts of the US as indoor [restrictions have loosened](#), especially among younger, unvaccinated people. We are at a critical point in the pandemic where we can still win the race between vaccines and variants.

California state still aims to reopen by June 15 and move beyond the [Blueprint tier system](#) if we have enough vaccines and keep hospitalizations low.

On April 21, Alameda and Contra Costa Counties remain in the orange “moderate risk” tier of **California’s reopening Blueprint framework**, while Solano County remains in the red “substantial risk” tier. In the orange tier, additional indoor capacity and activities are allowed, including restaurants, bars and other riskier settings. Estimated transmission rates in the Bay Area have been mostly below 1 since January, and are 0.78 across California as of April 19. [Click here to see what’s open](#) and [here to download new CA in-person guidance](#).

- **Alameda County: orange tier** week 4
 - 0.8 transmission rate
 - 62% residents ages 16+ have received at least once vaccine dose (partially vaccinated), 38% fully vaccinated
 - [Links to county vaccine updates and what’s open](#)
- **Contra Costa County: orange tier** week 3
 - 0.74 transmission rate
 - 65% partially vaccinated, 41% fully vaccinated
 - [Links to county vaccine updates and what’s open](#)
- **Solano County: red tier** week 7
 - 0.89 transmission rate
 - [Click here for the vaccine dashboard](#) (no % rates available)
 - [Links to county vaccine updates and what’s open](#)

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

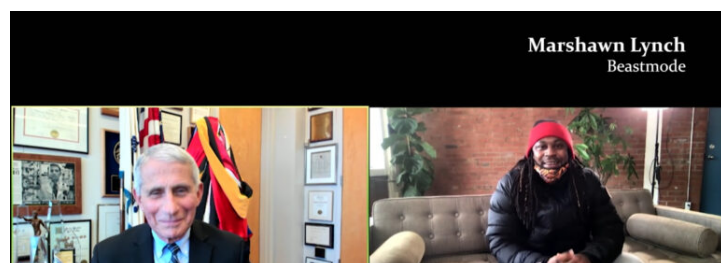


SF Chronicle, 4/21/21: COVID-19 daily cases and deaths in the Bay Area.

Vaccine eligibility and access: Everyone ages 16 and over is eligible for a free COVID-19 vaccine.

[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.



Beastmode and Dr. Fauchizzi: Marshawn Lynch, AKA Beastmode recorded a conversation about COVID-19 vaccines with Dr. Anthony Fauci, AKA “Dr. Fauchizzi,” covering concerns Black people might have about the virus and getting vaccinated. Marshawn Lynch shares how “I want to see my people last long, not come in last.” And how we have to “meet the Black and Brown



community where they are.” [Click here to watch the recording on YouTube.](#)

What do you think about the COVID-19 vaccine? Fill out a [brief \(8-10 minutes\) survey](#) for the Alameda County Health Care Services Agency to help develop effective health promotion and education materials. The survey is for the general public and will be open through mid-May. Information collected is anonymous and confidential – no identifying information will be collected. Here are links to the [English](#) and [Spanish](#) language surveys.

New prevention guidance:

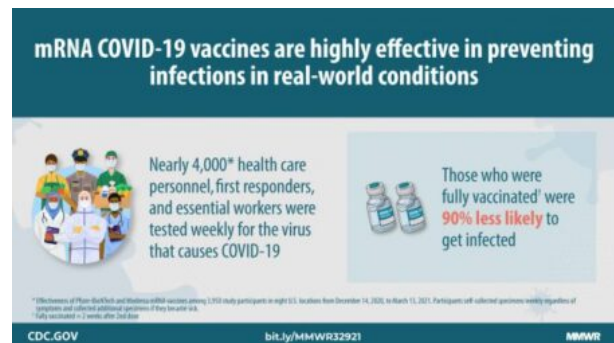
California state released new, more lenient requirements for gatherings, both informal social gatherings as well as more formal events. [Click here to download the CA Blueprint requirements on gatherings and business reopenings.](#)

CDC updated **guidance on cleaning and disinfection during the pandemic** on April 5th to reflect the fact that there is low risk of transmission from surfaces. No more deep cleaning! Cleaning with soap and water is enough in most cases, along with hand-washing and mask-wearing.

[Click to see updated guidance for people who are vaccinated](#)

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.

An [updated analysis of clinical trial data](#) shows that the Pfizer-BioNTech coronavirus vaccine continues to offer strong protection without serious safety concerns, the companies said on 4/1 in a press release. The new data also suggested that the vaccine works against a worrisome virus variant in South Africa, although more studies are needed.



[Pfizer-BioNTech report](#) that their **COVID-19 vaccine shows “100% efficacy” in adolescents ages 12-15**. With 2,260 adolescents participating in their trial, 18 people in the placebo group developed COVID-19 while none in the vaccinated group did. [Blood antibody test data](#) also show high titers of antibody responses in those who were vaccinated. Pfizer has submitted data to the FDA for emergency use authorization. Moderna is expected to release data and submit to the FDA soon too. Trials for children ages 6 months to 11 years old have also begun for both [Pfizer](#) and [Moderna](#) vaccines.

Variants: A [UCSF study](#) found that the B1427/9 (“West Coast”) variants are about 20% more infectious than the original virus and are likely now 75-90% of cases in Northern California. [Other variants of concern](#) reported in the East Bay include the B117 (“UK”), B1351 (“South African”) and P1 (“Brazilian”) variants. The B117 variant is [now the dominant variant](#) in other parts of the US and has been linked to recent outbreaks in the Midwest during [youth sporting events](#).

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: Dr. Tri Do reported that 93 cases among vaccinated people had been reported in Alameda County as of April 14, 65% of whom are asymptomatic cases picked up in surveillance screening. There have been no hospitalizations or deaths thus far due to COVID-19 among people who are fully vaccinated in Alameda County. Dr. Donata Nilsen reported that there have been 10 cases of reinfections reported among people previously infected in Alameda County. Variant sequencing is in process; this data is not published yet.

Dr. Stephen Parodi of the Permanente Medical Group with Kaiser Permanente [reports](#), “We’ve given in Northern California over a million and half doses now. Of the people who are fully vaccinated, we’ve seen a total of one case get hospitalized. That’s encouraging.”

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.

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

Dr. Xaviera Ortiz of LifeLong Medical Care and Alameda Health System is happy to share that she received the COVID-19 vaccine while she was pregnant, and both she and her healthy newborn now have antibodies that protect against getting COVID-19.

Imran Merchant at UCSF and TriKone says, “Working as a front line healthcare worker, receiving the vaccine meant I was protecting myself and helping those around me. Yes, I felt the symptoms of chills and body aches but that is nothing compared to the pain of having had COVID and being hospitalized and it is nothing compared to the millions of lives lost due to COVID. Help protect yourself and your community, get vaccinated.”



VACCINE ELIGIBILITY AND ACCESS

Updated April 21, 2021

WHO IS ELIGIBLE FOR COVID-19 VACCINES?

Everyone ages 16 and over who lives or works in California is now eligible for a free COVID-19 vaccine. Vaccinations with Pfizer and Moderna vaccines continue in the East Bay while the Johnson & Johnson vaccine is paused ([see more details below](#)).

There are not yet enough vaccines for everyone eligible. There are more coming. Please don't give up. Keep trying!



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 for available appointments:**

- Check your email for notifications of 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 with a nice map which may list additional vaccine sites, though availability is not always up-to-date.
 - [Oaklandside](#) has additional details for Alameda County on their website.
- Don't give up! Keep checking and trying; eventually there will be enough vaccine.

3. 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:

- [Click here for an overview of paratransit options in Alameda County.](#)
- [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 vaccine registration form [on this webpage](#). If you are not able to use the internet form, please call 510-208-4829. Currently there is a wait list while the county gets home vaccination services in place.

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, Tiếng Việt)
- **Alameda County** notifications (in English, Español, 中文, Tagalog, Arabic, 한국어, Tiếng Việt)
- **Contra Costa County** appointment request form
- **Solano County** notifications
- **City of Berkeley** 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 Clínica
- LifeLong Medical Care
- Native American Health
- Roots Community Health Center
- Tiburcio Vasquez Health Center
- West Oakland Health

VACCINES FOR THE PUBLIC AT MASS VACCINATION SITES:

- **Oakland Coliseum:** for residents and workers in Alameda and Contra Costa Counties. [Click here for the MyTurn webpage](#) to check appointment availability. Toll-free phone line: 833-422-4255.
 - 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.
 - Alameda County, Contra Costa County and CA State is running this site through May 9 with additional state vaccine supply. Appointments are limited to Alameda and Contra Costa residents or workers.
 - After May 9, Alameda County plans to continue the site for Alameda County residents.
- **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:

- **Asian Health Services'** next vaccine event will be at Clinton Park (655 International Blvd, Oakland, CA 94606) on Monday (4/26) from 1-4 PM. We will be providing Moderna to community members 18 + older. Those that come this Monday on 4/26 for their first shot will return on 5/24 for their second shot. For an appointment, please call 510-735-3222
- **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.



7:30am-4:00 pm
@Paradise Baptist Church
9704 Empire Road, Oakland, CA 94603

We will offer:

- COVID-19 testing (results in 24 hours)
- Moderna Vaccine (Shot #2 for those vaccinated on 3/27)
- First time shots will be offered to those willing to get second dose at Umoja Health Stationary site (750 Aileen Street near Martin Luther King Jr. Way)

Umoja Health efforts are focused on engaging and uplifting the Black/African American community. We are also dedicated to serving those in the zip codes hit hardest by COVID-19 including 94603, 94605, 94621 and many zip codes in Hayward, Ashland/Cherryland and the unincorporated areas.

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

VACCINES THROUGH COUNTY VACCINATION SITES:

- **Alameda County** COVID-19 vaccine eligibility and notifications
 - 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 you from county-supplied sites.
 - Kaiser, Sutter, Stanford and the Coliseum get their own supply, so check with them separately.
 - City of Berkeley vaccine notifications: [click here to register](#)
- **Contra Costa County** COVID-19 vaccine access
 - 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 access
 - Please [click here](#) and scroll to the bottom for where to access vaccines.

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
@Care2BWell

OAKLAND UNIFIED SCHOOL DISTRICT

BE Well
It's your turn!

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. **Keep checking and trying, and you will eventually get a vaccine appointment.**

WHAT VACCINES ARE CURRENTLY AVAILABLE?

We have three authorized vaccines available: the Pfizer and Moderna two-dose vaccines and the Johnson & Johnson's (J&J) one-dose vaccine. All three authorized vaccines are highly protective, especially against severe disease, and 100% effective in clinical trials against hospitalization and death.

Johnson & Johnson vaccines and blood clots: On April 13, the FDA announced that out of the nearly 7 million Johnson & Johnson (J&J) vaccines administered, there have been 6 cases of rare and serious blood clots reported called cerebral venous sinus thrombosis, or CVST, combined with thrombocytopenia, or low platelet counts. This reported condition is very rare (less than 1 in 1 million so far). It is still unclear if and how the clots are caused by the vaccine. The CDC Advisory Committee on Immunization Practices (ACIP) met on April 14 and is gathering more information before reconvening on April 23.

Out of an abundance of caution, vaccination with the Johnson and Johnson vaccine has paused while the CDC ACIP investigates the cases and health care providers are alerted to recognize, treat and report new cases.

Vaccination sites have switched to only using the Moderna or Pfizer vaccines until further notice. There are no reports of these rare types of clots with low platelet counts in the over 100 million doses of the Moderna or Pfizer mRNA vaccines administered in the US so far.

The cases of these rare clots reported in the US so far occurred in women ages 18-48 and within 3-13 days of the vaccination. One person died, and another is in critical condition. For women ages 20-50 years, this is higher than the [background rate for CVST](#), so more investigation into risk factors is underway to determine the safest way to resume using the J&J vaccine. Since April 13, [two more cases](#) of clots have been reported. More details can be found in [this joint announcement from the FDA and CDC](#), a media briefing on [FDA's YouTube channel](#), [this article from NPR](#) and [this CDC health alert](#).

On April 20, the European Medicines Agency announced that the risks of the clots are "very rare" and that the overall benefits of the J&J vaccine "outweigh the risks of side effects."

To put the risk of these clots in perspective:

- 1 in 1,000,000 (1 million) people have had clots and low platelets after the J&J vaccine
- 1 in 150,000 people have had clots with low platelets after the AstraZeneca vaccine
- 0.5-2 in 100,000 people develop the CVST clot each year
- 1 in 1,330 people in the Bay Area have died from COVID-19
- 1 in 1,250 people hospitalized with COVID-19 have the CVT clot
- 1-2 in 1,000 people develop clots each year from air travel, estrogen-containing pills, injury and immobility ([learn more about clots here](#))
- 1 in 19 people in the Bay Area have been diagnosed with COVID-19

What else should we do about this?

People who have received the J&J vaccine in the past 3 weeks:

- If you develop severe headache, abdominal pain, leg pain, or shortness of breath within three weeks after vaccination, contact your health care provider or seek care right away.

Health care providers and staff:




1. **Recognize symptoms of clots and low platelets:** severe headache, backache, new neurologic symptoms, severe abdominal pain, shortness of breath, leg swelling, petechiae (tiny red spots on the skin), or new or easy bruising.
2. **Treat:** consult a hematologist; check platelet counts and PF4 ELISA (labs for HIT), and avoid heparin to treat clots with low platelet counts (<150k/ml) in people who've received the J&J vaccine. Instead consider non-heparin anticoagulants (such as argatroban) and high-dose intravenous immune globulin (IVIG) unless HIT testing is negative.
3. **Report within 24 hours** to the [Vaccine Adverse Event Reporting System](#): <https://vaers.hhs.gov/reportevent.html>

Health providers should also know that due to the presence of low platelets in combination with the clots,

heparin should be avoided and alternative treatments should be used instead unless HIT testing is negative. Based on studies from Europe on people developing clots after the AstraZeneca vaccine, which is also an adenovirus-vector vaccine, the pathogenesis may be related to the development of platelet-activating antibodies against the platelet-factor 4 (PF4) protein. Additional details for clinicians can be found in [this CDC health alert](#) from April 13 and [this ACIP slide deck](#) from April 14. You can also sign up for [Alameda County health alerts](#) [here](#).

Vaccines for ages 16-17: Currently only the Pfizer vaccine is approved for use in people ages 16-17. The Moderna and Johnson & Johnson vaccines are approved in people ages 18 and over. Due to Pfizer vaccine's ultra-cold storage requirements, not all vaccination sites provide the Pfizer vaccine. In Alameda County, [Children's Hospital Oakland](#), [Kaiser](#), [Sutter](#), [Stanford](#) and [Coliseum](#) vaccination sites offer the Pfizer vaccine for 16-17 year olds.

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



Alameda County
Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

What do you think about the COVID-19 vaccine? Fill out a [brief \(8-10 minutes\) survey](#) for the Alameda County Health Care Services Agency to help develop effective health promotion and education materials. The survey is for the general public and will be open through mid-May. Information collected is anonymous and confidential – no identifying information will be collected. Here are links to the [English](#) and [Spanish](#) language surveys.

PEOPLE LIVING WITH HIV AND COVID-19 VACCINES

All people living with HIV (PLWH) are recommended to get the COVID-19 vaccine. The approved vaccines are not live vaccines and are considered safe for people living with HIV regardless of CD4 count. 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. 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 \(PDF\)](#).

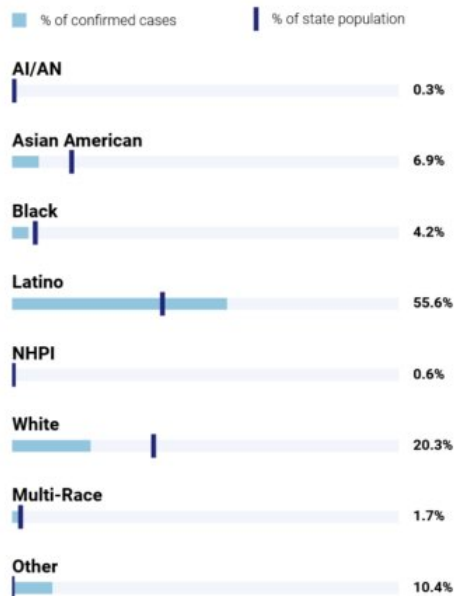
HELP THE VACCINE ROLL-OUT EFFORT!

- **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](#).

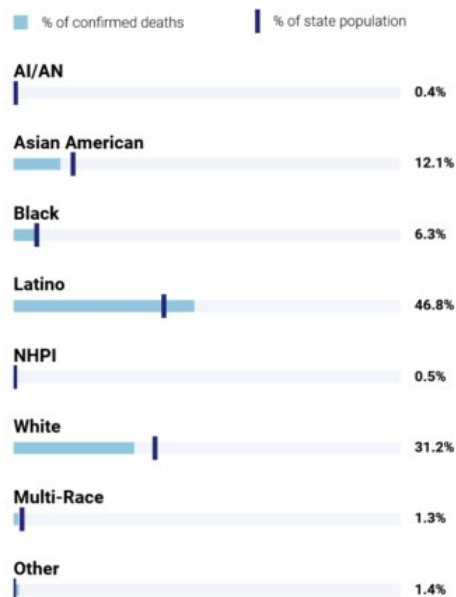
MORE VACCINE RESOURCES

DISPARITIES DATA AND STUDIES

Confirmed cases by race and ethnicity in California



Confirmed deaths by race and ethnicity in California



Updated April 21, 2021 with data from April 20, 2021. Note: Percentages may not add up to 100% due to rounding.

CDPH CA State COVID-19 dashboard 4/21/21: Latinx and Black/African American Californians continue to be disproportionately impacted by COVID-19.

Vaccine Impact – Alameda County's First 26 SNFs to be Vaccinated

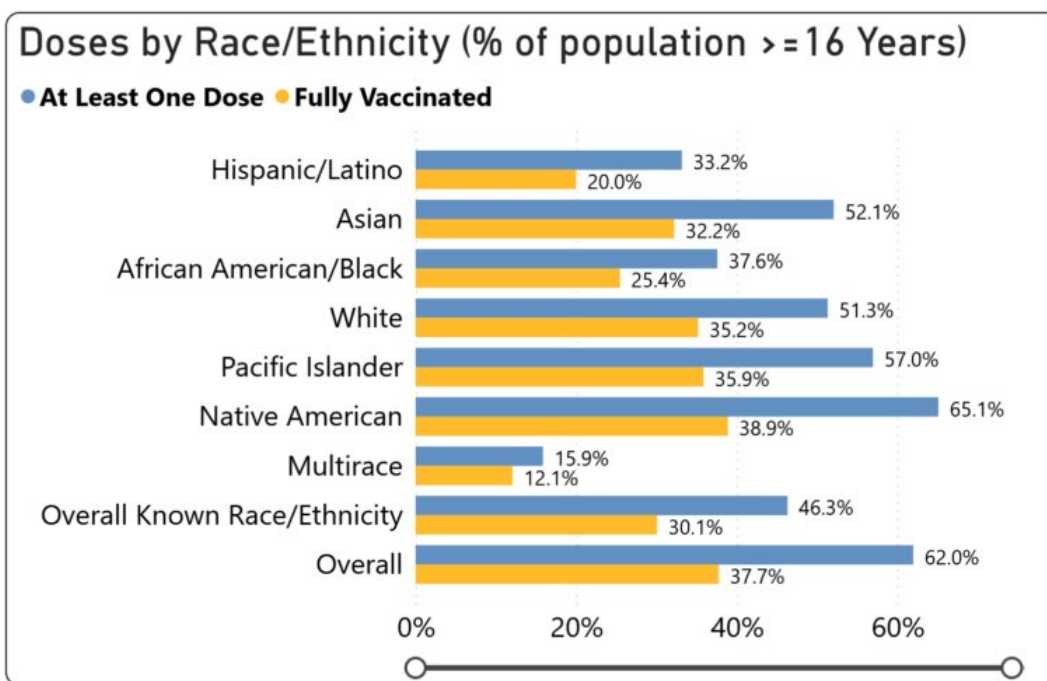
26 SNFs that completed all three of the CDC FPP vaccination clinics first
Updated 4/21/21

Year	Separate outbreaks	Positive residents	Resident hospitalizations	Resident deaths
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2020	79	1,330	210	173
2021	20	23	1	0



Great news! Deaths among our elders are declining. And there have been no deaths among people who've been fully vaccinated. Data from Alameda County skilled nursing facilities (SNFs) show the huge positive impact of vaccinations. Among the first 26 SNFs to have their residents vaccinated, there were 173 resident deaths in 2020 and none so far in 2021. The single hospitalization in 2021 is a resident who had not yet gotten vaccinated at the time of hospitalization.



Alameda County vaccination rates by race/ethnicity as of April 21 show that Latinx and Black/African American are less likely to have been vaccinated compared to White, API or Native American 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.

HARM REDUCTION TIPS AND RESOURCES

Here is the updated **CDC's guidance** for what fully vaccinated people can do:

1. Gathering with other vaccinated people in small groups indoors and without masks,
2. Visiting one low-risk household indoors without masks, and

WHAT YOU CAN DO ONCE YOU HAVE BEEN FULLY VACCINATED

Activity

Visit inside a home or private setting without a mask with other fully vaccinated people of any age



Visit inside a home or private setting without a mask with one household of unvaccinated people who are not at risk for severe illness



- 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.

CDC travel guidance for fully vaccinated people:



For unvaccinated people who are not at risk for severe illness	
Travel domestically without a pre- or post-travel test	✓
Travel domestically without quarantining after travel	✓
Travel internationally without a pre-travel test depending on destination	✓
Travel internationally without quarantining after travel	✓
Visit indoors, without a mask, with people at increased risk for severe illness from COVID-19.	✗
Attend medium or large gatherings	✗

- If you [travel in the United States](#), you do not need to get tested before or after travel or self-quarantine after travel.
- If you travel internationally, find out the [pandemic situation at your international destination](#) before traveling outside the United States and requirements for testing.
- Fully vaccinated people do *not* need to self-quarantine after arriving in the US or after exposure to COVID-19 unless you live in a large group setting.

CDC guidance for exposures to COVID-19 for fully vaccinated people:

- The good news is that fully vaccinated people are [very well protected](#) against serious COVID-19 and infection risk is low.
- Do you work in a healthcare setting? Let your supervisor know and follow workplace guidelines.
- Are you experiencing [any symptoms](#)?
 - If you don't have any symptoms and are not in a healthcare setting or congregate living situation, you don't have to quarantine. Just watch for symptoms for 14 days after your last exposure.
 - If you have symptoms or develop them, self-isolate and let your health care provider know about your symptoms, that you're vaccinated and get tested (ideally PCR and sequencing to evaluate for variants with report to public health).
- If you live in a congregate setting (e.g., correctional and detention facilities, group homes) you should quarantine for 14 days and get tested to help further reduce the risk of transmission to others in these crowded settings.
- If you work in a congregate setting or crowded workplace (e.g., meat and poultry processing and manufacturing plants), you do not need to quarantine, but testing is recommended.

Click for more from the CDC: [general guidance](#), [travel guidance](#) and [the scientific brief](#). [Click here for 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. Studies in real-world high risk settings show that vaccinated people are less likely to get asymptomatic infection ([90% less in this study](#) and [this study](#)) and lower viral loads when infected ([4x decreases](#)). In turn, [lower viral loads](#) and [less 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.



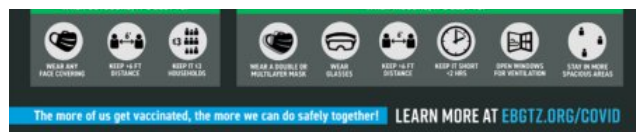
Figure 1. Recommended Masks for Public
Top: basic; bottom: maximal protection.

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

HIV 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](#).

A long-term study from the D:A:D cohort shows that **immediate ART slightly reduced cancer risk** among persons with HIV. Dr. Carlos del Rio writes, "About 80 persons would have to initiate ART immediately after diagnosis to prevent 1 person from developing cancer over 10 years. These data confirm that immediate treatment equals prevention – not only of HIV

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

transmission, but also of associated cancer.”

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](#).

OTHER UPDATES AND OPPORTUNITIES:

Same-day help for substance use is now available Monday through Friday, 8 am to 5 pm at the Bridge Clinic! Same-day services with Bridge Clinic through Substance Use Navigators are available to everyone, regardless of insurance status, including counseling and treatment for opioids (pills, heroin, etc.), alcohol, cocaine, and methamphetamine. Services are by phone and/or in-person at Highland Hospital. English and Spanish-speaking staff are available, and interpreter services are available for other languages. Text or call the Bridge Clinic Substance Use Navigators at (510) 545-2765. [Download flyers here](#) and see [more service details here](#)

Jobs, Internships, Scholarships and more:

Asian Health Services is looking for a *Community Health Advocate*. This role includes elements of Ryan White case management, PrEP navigation, and HIV testing, outreach, and advocacy. They are encouraging applicants from uniquely impacted communities to apply. Learn more about the job [here](#).

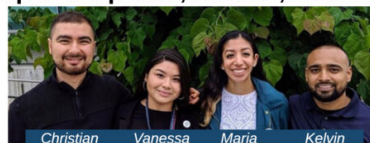
- **HEPPAC** is looking for a *Substance Use Navigator*. The navigator is a care coordinator and an integral team member of a statewide initiative to improve access to Medication for Opioid Use Disorder. Navigators conduct initial brief assessments, introduce patients to MOUD programs and services, expedite appointments at MOUD-capable clinics and serve as the primary coach for their clients. To learn more about the position, click [here](#).
- **Partnerships for Trauma Recovery** is dedicated to healing the psychological and psychosocial impacts of trauma among forcibly displaced immigrant survivors of human rights abuses and forced displacement resulting from war, torture, persecution related to identity and beliefs and other forms of interpersonal violence. PTR is looking to fill three positions: *Director of Client Care*, *Supervising Clinical Psychologist*, *Supervising Psychotherapist*. Applications will be reviewed on a continuous basis until the positions are filled. To learn more about the organization or the positions, [click here](#).
- The **AIDS Healthcare Foundation** has a newly created, full-time *Program Manager* position available at their Oakland Wellness Center. The Wellness Center is a comprehensive sexual health clinic that provides free sexual health and HIV prevention services to the East Bay community. Find more information about the position [here](#). To apply, interested individuals may send their resume (including cover letter) to Christopher.Mejia@ahf.org.
- **NASTAD** is seeking a *TIA Tools & Assessments Consultant* to create trauma-informed, healing-centered tools and assessments for Ryan White HIV/AIDS (RWHAP) Part B Program recipients and AIDS Drug Assistance Program (ADAPs) to guide and assist them in becoming healing-centered care and treatment programs. The submission deadline is close of business ET on Monday, April 26. Learn more about the opportunity [here](#).
- **ETR Associates** is hiring for a *Program Manager II* who will be responsible for planning, developing, and managing multiple projects (generally 2 to 3 projects at any one time). The current area of focus for this role will be within the HIV and whole family wellness areas, centering Black womxn, womxn of color, and their families. Learn more about

Struggling with heroin or pain pills? Alcohol? Cocaine or meth?

We can help today.

Ask your doctor and call (510) 545-2765
to talk to a *Substance Use Navigator*

- **Start Buprenorphine (Suboxone) to get off heroin or pain pills**
- **Connect to our outpatient treatment program to get help with opioids, alcohol, cocaine or meth**



Our Substance Use Navigator Team - CALL US!

the position [here](#).

- The **Center for Empowering Refugees and Immigrants** (CERI) is a community mental health center for refugee and immigrant communities. They are searching for a *Communications and Donor Relations Manager*, who is responsible for all external communication and marketing efforts including social media, plans and organizes fundraising activities, and manages the development budget and donor relationships. Learn more about the position [here](#).
- **Positive Women's Network – USA** is a national membership body of women and people of trans experience living with HIV. They are hiring a *Finance and Operations Manager*. Learn more about the position [here](#).
- The **Berkeley Free Clinic** is seeking community members who are invested in local healthcare justice to *join their Board of Directors*. They are accepting applications on a rolling basis. Learn more about the Board of Directors and how to apply [here](#).
- **Lifelong Medical Care** is looking for a *HIV Case Manager at their TRUST Health Center* in downtown Oakland. The Case Manager will provide comprehensive individualized case management services to people living with HIV (PLWH) in Alameda County. Learn more about the position [here](#). Lifelong also has many other openings, please check their listings [here](#).

Funding opportunities:

- There was a new **HOPWA grant opportunity** released last week. Funding provides communities with an opportunity to create and implement new projects that align with initiatives aimed at ending the HIV/AIDS epidemic and elevate housing as an effective structural intervention to end HIV. Learn more about the opportunity [here](#).
- **Community Catalyst** has launched a Vaccine Equity and Access Program, a national program that supports community-based organizations led by and working with people of color to facilitate information about, and access to, vaccines as part of a broader effort to reduce vaccination disparities, specifically in influenza and COVID-19 vaccination rates. The program will invest in approximately 75 community-based organizations led by and working with communities of color. Successful applicants will receive \$100,000 for a 12-month project building both COVID-19 and influenza vaccine confidence and will join a growing network of experts in the field in expanding vaccine access. Learn more about the opportunity [here](#).

Youth opportunities:

- The **Alameda County Health Care Services Agency** (HCSA) Career Exploration Program (CEP) is a *paid internship program* designed for Oakland high school students to explore careers in health and health administration. The application is now live and the deadline for the application is Friday, May 7th, 2021 at 11:59 p.m. PST. Learn more and apply [here](#).

Web events:

- Join the **Oakland LGBTQ Center** and **UCSF Benioff Children's Hospital Oakland** for a chat for LGBTQ young people under 25. Topics that will be discussed include: safe and happy sex, PrEP/PEP, sexual hygiene and how to get sexual health items and services for free. The event will take place on Thursday, April 29 from 4-5pm. Learn more about the event [here](#).
- **Alameda County Care Connect** is offering a suite of trainings to support care providers in meeting clients' needs. Some of their upcoming trainings include: *Accessing Primary Care 101*, *The Empathy Effect: Countering Bias to Improve Health Outcomes*, *The Empathy Effect: Countering Bias to Improve Health Outcomes*, *Tools of Engagement: Virtual Facilitation*, *Cultural Humility- An Approach to Promote Health Equity*, *Strategies to Enhance a Cultural Humility Approach*. Find more information on signing up for these training sessions [here](#).
- **Pacific AIDS Education Training Center** is hosting the 16th Annual HIV Nursing Network Conference (*Health Equity in the time of COVID-19*) is coming up on Friday, May 7 from 9:30am-4pm. Learn more and register [here](#).

- In observance of the **National Youth HIV/AIDS Awareness Day**, Connect to Protect Los Angeles, Region 9 PACE Program and other local and national partners have put together a panel discussion on engaging, enrolling, and navigating youth in PrEP/PEP services. The panel will take place on Thursday 4/22 from 11:30-1pm and will be formed by representatives working with youth to end HIV. Panelists will share their experiences with engaging, enrolling and navigating youth in PrEP/PEP services and share their own individual experiences with PrEP. [Register here](#) for the virtual event.
- Join **WORLD** for an educational PrEP event. AHF's Nurse Practitioner Isabella Ventura will providing insight and answering questions about PrEP. Thursday, 4/22 over Zoom from 2-4pm. Call 510-986-0340 or email enrollment@womenhiv.org to sign up and get the link!

Other resources:

- *What do you think about the COVID-19 vaccine?* Fill out a [brief \(8-10 minutes\) survey](#) for the **Alameda County Health Care Services Agency** to help develop effective health promotion and education materials. The survey is for the general public and will be open through mid-May. Information collected is anonymous and confidential – no identifying information will be collected. Here are links to the [English](#) and [Spanish](#) language surveys.
- **Word of Mouth Food Pantry** is offering free contactless food assistance on the 2nd and 4th Saturday of every month at 8400 Enterprise Way in Oakland. Learn more about Word of Mouth [here](#).
- **Low cost generic PrEP options** are now available: There are now several versions of generic emtricitabine/tenofovir disoproxil fumarate (F/TDF for short; also available as brand name "Truvada®") that can be purchased to be used as PrEP. Learn more about this change [here](#).

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

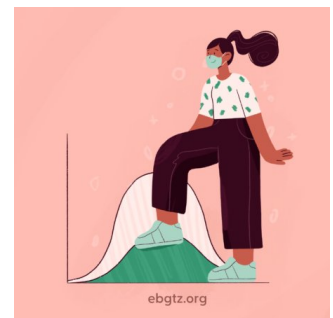
If your organization is in Alameda County and needs COVID-related supplies or staffing, please go to the [Emergency Medical Services website](#) to request PPE and testing supplies and [request staffing](#).

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:

- **COVID Vaccines:** [Alameda County](#), [Contra Costa County](#), [Solano County](#), [California State](#), [CA vaccine tracker](#)
- **COVID Vaccine Myths and Facts and FAQs** in English, Español, 中文, and Arabic: [Click here](#) to download.
- **COVID Testing:** [Alameda County](#), [Contra Costa County](#), [Solano County](#)
- **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 supports** (food, housing, stipends, etc.): [Alameda County resources](#) and [ARCH isolation stipends](#), [Contra Costa](#)

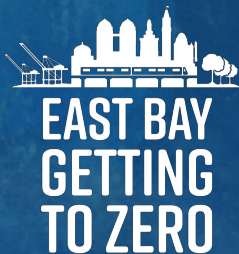
County, Solano County

- **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 and CA rules on reopening
- **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, EBGZ mask videos, guidance and resources
- **COVID PPE, staffing or testing supplies:** Alameda County EMS- request PPE, request staffing or request testing supplies.
- **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

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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