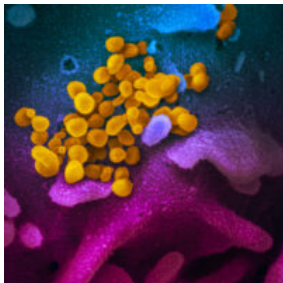


[Home](#) / [COVID-19](#) / [COVID updates](#) / [COVID-19 and HIV updates](#)

COVID-19 AND HIV UPDATES

APRIL 28, 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

Jump to:

- [Key East Bay COVID-19 updates](#)
- [Community spotlight](#)
- [Vaccine eligibility and access; updates on the J&J and other vaccines; vaccines for people living with HIV](#)
- [Disparities data and studies](#)
- [Harm reduction: prevention for vaccinated people and maximizing mask protection](#)
- [HIV updates](#)
- [Jobs, funding, training opportunities and other resources](#)
- [COVID testing and other top links](#)

EAST BAY COVID-19 UPDATES

Everyone ages 16 and over in the US is now eligible for a free COVID-19 vaccine, regardless of **insurance** and **documentation status**.

The East Bay's **Alameda** and **Contra Costa** counties have given at least one vaccine dose to 60% and have fully vaccinated over 40% of our residents 16+. Vaccinations rates have slowed after a peak in mid-April. To get everyone else eligible vaccinated, we are ramping up the ground game to get out the vax!

Vaccinations with the Johnson & Johnson vaccine resumed the week of April 26 ([more details below](#)).

COVID-19 daily cases and hospitalizations in the Bay Area have decreased after a



small rise in early April. Hospitalizations and deaths remain low, thanks to people getting vaccinated, masking and distancing. The spring wave in other parts of the

US has begun to subside. Alameda County reports outbreak clusters involving unvaccinated young adults and teens in recently reopened activities. We are at a critical point in the pandemic where we can still win the race between vaccines and variants.

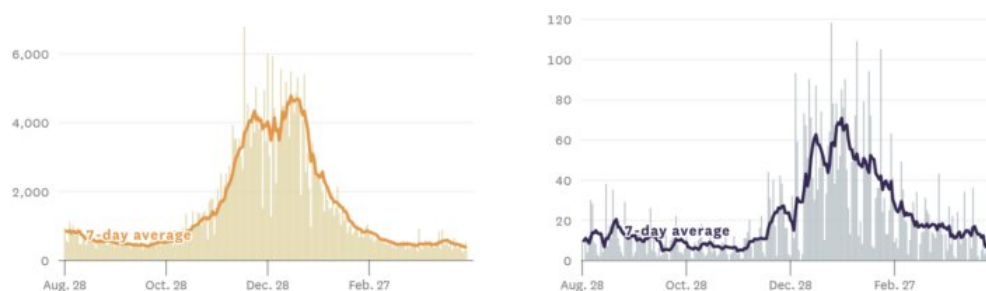


California state aims to reopen on June 15 with some precautions in place, such as masking, and [move beyond the Blueprint tier system](#) if we have enough vaccines and keep hospitalizations low.

On April 27, 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 increased in late March and are below 1 again, and are 0.85 across California as of April 26. [Click here to see what’s open](#) and [here to download new CA in-person guidance](#).

- **Alameda County: orange tier** week 5
 - 0.89 transmission rate
 - 68% residents ages 16+ have received at least once vaccine dose (partially vaccinated), 42% fully vaccinated
 - [Links to county vaccine updates and what’s open](#)
- **Contra Costa County: orange tier** week 4
 - 0.86 transmission rate
 - 68% partially vaccinated, 47% fully vaccinated
 - [Links to county vaccine updates and what’s open](#)
- **Solano County: red tier** week 8
 - 0.99 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, 4/28/21: 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: 510-208-4VAX or 510-208-4829 (English, Español, 中文)
- Contra Costa County: 844-729-8410 or 833-829-2626

- Solano County: 707-784-8988
- California state's MyTurn vaccine line: 833-422-4255


COMMUNITY UPDATE

JOHNSON & JOHNSON COVID-19 VACCINE


Questions about the J&J Vaccine?
Listen in & learn more this Thursday (4/29) at 6pm.




Dr. Noha Aboelata, MD
Founder/CEO, Roots Community Health Center



Dr. Nicholas Moss
Alameda County Health Officer,
AC Health Care Services Agency



Kimi Watkins-Tartt, PhD
Director, Public Health Department,
AC Health Care Services Agency



Dr. Kathleen Clanon
Medical Director, AC Health
Care Services Agency

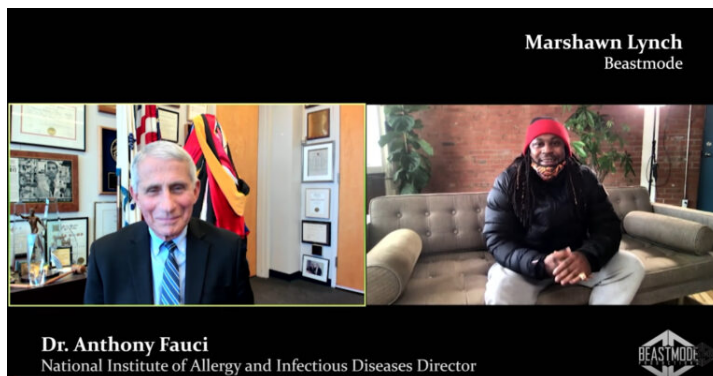
Join us:
zoom.us/j/99680214103

For Questions:
HCSACommunity@acgov.org

ASL/Spanish
translation available

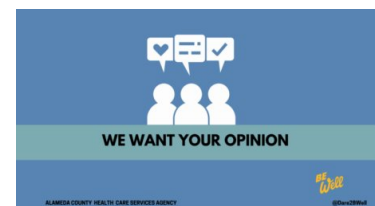
ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY @Dare2BWell

Alameda County is resuming the Johnson & Johnson vaccine as an option for residents. The county supports **informed decision making** and is holding a **Community Update** on the Johnson & Johnson vaccine this **Thursday, April 29 from 6-7pm**. Spanish and ASL simultaneous translation is available. Questions are encouraged in advance by email. Zoom link: <https://zoom.us/j/99680214103>



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 May 30. Information collected is anonymous and confidential – no identifying information will be collected. Here are links to the [English](#) and [Spanish](#) language surveys. Additional languages are forthcoming.



New in COVID-19 testing:

Rapid COVID-19 antigen home tests are now available: The BinaxNow antigen home self-test, retailing at 2 tests for \$23.99 is now sold at pharmacies (CVS, Walgreens, Walmart) and online retailers nationwide. The 15-minute test checks for current infection only and is done with a nasal swab, with results showing on a card. Additional antigen tests will be on sale soon too. The CDC [has guidance](#) on what individuals should do following a negative or positive at-home test.

Alameda County guidance for health care providers using point-of-care COVID tests can be [downloaded here](#) (October 2020), with an [addendum](#) (January 2021) [here](#).

New prevention guidance:

| | Unvaccinated People | Your Activity | Fully Vaccinated People |
|------------|---------------------|---|-------------------------|
| | | Outdoor | |
| Safest | | Walk, run, or bike outdoors with members of your household | |
| | | Attend a small, outdoor gathering with fully vaccinated family and friends | |
| | | Attend a small, outdoor gathering with fully vaccinated and unvaccinated people | |
| Less Safe | | Dine at an outdoor restaurant with friends from multiple households | |
| Least Safe | | Attend a crowded, outdoor event, like a live performance, parade, or sports event | |

Prevention measures not needed
 Take prevention measures
 Fully vaccinated people: wear a mask
 Unvaccinated people: wear a mask, stay 6 feet apart, and wash your hands.

The CDC announced on April 27 that fully vaccinated people no longer need to wear masks outdoors in many situations.

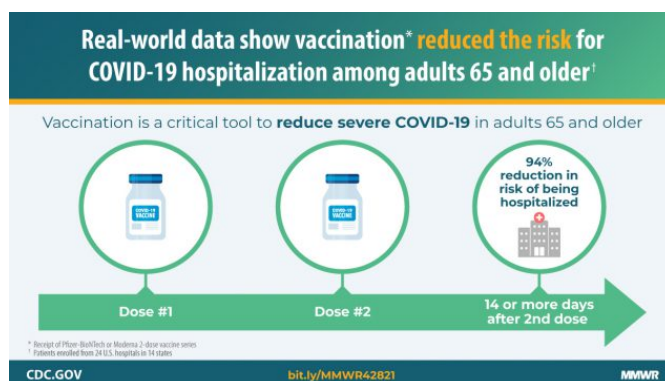
These include when walking, running, hiking or biking alone, or with members of their household; or if they attend small outdoor gatherings. Since many people are still unvaccinated, masks should still be worn in crowded outdoor events such as festivals, performances, parades and sports events as well as indoor public spaces. Governor Newsom has [announced](#) that California will align masking guidance with the CDC update. For more CDC guidance for fully vaccinated people, [click here](#).

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.



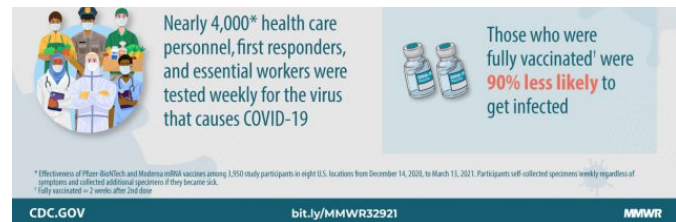
The CDC has reported data showing that the **Pfizer-BioNTech and Moderna vaccines were found to be 94% effective at preventing hospitalization in fully vaccinated adults 65+** and 64% effective among partially vaccinated adults 65+ starting 2 weeks after the first dose. There was no significant protection within the first 14 days of the first dose, highlighting the importance of continuing masking, distancing and avoiding crowds at least during the 2 weeks following the first dose.

A 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

mRNA COVID-19 vaccines are highly effective in preventing infections in real-world conditions

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.

Pfizer and Moderna vaccinations in pregnant and lactating people appear to be safe so far: Findings from a study of **pregnant participants** in the v-safe post-vaccine surveillance system revealed no clear safety issues from either the Pfizer/BioNTech or Moderna vaccines. 35,691 v-safe participants identified as pregnant, and 3958 participants enrolled in the v-safe pregnancy registry. Calculated proportions of pregnancy and neonatal outcomes appeared similar to incidences published in other peer reviewed literature. These findings add to **data from an ongoing cohort study** of pregnant and lactating people which found robust antibody titers in all groups, along with antibodies in umbilical cord blood and breast milk samples.

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”) and B1351 (“South African”) variants. The P1 (“Brazilian”) variant has been identified in 2 Alameda County cases. The B1351 (“South African”) variant has been identified in 4 Alameda County cases. The B117 variant is **now the dominant variant** in other parts of the US and has been linked to outbreaks in the Midwest during **youth sporting events**.

Approved vaccines are still expected to be effective against serious disease from these variants. Pfizer and Moderna are developing booster shots including variants, which are expected to be available by fall 2021. A booster within the first year and annual boosters after may be needed to sustain sufficient protection against the SARS2 virus and future 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. Donata Nilsen reported that 112 COVID-19 cases among vaccinated people (so-called “breakthrough” infections) had been reported in Alameda County as of April 28, 2/3 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. There have been 12 cases of reinfections reported among people previously infected in Alameda County. Variant sequencing is in process; this data is not published yet. **Nationwide “breakthrough” case data is available on the CDC website here.**

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 symptomatic “breakthrough” infections for people who are vaccinated or who previously had COVID-19 to the county public health departments (without a positive RNA PCR or antigen test within the previous 90 days) 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. To submit respiratory specimens to the county lab for sequencing, call 510-382-4300, email at acphl@acgov.org, or download the submittal form from the **ACPHL website**.

How close are we to herd immunity?

Many Californians have some virus immunity

About 38% of Californians recently tested for antibodies appear to have some immunity against the coronavirus, according to estimates from state health officials.



Source: California Department of Public Health

| | Percentage of people who had confirmed infections | Percentage of people with antibody immunity |
|---------------------|---|---|
| California (total) | 8.7% | 38.5% |
| Los Angeles | 11% | 45% |
| Southeast | 10% | 42.7% |
| San Joaquin Valley | 9.1% | 43.5% |
| Central Coast | 7.8% | 30% |
| Southern Border | 7.8% | 28.4% |
| Greater Sacramento | 5.5% | 30.9% |
| Bay Area* | 5.2% | 29.1% |
| Northern California | 5% | 32.7% |

*State system also includes Monterey and Santa Cruz counties in Bay Area

John Blanchard / The Chronicle

California statewide antibody testing

data from January and February shows that 38% of Californians tested had positive antibodies. There was wide regional variation, with the Bay Area on the low side at 29% positive antibody tests to 44% in San Joaquin Valley and 45% in Los Angeles. Antibody positivity was also highest in the lowest income areas (around 50%) compared to highest income areas (around 30%).

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 28, 2021

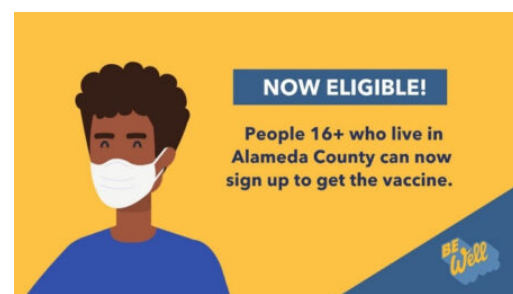
WHO IS ELIGIBLE FOR COVID-19 VACCINES?

Everyone ages 16 and over is now eligible for a free COVID-19 vaccine, regardless of insurance and documentation status.

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.
 - [Oaklandside](#) has additional details for Alameda County on their website.

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. Alameda County began home vaccinations on April 26.

All COVID-19 vaccines are available at no cost. No one should be charged for the vaccine, regardless of insurance or documentation status.

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, ខ្មែរ, Tiếng Việt)
- **Alameda County** notifications (in English, Español, 中文, Tagalog, Arabic, 한국어, ខ្មែរ, 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
- **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 in partnership with [Carbon Health](#) for Alameda County residents.
 - Walk-up appointments will discontinue after May 9 due to under-utilization. Other community-based walk-up locations are in development.
- **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.



HOJA HEAL www.unitedinhealthoakland.org

UNITED IN HEALTH

FREE COVID-19 TESTING EVENTS

FREE Testing for the COVID-19 VIRUS using SalivaDirect (no swab!)

NEW! Now offering COVID-19 VACCINES for eligible community members #TAKEYOURSHOT!

NO SWABS AT OUR POP-UPS

Email: info@unitedinhealthoakland.org Hotline / RESOURCES: **1-888-763-0007**

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
Oakland Unified School District

BE Well
It's your turn!

02/08/2021 English

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.

Vaccines are now readily available with ample supply, so you are likely to get a vaccine soon if you keep checking the various sites above for available appointments.

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.

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

Johnson & Johnson vaccines and blood clots:

On April 23, after a 10-day pause, the CDC voted to resume vaccinations with the Johnson & Johnson (J&J) vaccine for people ages 18+ because the benefits outweigh the risks of rare blood clots. Meeting slides and data updates discussed at the April 23rd CDC Advisory Committee on Immunization Practices (ACIP) meeting can be downloaded [here](#). Read the [detailed CDC process, analysis and recommendations on the J&J vaccine here](#).

[Click here for J&J updates from California state](#) and fact sheets in multiple languages.

More background, data and clinical guidance:

The CDC and FDA paused J&J vaccinations on April 13 because there had been 6 cases of rare and serious blood clots reported called cerebral venous sinus thrombosis, or CVST, combined with thrombocytopenia, or low platelet counts, out of the nearly 7 million doses administered. The pause provided time for health providers to be alerted and identify and treat more cases and gather more information. On April 23rd the CDC voted to resume vaccinations with the original approval for people ages 18 and over. This condition is now called the *thrombosis with thrombocytopenia syndrome* (TTS) following Janssen COVID-19 vaccine.

Dr. Sarah Oliver of the CDC presented a [brilliant analysis of risks and benefits](#) which showed that by resuming J&J vaccinations for all people ages 18+, while the projected risks are for 24-45 cases of this rare clotting syndrome, there would be 800 to 3,500 fewer ICU admissions due to COVID-19 and 600-1,400 fewer deaths due to COVID-19.

The first 6 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](#). Since April 13, 9 more cases of rare clots with low platelets have been reported for a total of 15 cases, all of which have been in women, 13 cases in women ages 18-49 and 2 cases in women ages 50+. The weekend after ACIP lifted the pause, [UCSF reported a case of the rare clot in a Bay Area man](#). More details can be found in [this April 13 announcement from the FDA and CDC](#), [this CDC health alert](#) and [slides with case and data updates from the April 23 CDC ACIP meeting](#).

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."

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.

To put the risk of these clots in perspective:

- 1-2 in 1 million people have had clots and low platelets after the J&J vaccine
- 5-6 in 1 million hospitalized with COVID-19 have the CVT clot

- 8-10 in 1 million have had clots with low platelets after the AstraZeneca vaccine
- 15-28 in 1 million develop the CVST clot each year
- 30 in 1 million have died from COVID-19 in the US
- 200 in 1 million have been hospitalized with COVID-19 in the US
- 1,000-2,000 in 1 million develop clots each year from air travel, birth control pills, injury and immobility
(learn more about clots here)

What should we do about this?

People who have received the J&J vaccine in the past month:

- If you develop severe headache, abdominal pain, leg pain, or shortness of breath within a month after vaccination, contact your health care provider and 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. **Evaluate and treat:** consult a hematologist; check platelet counts, PF4 ELISA (labs for HIT) and platelet activation assay; 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). The American Society of Hematology (ASH) has released [guidance for diagnosis and clinical management](#) and the CDC presented [Pathogenesis and Management of Thrombosis with Thrombocytopenia Syndrome \(TTS\)](#).
3. **Report within 24 hours** to the [Vaccine Adverse Event Reporting System](#): <https://vaers.hhs.gov/reportevent.html>
 - Alameda County providers should also email a copy of the VAERS report and the VAERS report number to COVIDreport@acgov.org.

Heparin and platelet transfusions should be avoided and alternative anticoagulant treatments should be used along with IVIG. Based on studies from Europe on people developing [clots after the AstraZeneca vaccine](#), which is also an adenovirus-vector vaccine, the leading theory of pathogenesis is related to the development of platelet-activating autoantibodies against the platelet-factor 4 (PF4) protein.

Additional clinical guidance:

- CDC: [Pathogenesis and Management of Thrombosis with Thrombocytopenia Syndrome \(TTS\)](#) released April 23.
- UCSF COVID-19 Grand Rounds (recorded April 22): Dr. Andrew Leavitt discusses how to recognize and treat vaccine-induced thrombotic thrombocytopenia (about 43 minutes in, after a great talk with Dr. John Moore about the vaccine).
- American Society of Hematology (ASH) [guidance for diagnosis and clinical management](#) released April 16.
- CDC clinical health alert released April 13.
- ACIP slide deck from April 14.
- Sign up for Alameda County health alerts [here](#).

VITT – Viewed Through the Clinical Lens

Presentation 5-28 days post COVID-19 vaccination

Presentation:

Important Lab Tests:

Treatment:

| | | |
|---|---|--|
| <ul style="list-style-type: none"> • Severe headache • New neurologic symptoms • Backache • Severe abdominal pain • Shortness of breath • Leg swelling • Petechiae • New bruising | <ul style="list-style-type: none"> • CBC with <u>platelet count</u> • PT, PTT, Fibrinogen <u>D-dimer</u> • HIT Assay: PF4 ELISA & confirmatory test • Symptom-directed imaging for thrombosis | <ul style="list-style-type: none"> • No heparin products • Use non-heparin anticoagulants IV direct thrombin inhibitor (Argatroban, Bivalirudin) Fondaparinux Apixaban or Rivroxaban • IVIG • Avoid Platelets if possible |
|---|---|--|

Summary slide from Dr. Andrew Leavitt on how to recognize and treat vaccine-induced thrombotic thrombocytopenia, from [UCSF COVID-19 Grand Rounds](#), recorded April 22, 2021.

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.

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 May 30. Information collected is anonymous and confidential – no identifying information will be collected. Here are links to the [English](#) and [Spanish](#) language surveys. More languages forthcoming.

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.

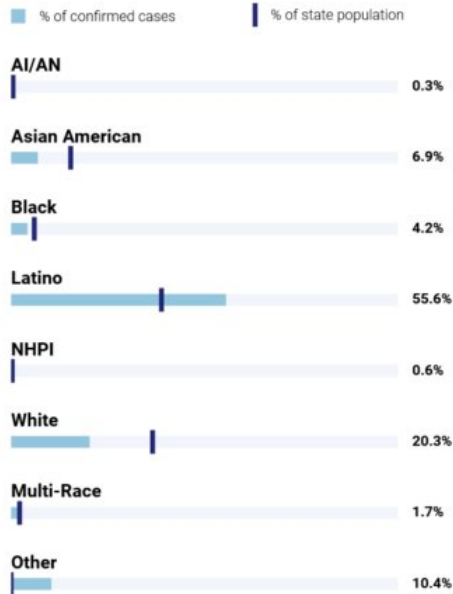
Resources for PLWH and COVID-19 vaccines: [UNAIDS infosheet on COVID-19 vaccines and HIV](#), [Clinical FAQs with Dr. Paul Sax at Harvard](#) and [The New England Journal of Medicine](#), [Clinical FAQs for people living with HIV from HIVMA \(PDF\)](#), [Guidance for talking with patients and FAQs for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

HELP THE VACCINE ROLL-OUT EFFORT!

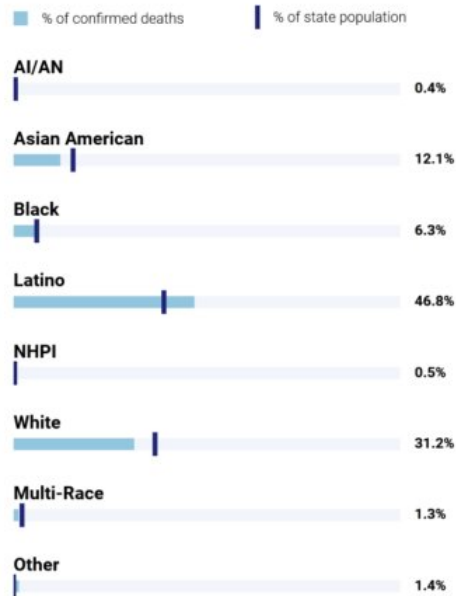
- **Health care clinics and organizations** are encouraged to [enroll in CalVax](#) to become vaccinators.
- **To volunteer** at a county vaccination site, [please register here](#).
- **To volunteer** at a state MyTurn vaccination site, [please register here](#).

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 |
|------|--------------------|--------------------|---------------------------|-----------------|
| 2020 | 79 | 1,330 | 210 | 173 |
| 2021 | 20 | 23 | 1 | 0 |



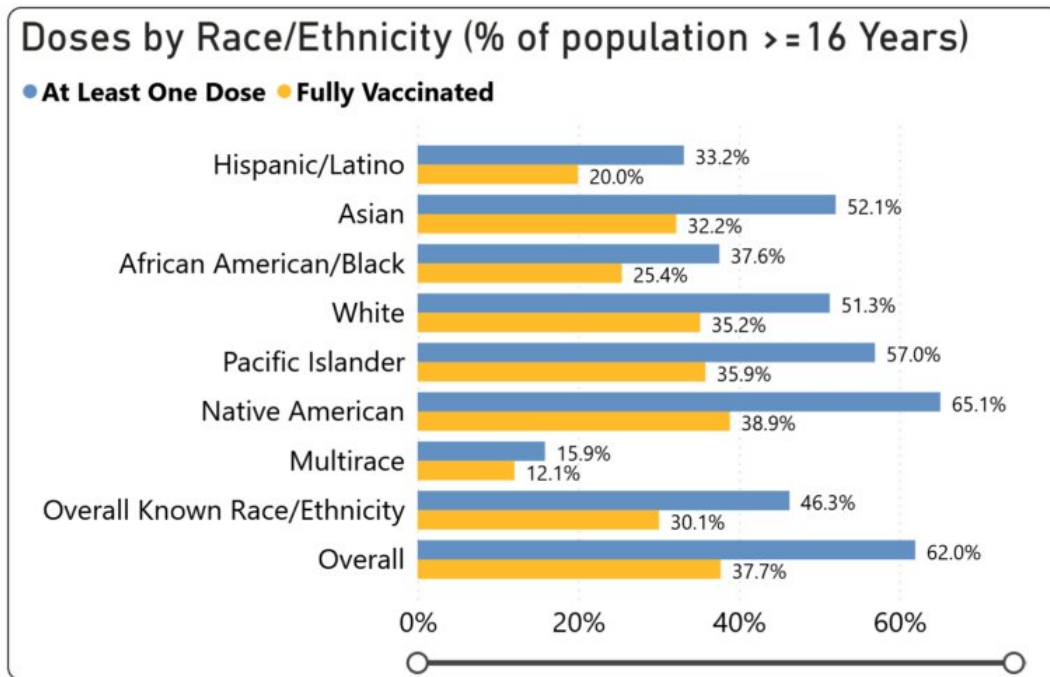
Alameda County
Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

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.

Nationwide the [CDC reports](#) that “in the first 2.5 months of the U.S. vaccination program, high social vulnerability counties had lower COVID-19 vaccination coverage than did low social vulnerability counties... Continued monitoring of vaccination coverage by social vulnerability metrics is critical for developing tailored, local vaccine administration and outreach efforts to reduce COVID-19 vaccination inequities.”

New vaccine equity guidance shared by the CDC HIV prevention division: [Click to download](#)

- [COVID-19 Vaccine Equity: Best Practices for Community and Faith-based Organizations](#)
- [A Guide for Community Partners](#) includes strategies, interventions, and ready-made messages and materials.
- [Toolkit for Correctional and Detention Facilities](#)

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,
3. Participating in uncrowded outdoor

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 | ✓ |
| Travel domestically without a pre- or post-travel test | ✓ |

- activities without a mask, and
- 4. 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.



Fully vaccinated people can also attend small outdoor gatherings, such as picnics at a park or backyard, without wearing masks.

CDC travel guidance for fully vaccinated people:

- 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.

| | Unvaccinated People | Your Activity | Fully Vaccinated People |
|----------------------|---|---|-------------------------|
| | Outdoor | | |
| Safest Least Safe | | Walk, run, or bike outdoors with members of your household | |
| | | Attend a small, outdoor gathering with fully vaccinated family and friends | |
| | | Attend a small, outdoor gathering with fully vaccinated and unvaccinated people | |
| | | Dine at an outdoor restaurant with friends from multiple households | |
| | | Attend a crowded, outdoor event, like a live performance, parade, or sports event | |
| | Prevention measures not needed Take prevention measures Fully vaccinated people: wear a mask Unvaccinated people: wear a mask, stay 6 feet apart, and wash your hands. | | |

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](#).

CA state followed on 4/15/21 with [similar guidance](#), while reiterating the importance of continuing to follow public health guidelines around mask wearing and physical distancing in most settings.

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.

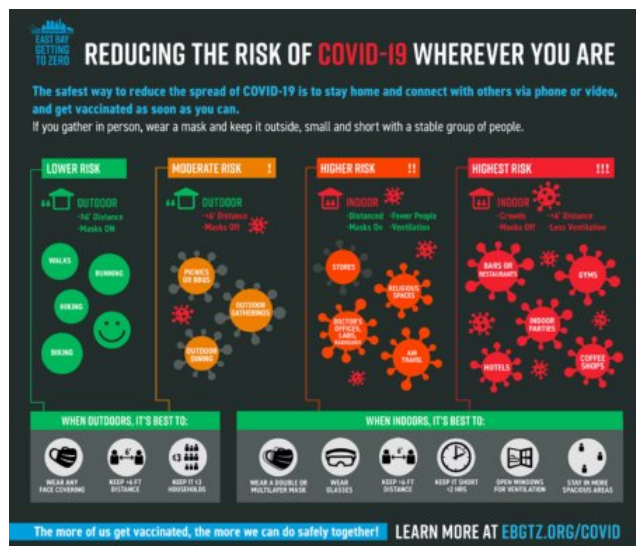


Figure 1. Recommended Masks for Public
Top: basic; bottom: maximal protection.

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 Snip on Flaticon.com
Please see [EBGTZ.org/resources](https://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.

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

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 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:

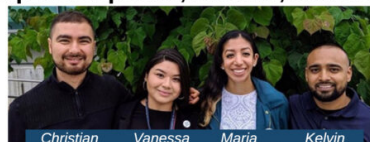
- **Asian Health Services** is looking for a *Community Health Advocate*. This role includes elements of Ryan White case management, PrEP navigation, and HIV testing, outreach, and advocacy. They are encouraging applicants from uniquely impacted communities to apply. Learn more about the job [here](#).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

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!

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 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 be 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](#).

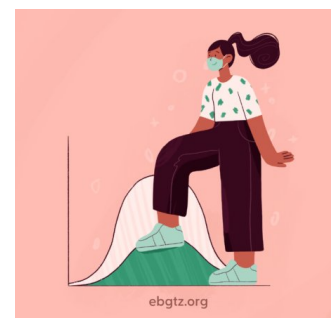
HIV services during COVID-19: [Click here for Contra Costa HIV services](#) and [see our online directory for Alameda County HIV services](#).

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 progress tracker](#)
- **COVID Vaccine Myths and Facts and FAQs** in English, Español, 中文, and Arabic and **Questions & Answers**
- **COVID vaccine safety updates** (CDC)
- **COVID testing:** [locations in Alameda County](#), [Contra Costa County](#), [Solano County](#); [CDC guidance on home testing](#).
- **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](#), [EBGTZ 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?

- **Rapid COVID-19 antigen home tests are now available:** The BinaxNow antigen home self-test, retailing at 2 tests for \$23.99 is now sold at pharmacies (CVS, Walgreens, Walmart) and online retailers nationwide. The 15-minute test is done with a nasal swab, with results showing on a card. Additional antigen tests will be on sale soon too. The CDC [has guidance](#) on what individuals should do following a negative or positive at-home test.
- **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 to make sure they are open for testing, you are eligible, and register if needed.
- If you don't have a provider and have COVID symptoms: In Alameda County, call Alameda Health System 510-437-8500 for a phone screen and guidance. In Contra Costa County, call 844-729-8410. In Solano County, the county COVID warmline is 707-784-8988.
- If you're having difficulty breathing and unstable, please go to your nearest emergency room.

[← BACK TO UPDATES](#)



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COVID-19

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