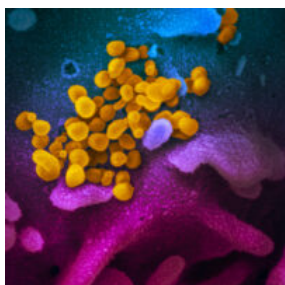


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COVID-19 AND HIV UPDATES

APRIL 7, 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 & LINKS](#)[ARCHIVES](#)[PDF SUMMARY](#)

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EAST BAY COVID-19 UPDATES

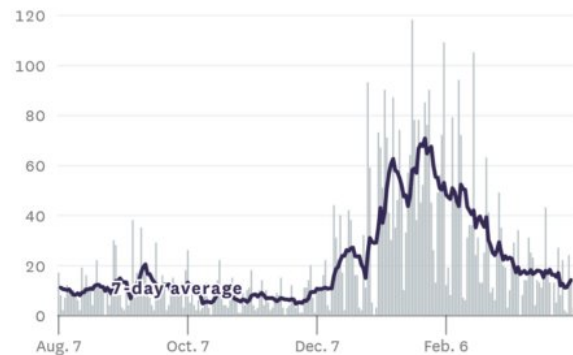
COVID-19 daily case, hospitalization and death rates in the East Bay have leveled off for the past 3 weeks. Rates have been increasing in other parts of the US as restrictions have loosened. As the Bay Area also reopens more in-person activities, we are at a critical and yet hopeful point in the pandemic. [Governor Newsom aims to reopen California](#) by June 15 if we can keep cases and hospitalizations low.

We can prevent another surge here if we keep up [masking](#), [distancing](#) and [getting people vaccinated](#).

On April 7, Contra Costa County joined Alameda County in the orange “moderate risk” tier of **California’s reopening framework**, while Solano County continues to be 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 below 1 since January and are [0.77 across California](#) this week. This may change as transmission data catches up with the reopenings. [Click here to see what’s open](#).

- **Alameda County: orange tier** week 2
 - 0.77 transmission rate
 - 47% residents ages 16+ have received at least once vaccine dose (partially vaccinated), 29% fully vaccinated
 - [Links to county vaccine eligibility updates and what's open](#)
- **Contra Costa County: orange tier** week 1
 - 0.81 transmission rate
 - 52% partially vaccinated, 30% fully vaccinated
 - [Links to county vaccine eligibility updates and what's open](#)
- **Solano County: red tier** week 5
 - 0.78 transmission rate
 - [Click here for the vaccine dashboard](#) (no % rates available)
 - [Links to county vaccine eligibility updates and what's open](#)

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



SF Chronicle, 4/7/21: COVID-19 daily cases and deaths in the Bay Area.

Vaccine eligibility and access: Contra Costa County expanded eligibility to everyone ages 16+ starting March 30. Alameda County and Solano County are vaccinating people ages 50+.

Alameda County is also currently vaccinating people with high-risk health conditions, people in highly impacted zip codes ([see list below](#)), people in congregate residential settings (jails/shelters), people experiencing homelessness and workers in public transit, health care, education/child care, food/agriculture, and emergency, janitorial and utility services.

Solano County is also currently vaccinating people with high-risk health conditions, all essential workers in the [California essential critical infrastructure list](#), people in congregate residential settings (jails/shelters), and people experiencing homelessness.



Nurse Sonni Belcher-Collins (right) administers a dose of the

The Oakland Coliseum vaccination site will continue to operate as a Alameda County, Contra Costa County and State of California collaboration after FEMA leaves on April 11. Eligibility after April 11 will be limited to people live or work in Alameda or Contra Costa Counties.

Johnson & Johnson COVID-19 vaccine to Vincent Burton (left) on Thursday, March 11, 2021 with the Trust Clinic in Oakland, California. Photo from SF Chronicle.

[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.

Updated guidance for people who are vaccinated:

Here is the **CDC's new 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
3. Masking and distancing in public spaces until more people get vaccinated.

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

CDC updated 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.

Click for more from the CDC: [general guidance](#), [travel guidance](#) and [the scientific brief](#). [Click here for our harm reduction guidance and graphics](#).

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	✓
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	✗



cdc.gov/coronavirus

CS323698 A 04/02/2021

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.

[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. The companies plan to submit the data to the FDA for emergency use authorization. Trials for children ages 6 months to 11 years old have also begun for both [Pfizer](#) and [Moderna](#) vaccines.

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.

A [new study](#) shows that mRNA vaccination boosts cross-variant neutralizing antibodies elicited by SARS-CoV-2 infection and highlights the importance of vaccinating both uninfected and previously infected persons to elicit cross-variant neutralizing antibodies.

Variants: A [UCSF study](#) found that the B.1.427/9 (“West Coast”) variants are about 20% more infectious than the original virus and are likely now 75–90% of cases in California. Previous studies linked the B.1.427/9 variants to higher rates of ICU and ventilation use. [Other variants of concern](#) reported in the East Bay include the B117 (“UK”) and B1351 (“South African”) variants. The P1 (“Brazilian”) variant has been identified in one case in nearby Santa Clara County. Approved vaccines are still expected to be effective against serious disease from these variants. Remember that viruses mutate when they replicate, and we can slow the rise of COVID-19 variants through masking, distancing and vaccinations.

“Breakthrough” infections: Dr. Nick Moss reported on April 7th that about 150–200 cases among vaccinated people have been reported thus far, mostly asymptomatic cases picked up in surveillance screening. Variant sequencing is in process, and none of this data is published yet.

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

New local resources:

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

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

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

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





COMMUNITY VACCINE SPOTLIGHTS

Dr. Xavier 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 7, 2021

WHO IS ELIGIBLE FOR COVID-19 VACCINES?

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

- **Alameda County:** ages 50+
- **Contra Costa County:** everyone ages 16+!
- **Solano County:** ages 50+

Alameda County is also vaccinating:

- **People with high-risk health conditions.** Medical providers can refer people with other conditions and at higher risk. People can self-attest at vaccine appointment registration and should *not* have to show proof of diagnosis.
- **People who *live* in one of the following highly impacted zip codes:** 94601, 94603, 94605, 94606, 94607, 94621, 94541, 94544, 94545, 94577, 94578, 94580.
- **People in congregate residential settings** such as jails and shelters.
- **Workers** in public transit, health care, education/child care, food/agriculture, and emergency, janitorial and utility services.
- **People experiencing homelessness**, using the HRSA definition which includes people who are doubled-up in a room, such as couch surfing. People in Alameda County can self-attest to their houseless status and underlying medical conditions.
- Download a printable version of the Alameda County vaccine eligibility and sites (updated 4/1/21) in [English](#) and [Spanish](#).

Solano County is also vaccinating:

- **People with high-risk health conditions.**
- **All essential workers** in the [California essential critical infrastructure list](#).
- **People in congregate residential settings** such as jails and shelters.
- **People experiencing homelessness.**

There are not yet enough vaccines for everyone eligible. 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 on your vaccine eligibility** with your medical provider and/or county for when the vaccine is available for your group.
3. **When you are eligible, keep checking for available appointments:**
 - Check your email for notifications and a link for appointments.
 - Check online or call your medical provider for appointment availability.
 - If you cannot get a vaccine through your health provider, check if you can get a vaccine through a public (county) vaccination site.
 - Please see below for links to medical providers and public vaccine sites.
 - [VaccinateCA](#) is a volunteer-run website which may list additional vaccine sites in CA.
 - [Oaklandside](#) has additional details for Alameda County on their website.
 - Don't give up! Keep checking and trying; eventually there will be enough vaccine.
4. **When you go to your vaccine appointment**, bring with you:
 - A photo ID
 - Proof of age, home or work address
 - Appointment confirmation (printed or on phone)
 - A mask.

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

- [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 notification form for "Alameda County residents" [on this webpage](#). If you are not able to use the internet form, please call 510-208-4829.

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

NOTIFICATIONS FOR WHEN VACCINE IS AVAILABLE FOR YOU:

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

- **California State** MyTurn notifications (in English, Español, 中文, Tagalog, Arabic, 한국어, ខ្មែរ, Tiếng Việt)
- **Alameda County** notifications (in English, Español, 中文; [click here for how-to video](#))
- **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
 - Tiburcio Vasquez Health Center
 - West Oakland Health

VACCINES FOR THE PUBLIC AT MASS VACCINATION SITES:

- **Oakland Coliseum:** Click [here](#) for the MyTurn webpage to check eligibility and appointment availability. 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.
 - Until April 11, this site is run by FEMA and CA state emergency services and receives its own vaccine supply.
 - After April 11, Alameda County, Contra Costa County and CA State will collaborate to run this site through May 9 with appointments 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:

- **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.

PROTECT OUR Community...
Come get tested!

THE TOWN
UMOJA HEALTH

GET TESTED FOR COVID-19 FOR FREE!
Pre-register for speed (registration not required)
www.unitedinhealthoakland.org

UNITED IN HEALTH
FREE COVID-19 TESTING EVENTS

FREE Testing for the COVID-19 virus

No Swabs

UMOJA HEALTH
COVID-19 FREE TESTING & VACCINATION DATES

Saturday, April 10, 2021
9:30am-4:00 pm
@Bayfair BART
15242 Hesperian Blvd, San Leandro, CA
We will offer walk up and drive through for :
- COVID-19 testing
- Moderna second shot
- J and J for first time participants

Sunday, April 11, 2021
9:30am-4:00 pm
@Beth Eden Baptist Church
1183 10th St. Oakland, CA



VACCINES THROUGH COUNTY VACCINATION SITES:

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



Protect yourself

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




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



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT
@Care2BWell



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. **When you’re eligible, keep checking and trying, and you will eventually get a vaccine appointment.**

WHAT VACCINES ARE CURRENTLY AVAILABLE?

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

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](#) 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			



PEOPLE LIVING WITH HIV AND COVID-19 VACCINES

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

The approved vaccines are not live vaccines and are considered safe for people living with HIV regardless of CD4 count. A diagnosis of HIV alone, regardless of immune status, is not one of the qualifying medical conditions for vaccines under the California's vaccine guidelines [listed here](#). There is [emerging data](#) that people living with HIV and CD4 counts less than 200 are at greater risk for hospitalizations and death, so consider prioritizing outreach, education and vaccinations for this potentially more-at-risk group.

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

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

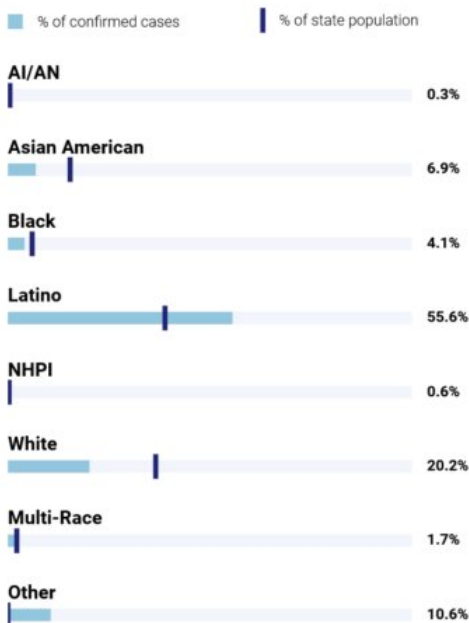
HELP THE VACCINE ROLL-OUT EFFORT!

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

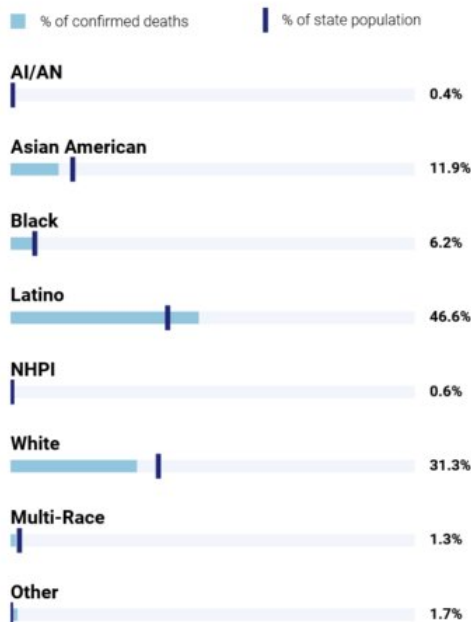
MORE VACCINE RESOURCES

DISPARITIES DATA AND STUDIES

Confirmed cases by race and ethnicity in California



Confirmed deaths by race and ethnicity in California



Updated April 7, 2021 with data from April 6, 2021. Note: Percentages may not add up to 100% due to rounding.

CDPH CA State COVID-19 dashboard 4/7/21: 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

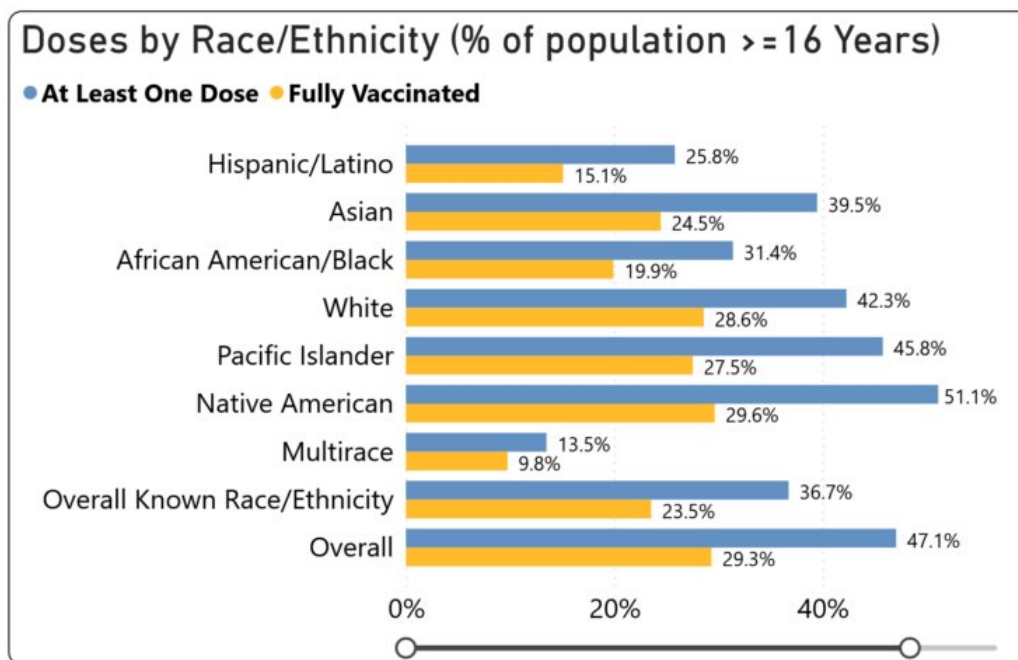
26 SNFs that completed all three of the CDC FPP vaccination clinics first

Updated 3/31/21

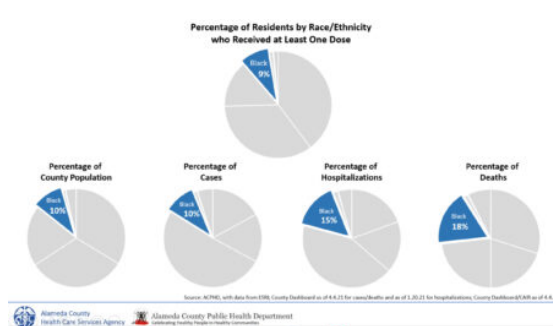
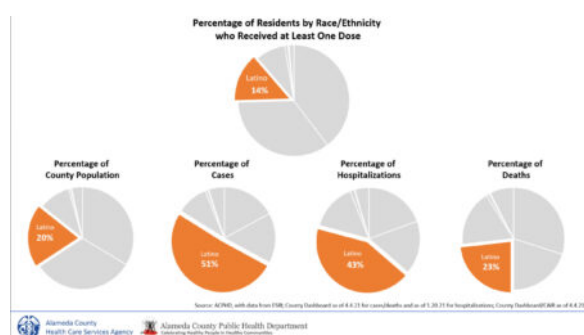
Year	Separate outbreaks	Positive residents	Resident hospitalizations	Resident deaths
2020	79	1,330	210	173
2021	12	20	1	0



Deaths among our elders are declining: 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 said to be in a resident who had not yet gotten vaccinated at the time of hospitalization.



Alameda County vaccination rates by race/ethnicity as of April 7 show that Latinx, Black/African American and Asian residents are less likely to have been vaccinated compared to White residents. However, there is a large number of people for whom race/ethnicity is not recorded, and some data suggests that a large proportion of those people are Latinx.



The pie charts above show how Latinx and Black residents in Alameda County have lower

vaccination rates and higher hospitalization and death rates as a percentage of the population.

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

Xiaojie Tan, 49; and Daoyou Feng, 44; Delaina Ashley Yaun, 33; and Paul Andre Michels, 54, died at Young's Asian Massage. Elcias R. Hernandez-Ortiz, 30, was injured in the shooting. Soon C. Park, 74; Hyun J. Grant, 51; Suncha Kim, 69; and Yong A.

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

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

HARM REDUCTION TIPS AND RESOURCES

Here is the [CDC's new 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
3. Masking and distancing in public spaces until more people get vaccinated.

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

CDC updated 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.

Click for more from the CDC: [general guidance](#), [travel guidance](#) and [the scientific brief](#). [Click here for our harm reduction guidance and graphics](#).

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	✓
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	✗



cdc.gov/coronavirus

CS223008-A 04/02/2021

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 Sophia S. Wong, MD
Icons by Good Ware, Freepik and Srip on Flaticon.com
Please see [EBGZ.org/resources](#) for the complete list of sources for this table.

HIV AND GLOBAL HEALTH UPDATES

CROI 2021 Virtual, one of the top international scientific HIV/AIDS conferences, took place on March 6-10. Highlights include studies showing:

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

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

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

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

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

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:

Jobs, Internships, Scholarships and more:

- [HIV Education and Prevention Project of Alameda County \(HEPPAC\)](#) provides comprehensive risk reduction services in the Alameda County community, syringe exchange program for the city of Oakland and the county of Contra Costa, a drop-in Center that provides basic needs services and HIV/Hepatitis C antibody testing and counseling services. HEPPAC is looking for a Programs Manager to provide leadership to the organization's efforts and Implement, evaluate and monitor programs activities. Learn more about the position [here](#).
- [California Department of Public Health](#) is recruiting for a Senior Environmental Exposure Scientist. The job is open to applicants until April 9. You can find more information [here](#).
- The [City of Berkeley](#) is looking to fill multiple positions. See the list of open positions [here](#).
- The [Young Women's Freedom Center](#) works with cis and trans young women, trans young men, and gender-expansive young people who have been disproportionately impacted by incarceration and juvenile and criminal justice systems, and/or the underground street economy, to create positive change in their lives and communities. YWFC is expanding their work into Contra Costa County and are looking for a Contra Costa County Project Coordinator. Learn more about the work and position [here](#).
- [Californians for Justice](#) is a statewide youth-powered organization fighting for racial justice. They have multiple positions open that are location-flexible: [Bookkeeper](#), [Capacity Building Manager](#), [Operations & HR Manager](#), [Strategic Partnerships Director](#).
- [Equality California](#) is the nation's largest statewide LGBTQ+ civil rights organization. As part of Equality California Institute's commitment to building the bench of LGBTQ+ appointed and elected leaders at all levels of government and business throughout the state, they are offering the *Equality California Institute Leadership Academy*. Interested individuals can learn more about the opportunity and apply [here](#).

Funding opportunities:

- [Akonadi Foundation's So Love Can Win Fund](#) provides general support grants of \$10,000 to Oakland's organizers, storytellers, culture bearers, and healers who seek to ignite and implement a radical collective vision of freedom and racial justice. A total of \$500,000 will be disbursed in two rounds. Round 1 will open on March 15, 2021 and close on May 1, 2021. Round 2 will open on July 1, 2021 and close on September 1, 2021. Learn more and [apply here](#).

Youth opportunities:

- [Youth Together](#) is an Oakland-based organization that provides youth leadership programming, student centers, and campaigns at five local high schools to develop positive, long-term solutions to fight social, political, community, and educational inequities in their lives, serving as a model for empowering change in other communities. **Youth Together is hosting their first virtual Youth Conference 2021: *Building the Future with Youth Together – Breaking Cycles, Building Power* on April 17th. Youth can learn more and [register here](#)**
- [Oakland Unified School District](#) is committed to being a sanctuary for all students. To this end, OUSD is calling for **student artists** to create their own posters, for a chance to win prizes and have their poster be printed and

distributed to schools throughout Oakland. Submissions are due by April 15th, 2021. **OUSD students can learn more about the opportunity [here](#).**

Web events:

- HRSA is hosting two virtual listening sessions on the barriers and facilitators to achieving the goals of the [Ending the HIV Epidemic Initiative](#) in the Pacific Region (Region 9).
 - – **April 13, 2021, 11:30 am–1 pm PT – Public Health Leaders/Officials:** this session will be for public health leaders (staff from state or local health departments and regional AETCs) from EHE-funded jurisdictions in the Pacific region.
 - Register [here](#) in advance for this meeting. *HRSA will approve your participation once you register.*
 - – **April 15, 2021, 10:30 am–12 pm PT – Community Members:** this session will be a Community Member Listening Session open to all. People living with HIV, public health leaders, stakeholders from organizations currently implementing HIV prevention and care programs and other community-based organizations, and staff from federally qualified health centers in the Pacific region are encouraged to participate.
 - Register [here](#) in advance for this meeting. *Automatic approval once you register.*
- **PRC (formerly Positive Resource Center)** has been helping those affected by HIV/AIDS, substance use, or mental health issues for decades. Services include emergency financial assistance for short-term security; legal representation for access to basic income and healthcare benefits; and residential treatment, supportive housing, and employment training for longer-term social rehabilitation. **PRC is holding a virtual workshop on “Working While Receiving Disability Benefits” workshop on Thursday, April 29, 2021, 10 am – 12 pm.** Learn more about the event and [register here](#).

Other resources:

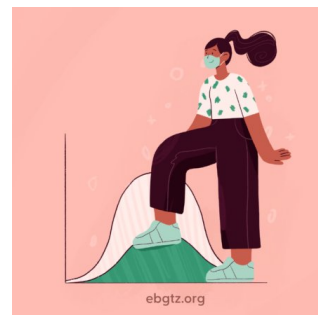
- **La Clinica’s TRUCHA program is offering free food and groceries** every Wednesday from 1–3pm. Call 510-535-4211 for more information.
- **Rent assistance** is available to residents of various East Bay cities including Oakland, Hayward, Fremont and Emeryville through [Bay Area Community Services’ Keep Everyone Housed Program](#). To learn more and apply, [click here](#).
- UCSF, SFSU, [Roots Community Health Center](#) and [Streetwyze](#) are partnering on a **new research project** funded by the California Breast Cancer Research Program. This project is **about understanding how the COVID-19 pandemic and shelter-in-place policies affect individuals and their communities within Alameda, Contra Costa and SF counties**, as well as understanding what local resources are important and useful at this time. They are looking to recruit participants who are 18+, speak English or Spanish, have access to a digital device, and live in one of the counties listed above. All participants will receive up to \$50 in e-gift cards. For questions, reach out to Aekta Shah (510-473-5711; aekta@streetwyze.com) or Tessa Cruz (510-473-5711; tcruz@streetwyze.com). You can access and complete the consent form [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-related services** (food, housing, etc.): [Alameda County map or lists](#), [Contra Costa County](#), [Solano County](#)
- **Public Health Department updates:** [Alameda County](#), [Contra Costa County](#), [Solano County](#), [California State](#)
- **What's open:** [Alameda County](#), [Contra Costa County](#), [Solano County](#), [California State](#)
- **COVID data:** [Alameda County](#), [Contra Costa County](#), [Solano County](#), [California State](#), [California \(SF Chronicle\)](#), [US \(CDC\)](#), [US by race \(CDC\)](#), [National/Global \(JHU\)](#). **Variants:** [in the US \(CDC\)](#) and [in California](#).
- **Maximizing mask protection:** [CDC guidance](#), [EBGTZ mask videos](#), [guidance and resources](#)
- **COVID PPE, staffing or testing supplies:** [Alameda County EMS- request PPE](#), [request staffing](#) or [request testing supplies](#).
- **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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