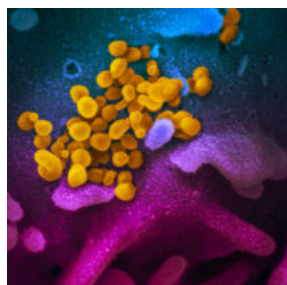


[Home](#) / [COVID-19](#) / [COVID updates](#) / [COVID-19 and HIV updates](#)

## COVID-19 AND HIV UPDATES

MAY 26, 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](#)
- [New vaccine studies, variants and "breakthrough" infections](#)
- [Vaccine access; updates on the J&J and other vaccines; vaccines for people living with HIV](#)
- [Disparities data and studies](#)
- [Harm reduction and prevention](#)
- [HIV updates](#)
- [Jobs, funding, training opportunities and other resources](#)
- [COVID testing and other top links](#)



### 40 YEARS OF PROGRESS

It's time to end the HIV epidemic. National Webinar

A Webinar on Best Practices and Innovations in HIV Prevention and Care

Thursday, June 3, 2021, 12:00 PM - 2:00 PM ET

Co-Moderators: Dr. David Asch, University of Michigan; Dr. David Asch, University of Michigan

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**On June 5<sup>th</sup>, the world will mark the 40<sup>th</sup> anniversary of the first official CDC reporting of five cases of what later became known as AIDS.** In the United States, June 5<sup>th</sup> is also observed as HIV Long-Term Survivors Day. On this day, we will remember those whom we've lost and honor the leadership of people living with HIV.

In commemoration of the 40<sup>th</sup> anniversary, the HHS Office of Infectious Disease and HIV/AIDS Policy (OIDP) will discuss how to leverage best practices, innovations, and health equity to end the U.S. HIV epidemic: June 1, 2021 from 9:00 A.M.-12:30 P.M. PT. You can [register here](#).

## EAST BAY COVID-19 UPDATES

**Everyone ages 12 and over in the US is eligible for a free COVID-19 vaccine, regardless of insurance and immigration status.** Vaccine supply in the East Bay is now plentiful for the three authorized vaccines: Pfizer, Moderna and Johnson &



Johnson. Appointments and walk-ups are available the same day at [MyTurn.ca.gov](https://myturn.ca.gov), including the Pfizer vaccine for 12-17-year-olds.

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

On May 25<sup>th</sup>, **Moderna announced that their vaccine is 100% effective for 12-17 year olds** in a clinical trial that enrolled 3,732 people ages 12 to 17, two-thirds of whom received two vaccine doses. There were no cases of symptomatic Covid-19 in fully vaccinated adolescents, the company reported. Moderna plans to submit data to the FDA for authorization in early June.



**The East Bay's Alameda and Contra Costa counties are in the top 20 highest vaccination rates nationwide among all counties with over 250,000 residents.** Both have given at least one vaccine dose over 75% of residents 16+ and have fully vaccinated over 60%. Alameda County has vaccinated over 1 million people. Vaccination rates have slowed after a peak in mid-April. **President Biden aims** to have 70% of adults in the US get at least one dose by July 4. While many Bay Area counties have already reached that goal overall, vaccination rates are uneven across communities and counties. **Solano County's first-dose vaccination rate is 64%.**

To get everyone else eligible vaccinated, we are ramping up the ground game and shifting from mass vaccination sites to smaller community-based sites, schools, health care clinics and mobile vans set up for lower-barrier access. **Let's get out the vax!**

From May 24 to July 4, **Uber and Lyft will provide free rides to and from vaccination sites.** Lyft will offer "ride codes" of up to \$15 for each trip to and from the vaccination site.

**La Clínica has new videos on COVID vaccines in Mayan Mam and in Spanish.**

**COVID-19 daily cases and hospitalizations in the Bay Area remain at low rates, thanks to people getting vaccinated and masking.** Worldwide, cases declined in May after reaching record levels at the end of April. South America now has the highest rate of new infections in the world, and cases in India are declining from a peak in early May. The spring wave in other parts of the US continues to subside. **Nationwide children represented 22%** of the new COVID cases during the last week of April, with outbreaks seen mostly in indoor sports activities. Fortunately, severe COVID-19 among children **remains rare.** Hopefully having the vaccine widely available kids down to 12 years old will help reduce these types of outbreaks.

**California state still aims to reopen on June 15** and move beyond the **Blueprint** system with **some precautions** in place, such as vaccine or negative test verification for mega events (5,000 people indoors or 10,000 people outdoors), **masking** in some settings, if we have enough vaccines and keep hospitalizations low.

On May 26, Alameda and Contra Costa Counties remain in the orange "moderate risk" tier of **California's reopening Blueprint framework**, while Solano County remains in the red "substantial risk" tier. In the orange tier, additional indoor capacity and activities are allowed, including restaurants, bars and other riskier settings. Estimated transmission rates in the Bay Area have been below 1 since mid-April, and are 0.77 across California as of May 24. [Click here to see what's open](#) and [click here to download updated CA in-person activity guidance.](#)

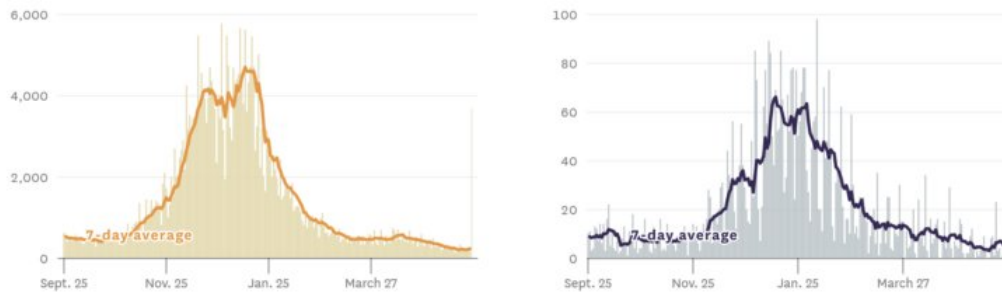


As of May 26:

- **Alameda County: orange tier** week 9
  - 0.75 transmission rate
  - 77% residents ages 16+ have received at least once vaccine dose (partially vaccinated), 62% fully vaccinated
  - Links to county vaccine updates and what's open
- **Contra Costa County: orange tier** week 8

- 0.85 transmission rate
- 73% of residents ages 12+ partially vaccinated, 63% ages 12+ fully vaccinated
- Links to county vaccine updates and what's open
- **Solano County: red tier week 12**
  - 0.76 transmission rate
  - 64% of residents 16+ partially vaccinated, 49% fully vaccinated
  - Links to county vaccine updates and what's open

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

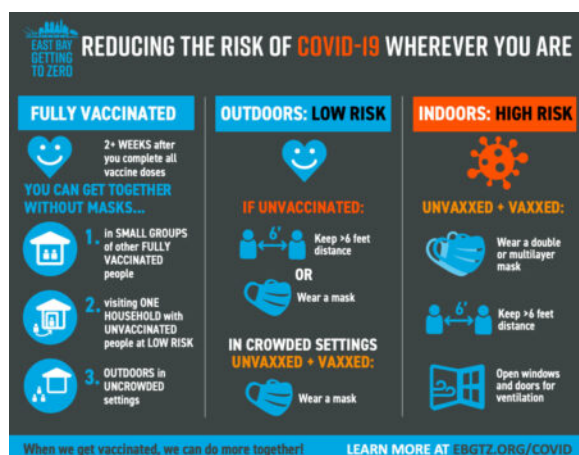


SF Chronicle, 5/26/21: COVID-19 daily cases and deaths in the Bay Area.

The Alameda County Council for Age-Friendly Communities has released its **Older Adult Digital Needs Assessment Survey**. The survey asks about seniors' level of access to internet services and devices, as well as their need for education and training to support their use of the internet.

Please help us support Alameda County to become a more age-friendly community by distributing the survey to as many of your stakeholders, clients, and community members as possible. Click [here](#) for a toolkit that provides many resources for survey distribution.

**Our COVID-19 harm reduction infographics in English and Spanish have been updated to include guidance for fully vaccinated people!** Please [click here](#) to download, share and print the graphics in English and in Spanish.



The graphics integrate updated CDC and California guidance. California will wait until June 15<sup>th</sup> to align with the CDC's new masking guidance



around allowing fully vaccinated people to not wear masks in most settings, including indoors.

Dr. Mark Ghaly, CA health and human services secretary, [stated](#) that CA will give more time for Californians to complete vaccinations and to figure out how to verify vaccination status in public spaces. The [current California masking guidance](#) is pictured our updated infographic.

## VACCINE STUDIES, VARIANTS AND “BREAKTHROUGH” INFECTIONS

**Increasing real-world data shows that COVID vaccines are safe and highly effective in preventing both asymptomatic and symptomatic infection.**

**New US CDC data shows high vaccine efficacy against variants in the real-world:** A CDC report shows that the proportion of reported vaccine “breakthrough” infections attributed to variants of concern has been similar to the proportion of these variants circulating throughout the US. As of April 30, 101 million people in the US have been fully vaccinated and 10,262 SARS-CoV-2 infections have been reported (0.01% of the fully vaccinated population), including 2,725 asymptomatic cases, 706 hospitalizations with symptomatic COVID-19 (0.0007% of the fully vaccinated population), and 132 died with symptomatic COVID-19 (0.0001%) with a median age of 82 years at the time of death. This translates to 99.999% protection against hospitalization and death from COVID-19 thus far in the fully vaccinated population.

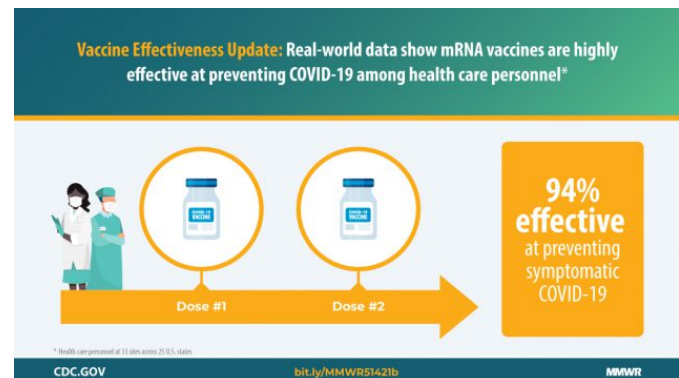
**A pre-print UK study shows a 40-50% reduction in forward transmission** in household contacts of “breakthrough” cases among people who received their **first dose** of the Pfizer or AstraZeneca vaccines.

**Updated CDC data shows that a single dose of an mRNA vaccine (Pfizer or Moderna) was 82% effective against symptomatic COVID-19, and 2 doses were 94% effective.**

Fully vaccinated high-risk frontline workers who were tested weekly were 90% less likely to get any infection, including asymptomatic infections.

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, and the importance of getting the second mRNA vaccine dose.



**Durability of immunity:** Two new studies, [one in Nature](#) and [one pre-print](#), show that both natural infection and vaccinations induce long-lived T-cell and B-cell responses, which help the body continue to identify the virus and produce antibodies whenever needed. The findings suggest that immunity to COVID-19 likely lasts at least a year, possibly much longer. The B and T-cell responses were stronger among those who were infected *and* vaccinated. Those immune just from vaccination alone may need boosters at some point, though when is still unknown. These findings strengthen the recommendation that all people with past infection also get vaccinated.

**Vaccines for children:** Moderna and Pfizer have reported data showing 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. On May 10th the FDA authorized use of the Pfizer vaccine for 12-15 year olds and on May 12th, the US Advisory Committee on Immunization Practices (ACIP) [voted to recommend the Pfizer vaccine for 12-15 year olds](#).

Moderna [announced](#) on May 25 that their vaccine is 100% effective for 12-17 year olds in a clinical trial that enrolled 3,732 people ages 12 to 17, two-thirds of whom received two vaccine doses. There were no cases of symptomatic Covid-19 in fully vaccinated adolescents, the company reported. Moderna plans to submit data to the FDA for authorization in early June.

Trials for children ages 6 months to 11 years old have also begun for both Pfizer and Moderna vaccines. Johnson & Johnson has paused [its study in adolescents](#), and plans for trials [in children and infants](#).

On May 17<sup>th</sup>, the CDC Vaccine Safety Technical (VaSt) Work Group [released a statement](#) on a **few reports of myocarditis, mostly mild, following mRNA vaccines**. VaSt reports that these cases seem to occur mostly in adolescents and young adults, cismales, after the 2<sup>nd</sup> dose and within 4 days post-vaccination. The rates of myocarditis reports following COVID-



19 vaccination have not differed from expected baseline rates. Myocarditis and pericarditis can also be clinical features of COVID-19 infection. Clinicians are asked to evaluate cases of myocarditis and pericarditis with a SARS-CoV-2 test, ask about vaccination history and report cases of myocarditis or pericarditis after vaccination promptly to the U.S. [Vaccine Adverse Events Reporting System \(VAERS\)](#), and continue to encourage COVID-19 vaccination in your patients, as the benefits far outweigh the risks.

**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:** [Variants of concern](#) reported in the East Bay include the B117 ("UK"), B1427/9 ("West Coast"), B1351 ("South African"), P1 ("Brazilian") and B1617 ("Indian") variants. The B117 variant is [now the dominant variant](#) here and elsewhere in the US. Approved vaccines are still expected to be effective against serious disease from these variants.

**A new Public Health England report on the B1617.2 ("Indian") variant** estimates that this variant was roughly 50% more transmissible than the B117 ("UK") variant among close contacts. Fortunately, [a new study by Public Health England](#) provided reassuring signs that vaccines are still effective against the B1617.2 ("Indian") variant. So far, the Pfizer-BioNTech vaccine provided 88% protection against B1617.2 ("Indian") variant, a slight drop from the 93% protection given against the B117 ("UK") variant. Full vaccination with the Astra-Zeneca vaccine provided 60% protection against B1617.2 ("Indian") variant, versus 66% protection against the B117 ("UK") variant. Protection after the first dose was seen to be only 34% thus far. Supporting people to mask up between doses and to get their 2<sup>nd</sup> doses is crucial.

Remember that viruses mutate when they replicate, and we can slow the rise of COVID-19 variants through masking, distancing and vaccinations.

**"Breakthrough" infections:** About [0.001% of the ~123 million fully vaccinated people](#) in the US have had reported hospitalizations with symptomatic COVID-19, or "vaccine breakthrough" infections through May 17. In Alameda County, Dr. Donata Nilsen reported that there have been 246 COVID-19 cases reported of "breakthrough" infections through May 26, and about half were symptomatic. Starting in May, only symptomatic "breakthrough" cases are being reported. Dr. Nick Moss reported that as of May 26, there have been 2 hospitalizations reported thus far due to COVID-19 among people who are fully vaccinated in Alameda County, both among very old people, and one case which may be due to old, pre-vaccination infection. As of May 26, there were 29 cases of reinfections reported among people previously infected in Alameda County. Variant sequencing data has not been reported yet. [Nationwide "breakthrough" case data is available on the CDC website here.](#)

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](mailto: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](mailto:acphl@acgov.org), or download the submittal form from the [ACPHL website](#).

### **Pandemic prevention: lessons learned**

A CDC modeling study published in May 2021 showed that at least "moderate NPI use" (e.g. masking and distancing rates remain at least at 50% of the levels we had in the winter-spring of 2021) is necessary to control COVID-19 through the summer and fall, especially if vaccination rates are 75% or lower. ([Borcherding](#))

[An article](#) in The Lancet comparing COVID-19 deaths and gross domestic product (GDP) growth, and strictness of lockdown measures during the first 12 months of the pandemic found that countries which used strategies for early elimination (e.g.

maximum quick action to stop community transmission, such as in Australia, Iceland, Japan, New Zealand, and South Korea) vs. mitigation (e.g. countries that used incremental interventions to reduce health care system burden, such as in the US, Mexico, UK and the EU) had 25 *times* lower COVID-19 deaths per 1 million people, had higher GDP growth, and demonstrated greater protection of civil liberties. ([Oliu-Barton](#))

An Independent Panel requested by the World Health Assembly (WHO) and led by Her Excellency, Ellen Johnson Sirleaf and the Right Honorable Helen Clark spent eight months reviewing evidence of the spread, actions and responses to the COVID-19 pandemic. The panel produced [a report](#) of what happened and analyzed how a pandemic can be prevented from happening again: *COVID-19: Make it the Last Pandemic*.

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**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.

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## VACCINE ACCESS AND UPDATES

Updated May 26, 2021

**Everyone ages 12 and over is eligible for a free COVID-19 vaccine, regardless of insurance and immigration status.**

**Vaccines are plentiful and widely available in the East Bay. Appointments and walk-ups are available the same day at many sites, including for the Pfizer vaccine for 12-17 year olds. Pfizer, Moderna and Johnson & Johnson vaccines are all available. Make an appointment today at [MyTurn.ca.gov](#) or with your medical provider!**



**On May 10th the FDA authorized use of the Pfizer vaccine for 12-15 year olds and appointments for everyone 12+ are now available at [Myturn.ca.gov](#). Oakland Unified has a [good webpage](#) summarizing school pop-up vaccine sites and other East Bay sites offering vaccines for people 12+.**

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## HOW DO WE GET A VACCINE?

### 1. Check for an available appointment or walk-up site hours:

- Go to [MyTurn.ca.gov](#) to make appointments at public sites and pharmacies across California.
- Or go to your **medical provider's** website (click for: [Kaiser](#), [Sutter](#), [Stanford](#), [Children's Oakland](#)) or call them. [Click for community health center links below](#).
- Additional options:
  - Check [county vaccine sites](#): Alameda County, Contra Costa County, Solano County
  - Check [community pop-up sites](#) and [Oakland school sites](#)
  - Check [VaccinateCA](#), which has a nice search map
  - Check the [Vaccines.gov national vaccine finder](#) for appointments across the US
  - Text your Zip code to 438829 to get numbers and links for vaccines.

### 2. When you go to your vaccine appointment, bring:

- A photo ID (does not have to be government-issued)
- Appointment confirmation, if not walking up (printed or on phone)
- A mask.
- For people under 18, there are several ways to provide consent:
  - Online registration: parent/guardian checks consent box
  - Drop-in/walk-up:
    - Parent/guardian comes and gives consent in-person
    - Parent/guardian gives consent on phone or video

- Youth brings in paper form signed by parent/guardian. [Click here](#) to download the parent/guardian consent form for Alameda County.

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## VACCINE PHONE LINES:

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

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## MORE INFO – JUMP TO:

- Transportation resources and vaccines for home-bound people
- Links to medical providers, community pop-ups, county sites
- J&J vaccine updates and additional information on vaccines
- Vaccines for people living with HIV
- What you can do when you're fully vaccinated
- Resources in multiple languages and Frequently Asked Questions
- Community spotlights: East Bay vaccine testimonials

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## IF YOU NEED HELP WITH TRANSPORTATION OR ARE HOME-BOUND:

- From May 24 to July 4, **Uber and Lyft will provide free rides to and from vaccination sites.** Lyft will offer "ride codes" of up to \$15 for each trip to and from the vaccination site.
- Go to [MyTurn.ca.gov](https://myturn.ca.gov) and click on "yes" under "I need help with transportation" when you register.
- [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.
- **Home-bound people in Contra Costa County:** [request a home vaccination](#) from the mobile team.

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## VACCINES THROUGH MEDICAL PROVIDERS:

- **Kaiser members**
- **Sutter members**
- **Stanford Health members**
- **UCSF Benioff Children's Hospital Oakland:** for all community members ages 12-24
  - Open to everyone ages 12-24, even if they are not members
  - 744 52nd St., Oakland, CA 94609
  - Call (415) 514-1196, Monday to Saturday, 7 a.m. to 7 p.m., and Sunday from 8 a.m. to 5 p.m.
  - All callers should choose option 2 and stay on the line to speak with an operator, who will schedule an appointment
  - No proof of eligibility will be required.
- Many **community health centers** are providing vaccine appointments for all community members:
  - 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:

- **Alameda Fairgrounds in Pleasanton:** for Alameda County residents. [Click here](#) for appointment info.
- **The Buchanan site in Albany** is open for people living in northern Alameda County.

## VACCINES THROUGH PHARMACIES:

- **CVS pharmacies**
- **Rite Aid pharmacies**
- **Walgreens pharmacies**
- **Lucky and Save Mart pharmacies**

## VACCINES THROUGH COMMUNITY POP-UPS:

- **Oakland school site pop-ups** and other sites for 12+
- **Umoja Vaccine: United in Health Oakland:** see flyer
  - Hotline: call 1-888-763-0007 and leave a phone number.
- **Fremont High School:** Appointments and drop-in available for persons ages 18 and older. Hours of operation are Thursday, Friday, and Saturday 8 am-4 pm. To make an appointment call (510) 208-4829.
- **City of Refuge United Church of Christ**
- **Unity Council in the Fruitvale, East Oakland**

**UMOJA HEALTH**  
**COVID-19 FREE TESTING & VACCINATION DATES**  
 Umoja Health efforts are focused on engaging and uplifting the Black/African American community. We are also dedicated to serving those in the zip codes hit hardest by COVID-19. Find us in your neighborhood at one of our pop-up events.

**WEEKLY LOCATIONS:**  
**Thursdays at Center of Hope**  
 8411 MacArthur Blvd  
 10:30-2:30pm  
**Fridays at CHORI**  
 750 Aileen Street  
 9:30-130p

**CATCH US AT OUR NEXT POP-UP!**  
**SATURDAY 5/15/21**  
 Bible Fellowship Missionary Baptist  
 1520 8th Avenue  
 930am-4pm  
**BLACK CULTURAL ZONE**  
**SUNDAY 5/16/21**  
 Akoma Market  
 6955 Foothill Blvd  
 10am-230pm

Find out about our next Pop Up testing AND Vaccine dates at [www.unitedinhealthoakland.org](http://www.unitedinhealthoakland.org)

**Es su turno**  
**Vacuna COVID-19 Gratis**  
 Para Residentes del Condado de Alameda

### Bienvenidos Con Cita y Sin Cita

Disponible Aquí: Vacuna Moderna para mayores de 18 años  
 Para Residentes de Alameda County

## Escuela Fremont High Gym

High Street & Ygnacio Avenue, Oakland, CA 94601



### Horas de Operación

Jueves 8am-4pm  
 Viernes 8am-4pm  
 Sábado 8am-4pm

### Enlace Para Hacer Cita:

[bit.ly/AlCoSignUp](https://bit.ly/AlCoSignUp)  
 510-208-4VAX, 510-208-4829

**It's your turn**  
**Free COVID-19 Vaccine**  
 For Alameda County Residents

### Appointments & Drop-Ins

Available Here:  
 Moderna vaccine for 18 years and older  
 Alameda County Residents

## Fremont High School Gym

High Street & Ygnacio Avenue, Oakland, CA 94601  
 (Close to Foothill Blvd. · ADA Accessible · Check Street Sweeping)



### Hours of Operation

Thursday 8am-4pm  
 Friday 8am-4pm  
 Saturday 8am-4pm

### To book an appointment:

[bit.ly/AlCoSignUp](https://bit.ly/AlCoSignUp)  
 510-208-4VAX, 510-208-4829



## VACCINES THROUGH COUNTY VACCINATION SITES:

- **Alameda County** COVID-19 vaccine access
  - Get an appointment: [bit.ly/AlCoSignUp](https://bit.ly/AlCoSignUp)
  - Getting a Vaccine in Alameda County flyer (5/20/2021): [English](#) | [Spanish](#) | [Arabic](#) | [Chinese \(Simplified\)](#) | [Vietnamese](#)
  - Vaccinations for people experiencing homelessness
  - Vaccinations for youth
  - Kaiser, Sutter, and Stanford get their own supply, so check with them separately.
- **Contra Costa County** COVID-19 vaccine access
  - Walk-in sites (no appointment required)
  - [Click here to make 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 down for vaccine sites.




Vaccines are now readily available with plentiful supply with choices for the Pfizer, Moderna or J&J vaccines.

## 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.

- **See how the authorized vaccines work:** download PDF infographics from the CDC –
  - How the Pfizer and Moderna mRNA vaccines work: in [English](#) and [Spanish](#).
  - How the J&J viral vector vaccines work: in [English](#) and [Spanish](#).

Here is an infographic from Alameda County showing the 3 available vaccines. Clinical trials show that 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
<b>Please Note:</b> <ul style="list-style-type: none"> <li>• 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.</li> <li>• mRNA vaccines use harmless genetic material (mRNA) that instruct the body to generate an immune response to COVID-19.</li> <li>• Viral vector vaccines use a harmless modified version of a non-COVID-19 virus to generate an immune response.</li> </ul>			
ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY			

## 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 far 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](#). Please see the Alameda County infographic below on the relative risks.

Read CDC updated questions and answers on the J&J vaccine [here](#) and 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.

**CLICK HERE FOR MORE INFO ON THE J&J VACCINE AND CLINICAL GUIDANCE**

**Vaccines for ages 12-17:** Currently only the Pfizer vaccine is approved for use in people ages 12-17. The Moderna and Johnson & Johnson vaccines are approved in people ages 18 and over. In Alameda County, [Coliseum](#), [Buchanan](#), [Kaiser](#), [Sutter](#), [Stanford](#), and [Children's Hospital Oakland](#) and increasing numbers of vaccination sites offer the Pfizer vaccine for 12-17 year olds.

Moderna [announced](#) on May 25 that their vaccine is 100% effective for 12-17 year olds in a clinical trial that enrolled 3,732 people ages 12 to 17. Moderna plans to submit data to the FDA for authorization in early June. Pfizer plans to submit data and an authorization request for children ages 2-11 in September.

**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.



## 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 [data](#) showing that people living with HIV and CD4 counts less than 200 may have 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. While T-cell and B-cell immunity is considered critically important, this is not easily measured so we use spike antibody levels as a proxy. We don't know yet how much commercially available SARS-CoV2 antibody tests check for protective levels of spike antibodies generated by the vaccines. If spike antibodies are positive, this may be reassuring, but a negative test is more difficult to interpret (e.g. there may be some protection not measured by antibody levels). Providers and patients may discuss the risks and benefits of checking for spike IgG antibody levels two or more weeks after the second vaccine dose while we await more data. If post-vaccination antibodies are checked, be sure to order the anti-spike IgG (not anti-nucleocapsid) antibodies, such as these: [click for the Quest](#) and [LabCorp SARS-CoV2 spike antibody test codes](#).

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!

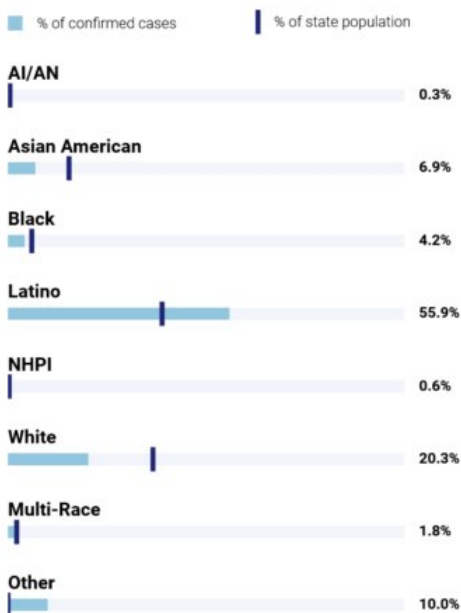
- **Health care clinics and organizations** are encouraged to [enroll in CalVax](#) to become vaccinators.
- **To volunteer** at a county vaccination site, [please register here](#).
- **To volunteer** at a state MyTurn vaccination site, [please register here](#).

### MORE VACCINE RESOURCES

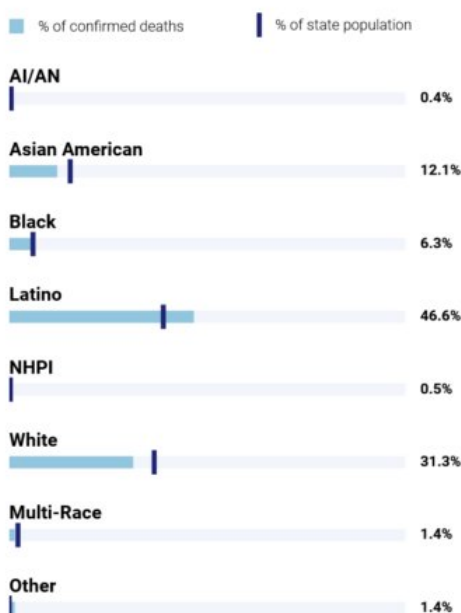
## DISPARITIES DATA AND STUDIES

**More incarcerated people have died of COVID-19 in US correctional facilities in the past year than died by capital punishment in the past 70 years**, according to the U.S. Justice Department. Now, [a new study](#) shows that two-thirds of people in California's 35 state prisons have had at least one dose of a coronavirus vaccine, according to the newly published report by the [Stanford-CIDE Coronavirus Modeling Team](#). That compares favorably with the 62.6% rate among the state's vaccine-eligible population and the 46.6% rate nationwide.

Confirmed cases by race and ethnicity in California



Confirmed deaths by race and ethnicity in California



Updated May 19, 2021 with data from May 18, 2021. Note: Percentages may not add up to 100% due to rounding. "Other" race and ethnicity means those who do not fall under any listed race or ethnicity.

[CDPH CA State COVID-19 dashboard 5/19/21](#): Latinx and Black/African American Californians continue to be disproportionately impacted by COVID-19.

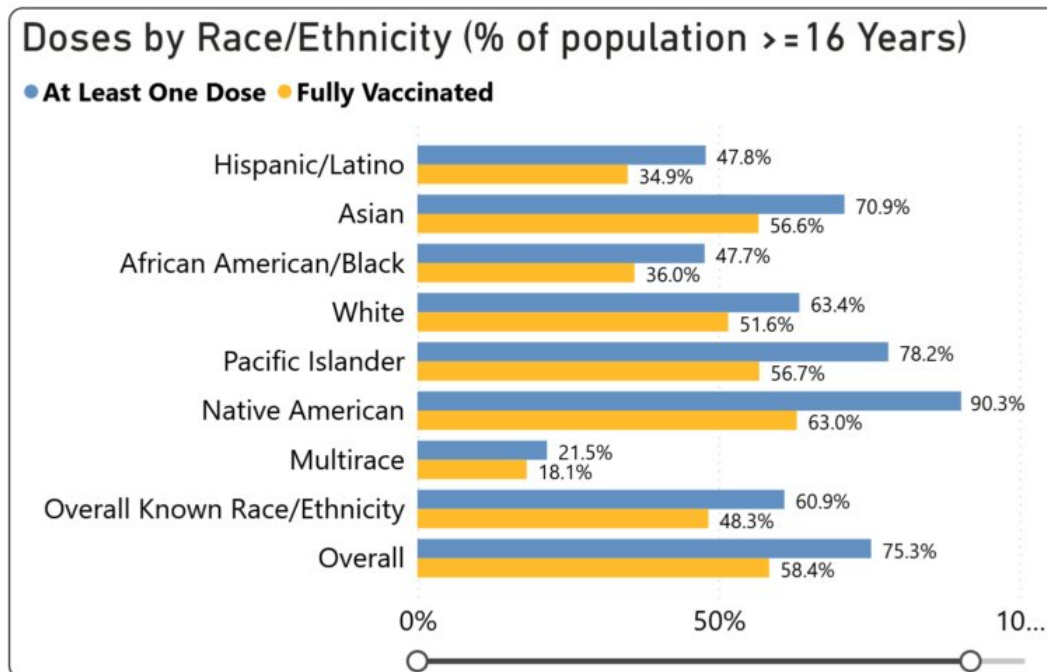
## Vaccine Impact – Alameda County's First 26 SNFs to be Vaccinated

*26 SNFs that completed all three of the CDC FPP vaccination clinics first  
Updated 5/5/21*

Year	Separate outbreaks	Positive residents	Resident hospitalizations	Resident deaths
2020	79	1,330	210	173
2021	20	23	3	1

**Great news! Deaths among our elders continue to be much lower this year compared to last year.**

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 only 1 so far in 2021. California reports that 98% of its 85,000 nursing home residents have been vaccinated with at least one dose.



**Alameda County vaccination rates by race/ethnicity** as of May 19 show that Latinx and Black/African American are less likely to have been vaccinated compared to White, API or Native American residents.

The latest KFF COVID vaccine survey shows that **Latinx adults are about twice as likely as White adults to say they want to get a COVID-19 vaccine as soon as possible and report access-related barriers to vaccination.** This represents an important opportunity for our organizations to address concerns around cost (reassure people the vaccine is free), insurance and immigration status, and make vaccinations convenient around hours and location and coming from trusted organizations.

**La Clínica has new videos on COVID vaccines in [Mayan Mam](#) and in [Spanish](#).**

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

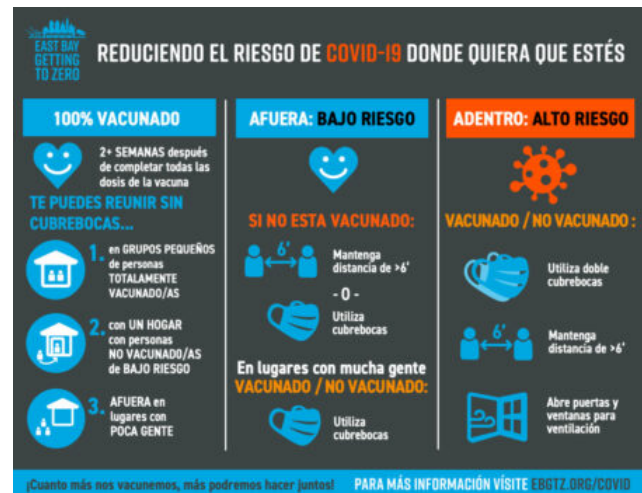
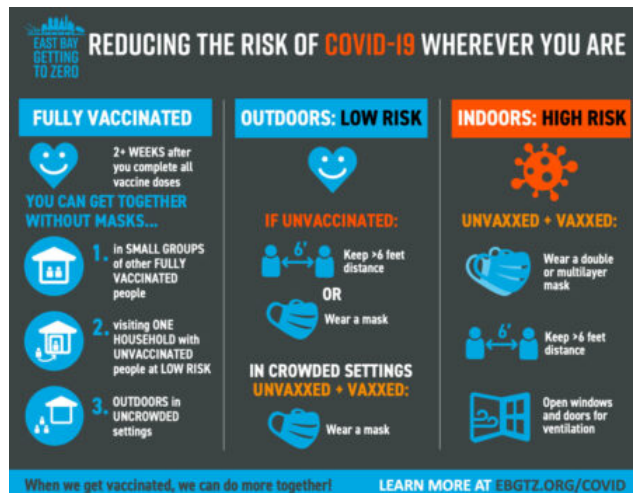
- COVID-19 Vaccine Equity: Best Practices for Community and Faith-based Organizations
- A Guide for Community Partners includes strategies, interventions, and ready-made messages and materials.
- Toolkit for Correctional and Detention Facilities

## HARM REDUCTION TIPS AND RESOURCES

[CLICK HERE FOR DETAILS ON WHAT FULLY VACCINATED PEOPLE CAN DO](#)

[CLICK HERE FOR INFO ON DOUBLE-MASKING](#)

Our **COVID-19 harm reduction infographics** are updated to include prevention for fully vaccinated people and are available in **English and Spanish!** Please click here to download, share and print the graphics in English and in Spanish.



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

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

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

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

### COVID-19 harm reduction strategies: Use as many of these as you can!

Strategy	% reduction
1. Vaccination	95% mRNA EUA vaccines
2. Masking	60-95%
3. Staying outdoors	~95% in one case series
4. Distancing	53-88%
5. Eye protection	78%
6. Hand hygiene	28-45%
7. Testing/isolation	33%

Updated 12.23.20 \* Data compiled by Sophy S. Wong, MD  
Icons by Good Ware, Freepik and Srip on Flaticon.com  
Please see [EBGTZ.org/resources](https://ebgtz.org/resources) for the complete list of sources for this table.

## HIV UPDATES

A large randomized-controlled trial of **HIV antiretroviral therapy (ART) in pregnant women** in 9 countries found that dolutegravir-containing regimens had superior virologic suppression and, combined with TAF/F (emtricitabine and tenofovir alafenamide fumarate), the lowest risk for maternal and fetal adverse events.

**A study from the Expanded HIV Testing and Linkage to Care Program**, a collaboration between 13 health care centers in Chicago, showed that during the COVID-19 pandemic Emergency Departments (EDs) that integrated HIV screening with COVID-19 screening had 2.4x higher rates of acute HIV diagnoses per day (26%) during the pandemic compared to the 4 years prior to the pandemic. The study authors suggest that patients with acute HIV may be more likely to come in for testing because they are concerned about possible COVID-19 infection. This study demonstrates the importance of

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



## OTHER UPDATES AND OPPORTUNITIES:

Updated May 19, 2021

### Job opportunities:

- **Street Level Health Project** is looking to fill four positions: [Health Navigator I](#), [Day Laborer Employment Advocate](#), [Office Manager](#), [Day Laborer Workers Rights Organizer](#). Details on all four positions are available [here](#).
- **Bay Area Community Health** is seeking *Licensed Clinical Social Worker or Clinical Psychologist* to provide culturally affirming services and meet the needs of the LGBTQIA+ community. Behavioral Health Provider will serve as an expert on mental health issues, needs and interests of LGBTQIA+ adults, families and community, including knowledge of the spectrum of gender and sexual identities and transgender issues. Collaborate with a multi-disciplinary team in a primary care setting while providing a brief intervention model of therapeutic services. Access the job description and application [here](#).
- The **California Department of Public Health – STD Control Branch** is recruiting to fill a *Research Scientist II (RS II)* position. The position will either be located in Richmond, CA or Sacramento, CA. The final filing date for both applications is June 3, 2021. Learn more about the position [here](#).
- **Facente Consulting** currently has three open positions: [Senior Consultant](#); [Senior Consultant Lead for Ending the HIV Epidemic \(EtHE\) projects](#) and [Talent Manager](#). Learn more about the positions and apply [here](#).
- **Bridge HIV** has two full-time employment opportunities open: [Research Associate](#) and [Program Assistant](#). Employment is provided by Heluna Health. Many thanks for helping us to get the word out!
- **Asian Health Services** is looking for a *Licensed Clinical Social Worker* to provide mental health treatment services, psychotherapy, crisis intervention, and coordinating patient care with appropriate staff. Learn more about the position [here](#).
- **Oakland LGBTQ Center** is looking for a *Community Health Outreach Worker (CHOW)-Project Empowerment* who is committed to eliminating barriers to care for marginalized groups to include Black MSM, in order to improve health outcomes and stop the spread of HIV in our community, through offering culturally competent, gender and sexual orientation affirming, meaningful, community connected, innovative social and health care programs that work. Learn more about the position [here](#).
- The **California Department of Public Health** is hosting a *virtual job fair* on Friday, May 21st from 8:30-11:30am. Learn more about career opportunities, chat with staff from multiple CDPH programs, and get your questions about the State of California's hiring process answered by their recruitment team. Register [here](#).
- **Human Impact Partners** is still looking for a *Communications Associate* and an *Operations Associate*. Learn more about the positions [here](#).
- **Greenlining Institute** is looking for a *Program Manager for Capacity Building* to support local stakeholders to advance community-driven, equitable climate solutions at the pace and scale demanded by climate change and ongoing injustices. Learn about the position [here](#).

### Funding opportunities:

- The **Sex Worker Giving Circle** is accepting grant applications from organizations with budgets under \$400,000. There are grants available at two levels – \$15,000 or \$25,000. Applications close on May 26th. Learn more about the opportunity [here](#).

### Internships, Scholarships and more

- **Berkeley Free Clinic** – the Operations Section is opening *volunteer applications*! Ops exists to support the

Berkeley Free Clinic by coordinating projects and services that affect multiple sections of the clinic. Priority deadline on May 16, and final deadline on May 21. Learn more and apply [here](#).

- **WORLD** is open for applications to the Spring/Summer cohort of their *Leadership Institute*. Meetings will begin in June 2021, with sessions every other Thursday from 11:30 AM – 1:30 PM. If you have questions, reach out to [dburns@womenhiv.org](mailto:dburns@womenhiv.org) or call WORLD at 510-986-0340. Apply [here](#).

#### Youth opportunities:

- The **UCSF School of Nursing** is doing a study to learn more about PrEP use among young adults in the Bay Area during the COVID-19 pandemic. This study involves a one-time online survey, and all participants will have the option to receive a \$30 Amazon gift card as an appreciation for their time. Some participants will be asked if they would like to complete a 50-minute interview via Zoom for an additional \$40 gift card, if they express interest. All participation is virtual. To learn more or to be screened for eligibility, complete the short screening assessment [here](#) or directly text/call: 415-917-7686.
- **Native American Health Center** is offering a *Young Adult Support Group* as part of their Community Wellness Department's cultural prevention services. The focus of the program is to provide young adults, ages 18 – 25 years old, a safe space to express themselves, learn self-care techniques and acquire resources that promote wellness and personal growth. The group takes place once a month and are facilitated by NAHC staff and guest speakers/consultants. For more information, contact [DallasW@nativehealth.org](mailto:DallasW@nativehealth.org)
- **RYSE Youth Center** is offering a *Youth Power Open Mic* hosted by the Richmond Youth Poet Laureate, Sheila McKinney on Friday, May 21st from 3–5pm. The first 10 youth to register will receive a gift in the mail, so please be sure to write your entire address. This is an open mic for poetry, singing, dancing, or speaking from the heart! Sign up [here](#).
- Calling all young, powerful youth activists across the country. **Advocates for Youth** has opened up applications to join their *Youth Activist Network*. Apply to be one of 130 youth activists aged 14–24 in a year-long fellowship who receive training, support, and \$600 per semester to organize for reproductive justice in your community. Learn more and apply [here](#).



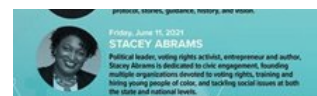
#### Web events:

- **East Bay HIV Prevention Network Meeting:** Friday, May 21st, 11–12:30pm
- **Upcoming EBG TZ Working Group Meetings:**
  - Youth Engagement Working Group: Friday, May 7th 2–3:30pm
  - Community Messaging Working Group: Friday, May 14th 1:30–3pm
  - Spanish Language Engagement Group: Wednesday, June 9th, 1:30–3pm
  - To join our email lists or working groups: contact [yamini@ebgtz.org](mailto:yamini@ebgtz.org)
- Check out this downloadable list of **April to June 2021 trainings for HIV team members:** from EBG TZ, PAETC and the Alameda County Care Connect.
- **Alameda County Health Care Services Agency's Behavioral Health Care Services Department, and the California Institute for Behavioral Health Solutions will host the annual California Health Equity Summit on June 10–11, 2021.** The summit will feature keynote speakers Stacey Abrams and Corrina Gould, and there will be 14 innovative workshops to advance social justice and equity throughout behavioral health systems and organizations. For more information and to register [click here](#).
- **PAETC and their partners are hosting Managing Medical Distrust –**



**Actionable Steps to Cultivate Trust with Communities of Color. The symposium will take place on June 16-17, 2021, from 10am-2pm.**

Medical mistrust and distrust have adversely impacted efforts to end the HIV epidemic. This event will provide attendees with strategies to meaningfully engage priority populations in an effort to address medical mistrust and distrust and end the HIV epidemic. Learn more about the event [here](#).



- **PAETC is hosting a two-day statewide HIV & Aging Conference: Northern California on Thursday, June 3, 2021 and Friday, June 4, 2021 from 9:30 am – 1:30 pm.** The theme of the conference is: *Collectively Changing the Landscape: Coordinating Services to Meet the Needs of People Living With HIV 50+.* Learn more about the event and register [here](#).
- **CAI** is an organization dedicated to improving the quality of healthcare and social services delivered to marginalized populations worldwide. They are hosting a webinar titled **Housing is Healthcare: Best Practices and Common Challenges in HIV Housing. The webinar will take place on Thursday, May 27, 2021 from 10-11:30am.** Learn more about the event [here](#).
- Join Dr. Natalie Wilson and the Oakland East Bay Alumnae Chapter of Delta Sigma Theta Sorority, Inc. for a **COVID-19 Vaccine Town Hall on May 23rd 1:00-2:30pm** with the young Black Woman scientist responsible for behind the vaccine for COVID-19, Dr. Kizzmekia Corbett. Learn more and register [here](#).
- The **CDC** will be holding 2 webinars to receive comments on the 2021 *Update to the HIV PrEP Clinical Practice Guideline and Providers Supplement*. The webinars are on Mon May 24<sup>th</sup> or Tues May 25<sup>th</sup> at 10-11:30 am PDT [here](#) (Meeting ID: 160 278 9792, Passcode: 7i@v%w29). Find the update and info on the webinars [here](#).



**Other resources:**

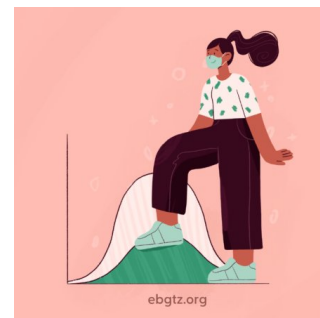
- The **State Office of AIDS' monthly newsletter** is out. Access the May OAVoice [here](#).
- *What do you think about the COVID-19 vaccine?* Fill out a **brief (8-10 minutes) survey** for the **Alameda County Health Care Services Agency** to help develop effective health promotion and education materials. 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](#).
- **Want to learn more about on-demand PrEP or “2-1-1” as a way to protect from getting HIV?** UCSF Benioff Children’s Hospital Oakland (CHO) has released new handouts for community members describing what 2-1-1 PrEP is and how it works:
  - [Click here to download the handout in English](#)
  - [Haga clic aquí para el folleto en Español](#)
- **There are several open research studies** at UCSF for HIV prevention/treatment, STDs, viral hepatitis, and/or COVID-19: [click here](#) for more information on these opportunities.

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**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](mailto: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 the Bay Area](#); [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](#)

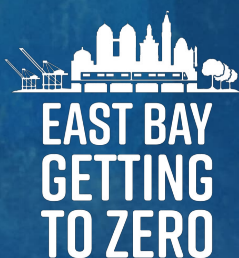
## LOOKING FOR COVID-19 TESTING?

- **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.
- **SF Chronicle's map of Bay Area testing sites** that don't require a doctor's referral.
- **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.

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