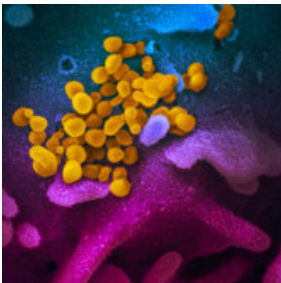


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COVID-19 AND HIV UPDATES

AUGUST 4, 2021

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The SARS-CoV-2 virus
(NIAID)

Below are East Bay COVID-19 and HIV community updates. This page is usually updated on third Wednesdays with data and resources gathered from many collaborators. [Please click here to share feedback.](#)

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- [Top COVID resource links](#)
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Join us on Thursday, August 5, 2-3:30 pm to strengthen linkages from the Emergency Department (ED) to PrEP and HIV care, including people who actively use substances. [Please click here for more info and to register.](#)

EAST BAY COVID-19 UPDATES

Universal indoor masking is required in the Bay Area starting August 3, 2021: On August 2nd, Bay Area Health Officers urged immediate vaccination and issued orders requiring the use of face coverings indoors to prevent the spread of COVID-19, given the sharp increase in cases from the delta variant. [Click here for the Alameda County press release.](#) [Click here for the San Francisco press release,](#) which includes strong recommendations to also wear masks in crowded outdoor spaces and in indoor gatherings in private homes with people from multiple households.

COVID-19 cases and hospitalizations in the Bay Area have rapidly increased, with case rates 10-times higher in the month and a half following California's reopening on June 15. Bay Area coronavirus cases have surpassed last summer's peak when people were unvaccinated but strict precautions (masking, distancing, capacity limits) were still in place. Dr. Rochelle Walensky of the CDC [reported](#) on July 20 that the delta variant now accounts for 83% of the cases in the US. For the first time in Alameda County, case rates among African American residents have become higher than case rates among Latinx residents, following lower vaccination rates among African American residents. [Click here](#) for more disparity updates.

In the old California color-tier system, this would have put us in the purple "widespread" tier. This rapid rise in cases is likely due to reopening more activities, reductions in mask use, people not yet fully vaccinated, and the highly contagious delta variant, which has quickly dominated California and the rest of the world.

Get vaccinated now! It's your best protection against severe illness. Vaccines remain highly effective against serious disease from the delta variant, though vaccinated people get mild infections and transmit the delta variant at a higher rate than previous variants. Surgeon General Murthy [said](#), "One fact that has been proven time and time again during this past year is that vaccines save lives. That's why 99.5% of COVID-19 deaths and 97% of possible hospitalizations are among the unvaccinated. It's also why nearly every death from COVID-19 is a preventable tragedy." We must continue supporting everyone eligible to get vaccinated as soon as possible.

"We must act now to protect ourselves, our loved ones and our community. If you are eligible to get a COVID-19 vaccine and have not yet done so, please do not wait any longer," [said](#) Dr. Chris Farnitano, health officer for Contra Costa County and EBGZ steering committee member. "During July the number of hospitalized COVID-19 patients in our county increased 400%. Four out of five of the COVID patients we see are not vaccinated, even though only one out of five Contra Costa adults are not vaccinated."

On July 26, Dr. Tomás Aragón, California state health officer, [released a public health order mandating vaccinations for all state employees, all health care workers and all workers in homeless shelters, retirement homes, jails and prisons.](#) Workers in these settings are required to show proof of vaccination or agree to mask and wear PPE and test at least weekly.

Substantial evidence shows that the delta variant is about twice as infectious as the original variant, which makes the reopening extra risky for unvaccinated people. A [study](#) of viral loads in delta infections found viral loads to be 1,000x higher than the original variant. [This study](#) from the CDC also demonstrates that the delta variant infects kids and unvaccinated people at higher rates in recreational settings, especially indoors, such as in this gymnastics facility where 20% at the gym were infected and 53% of household contacts became infected. A [CDC study](#) on a July 2021 outbreak in Massachusetts shows that viral loads of delta infection in vaccinated people were similar to viral loads among unvaccinated people, which suggests that transmission risk is similar from vaccinated people and unvaccinated people infected with the delta variant.

Among people who get delta variant COVID-19 infections (both unvaccinated and vaccinated), [reports](#) from the UK and the [study](#) from the US show that a **runny nose, cough, sore throat, headache and muscle aches (cold symptoms) are the most common symptoms.** [Get tested if you've been exposed or have symptoms!](#)

Vaccinated people are protected from hospitalization but appear to get more mild and asymptomatic infection from the delta variant compared to previous variants. In highly vaccinated areas, more vaccinated people will be diagnosed. Marin County's health officer Dr. Matt Willis [reported](#) on July 16 that 25% of their new cases were among vaccinated people. While they are almost all asymptomatic or mild infections, they can still transmit to others.

Need proof of vaccination? Visit the [Digital COVID-19 Vaccine Record](#) site to request your digital vaccination card and download the Alameda County [Frequently Asked Questions](#) for more information. If you were vaccinated at an Alameda County supported site, you can visit any [currently open location](#) for assistance. If you were vaccinated elsewhere, contact that provider for a replacement.

Starting July 28, California recommended universal masking indoors statewide. This follows the [CDC recommendation](#) on July 27th for everyone, including vaccinated people, to mask indoors in [substantial and high transmission areas](#). The East Bay, including Alameda, Contra Costa and Solano Counties, are all in the high transmission rate category. This also follows the Bay Area health officer [recommendation](#) for universal indoor masking on July 16 and [requirement](#) starting August 3.

Vaccines and the delta variant

Delta variant data recently obtained by the CDC and reported in [The Washington Post](#) on July 29 show that the delta variant is more highly contagious, may cause more severe disease, and suggests that vaccinated people who get infected may spread it as easily as unvaccinated people. Vaccines remain highly effective at preventing severe disease (10x reduction), but less effective at preventing mild or asymptomatic infection with the delta variant (3x reduction).



Universal masking and distancing are crucial for reducing spread given current inadequate vaccine coverage. We need to continue to outreach to people to increase vaccination rates to reduce serious illness and death. We will also likely need to learn to live with the virus over the long run and aim to reduce serious illness and death through vaccinations.

[Read more about the new variant data and studies here.](#)

With high case rates in the Bay Area, vaccinated people are recommended to wear masks indoors and in crowded outdoor settings to protect children, people who are unvaccinated and immunosuppressed. People who are immunosuppressed and/or unvaccinated are recommended to wear masks whenever out in public.

Check out this [COVID risk calculator](#) for a detailed risk assessment for your situation.

COVID and HIV

A new WHO [study](#) of over 15,000 global cases of COVID-19 in people living with HIV (PLWH) presented at IAS in July 2021 found that PLWH were 13% more likely to be hospitalized and 30% more likely to die after being hospitalized. Among PLWH, having diabetes, high blood pressure, being male or over 75 years old was each associated with an increased risk of death. This study underscores the importance of prioritizing PLWH for vaccinations. Fortunately, [data from the UK](#) shows that COVID-19 vaccines are highly effective for people with underlying health conditions, including HIV.

[Click here](#) to download recommendations for PLWH during the summer 2021 delta surge from Getting to Zero San Francisco.

COVID and Youth

New [evidence](#) from the CDC also demonstrates that the delta variant infects kids and unvaccinated people at higher rates in recreational settings, especially indoors, such as in this gymnastics facility where 20% at the gym were infected and 53% of household contacts became infected.

While most new infections are mild cases among young, unvaccinated people, there is still a risk of long-term health impacts that we don't understand yet. A new [study](#) from Norway shows that more than half (52%) of young people ages 16-30 had long COVID symptoms.

California is [requiring](#) "All adults and students in K-12 school settings must wear masks indoors." The American Academy of Pediatrics released [updated guidance](#) for schools on July 17 also recommending masks for all people ages 2 and over in school and childcare settings.

The delta surge and school reopenings:

Multiple [studies](#) from 2020 have shown that schools can safely reopen with fewer transmissions than in the surrounding community when mitigation strategies with masking, distancing, cohorts, capacity limits and ventilation in place. Strict implementation of these strategies is even more crucial during times of high community case rates, like now. In [a study from 2020 before Delta was widespread](#), British researchers found that for every five additional cases per 100,000 people in a community at large, the risk of a school outbreak increased 72%.

Wear a mask indoors and in crowded outdoor settings, regardless of vaccination status.

Click to download our COVID harm reduction infographics: [graphic in English](#) | [graphic in Spanish](#) | [PDF in English](#) | [PDF in Spanish](#).



As a reminder, 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 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 how to get a vaccine.](#)

Alameda County now has numerous **community-based vaccination pop-up sites**, which are listed on the [county vaccine webpage](#). Additional pop-up sites in July are pictured [here](#) (scroll down).

Alameda County is also launching a **door-to-door vaccine outreach program** called DOOR (Direct Outreach to Our Residents), in which vaccinated neighbors will go door-to-door to talk with unvaccinated neighbors in each of the 23 census tracts that have 900 or more unvaccinated residents, with <60% Latinx residents vaccinated or <50% African American residents vaccinated. The program has a goal of 90,000 face-to-face outreach attempts.

PANDEMIC TRENDS AND DATA

COVID-19 daily cases and hospitalizations in the Bay Area have rapidly increased since the June 15 reopening. We hope that this summer surge will level off soon if more people [get vaccinated](#) and [wear masks](#). [Nationwide](#), cases have increased in the past month, especially in areas with low vaccination rates. As of August 4, 70% of US adults have received at least one vaccine dose. [Worldwide](#), cases have also increased, especially in Africa, the Eastern Mediterranean region, Southeast Asia and Europe.

This month the US will start sending millions of mRNA vaccines to countries in need, [including](#) 25 million doses to nearly 50 African countries through the COVAX program, as well as Bangladesh, Pakistan, Peru and Honduras.

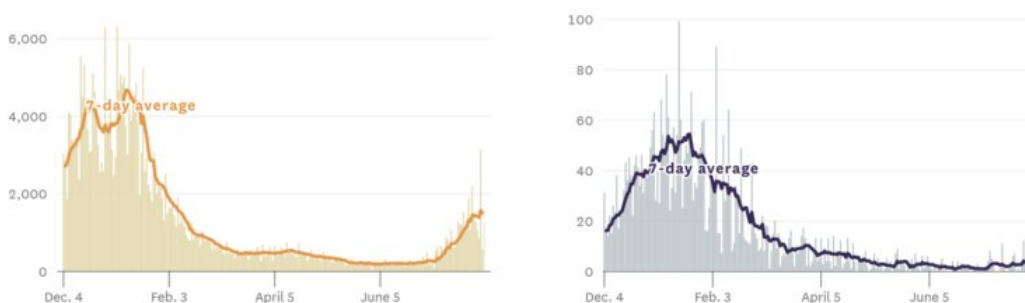
Estimated [transmission rates](#) in the Bay Area have increased since May and have been above 1 since the June 15 reopening,

leading to exponential increases in cases. The transmission rate is [1.36 across California](#) as of August 1.

As of August 4:

- **[Alameda County](#):**
 - [1.24](#) transmission rate
 - [22 cases](#) per 100,000 people
 - [85%](#) residents ages 12+ have received at least once vaccine dose (partially vaccinated), [72%](#) are fully vaccinated
- **[Contra Costa County](#):**
 - [1.48](#) transmission rate
 - [22 cases](#) per 100,000 people
 - [81%](#) of residents ages 12+ partially vaccinated, [75%](#) fully vaccinated
- **[Solano County](#):**
 - [1.4](#) transmission rate
 - [29 cases](#) per 100,000 people
 - [70%](#) of residents 12+ partially vaccinated, [59%](#) fully vaccinated

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



[SF Chronicle, 8/4/21](#): COVID-19 daily cases and deaths in the Bay Area.

VACCINE STUDIES, VARIANTS AND “BREAKTHROUGH” INFECTIONS

Vaccine efficacy and safety:

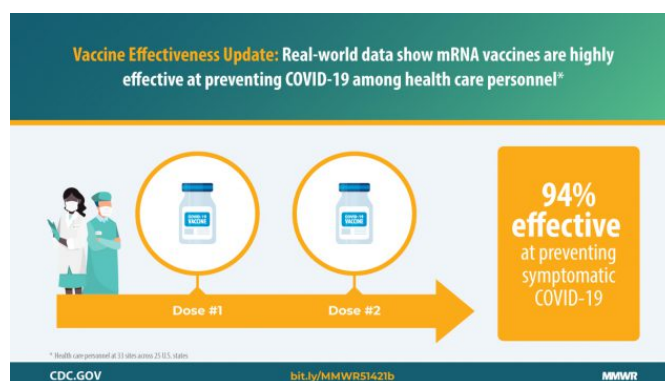
Real-world data shows that COVID vaccines [are safe and highly effective](#) in preventing both asymptomatic and symptomatic infection.

[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 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.

[A study on reinfections](#) with COVID-19 results suggest that people who have recovered from COVID-19 have a much lower risk of reinfection (about 15x fewer than new primary infections). Natural immunity appears to be protective for at least a year. However, the study ended before variants were widespread, and it is unknown how well natural immunity to the wild-type virus will protect against variants.

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. Based on data from an earlier study that assessed safety, Pfizer will give two doses of 10 micrograms each (a third of the dose given to adolescents and adults) to children ages 5-11 years, and two doses of 3 micrograms each to children ages 6 months to 5 years.

On June 23 and June 28, the [CDC updated its statement on rare cases of myocarditis and pericarditis](#) following mRNA vaccines, mostly mild cases among young men ages 30 and younger that occur a few days after the 2nd dose. Myocarditis and pericarditis can also be clinical features of COVID-19 infection, and the **risk remains higher for COVID-19 infection cardiac complications among unvaccinated people**. 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.

[A new study](#) suggests that MIS-C was a rare complication of SARS-CoV-2 infection but disproportionately impacts young people of color. "In this cohort study of 248 persons with MIS-C, MIS-C incidence was 5.1 persons per 1000 000 person-months and 316 persons per 1000 000 SARS-CoV-2 infections in persons younger than 21 years. Incidence was higher among Black, Hispanic or Latino, and Asian or Pacific Islander persons compared with White persons and in younger persons compared with older persons." ([Payne](#))

[A new article](#) shares data from Brazil and Israel suggesting that mass adult vaccination protects children. Outbreaks in a small proportion of UK's schools still show that children are still a reservoir of circulating virus.

Pfizer and Moderna vaccinations in pregnant and lactating people found 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.

Long COVID or post-acute COVID conditions (PASC):

The CDC [released new guidance](#) on the clinical management of post-acute COVID conditions (PASC, or long COVID) on June 14.

The prevalence on long COVID cited in various studies ranges from 10-53%. A [study](#) on long COVID using large population data from the UK found that 13.7% of people diagnosed with COVID had symptoms after at least 12 weeks. Another large population [study](#) from Michigan that was more detailed showed higher prevalence, ranging from 25% among people with mild symptoms to 68% for people ages 45 and over.

A [large study](#) of 73,000 people on post-COVID conditions from the VA shows that the risk for multisystem complications after acute COVID were substantial, even among people with mild-moderate symptoms, including 60% increase in the risk of death.

While most new infections are mild cases among young, unvaccinated people, there is still a risk of long-term health impacts that we don't understand yet. A [study](#) from Norway shows that more than half (52%) of young people ages 16-30 had long COVID symptoms.

VARIANTS

The WHO uses a [naming system](#) for coronavirus variants using the Greek alphabet. [Variants of concern or interest](#) include:

- Alpha: formerly known as B117 ("UK")
- Beta: B1351 ("South African")
- Gamma: P1 ("Brazilian")
- Delta: B1617 ("Indian")
- Epsilon: B1427/9 ("West Coast")

Delta variant:

Summary: The delta variant is more infectious, causes more severe illness and death, and is the dominant variant in the US. People with delta infections have much higher viral loads than other variants. Being vaccinated is still highly protective against serious COVID-19 with delta infection, though less protective against infection and transmission compared to earlier variants. Universal masking is still necessary to reduce spread while our vaccination rates are inadequate.

The delta variant has very rapidly become the [dominant strain in the US](#), quickly overtaking the alpha variant. On July 20, Dr. Walensky of the CDC reported that the delta variant is now 83% of the COVID cases sequenced in the US, up from around 50% at the beginning of July. In California, the delta variant was [84%](#) of variants sequenced as of July 21, up from 53% on June 21 and from 6% on May 21.



Delta variant [data](#) recently obtained by the CDC and reported in [The Washington Post](#) on July 29 show that:

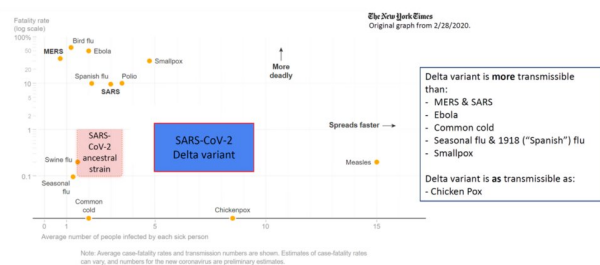
- The delta variant is more transmissible than the original strain, the common cold, the seasonal and 1918 flu, Ebola and smallpox. It is as transmissible as chicken pox. ([CDC](#))
- Delta infections have higher viral loads and longer duration of shedding. ([Mlcochova](#), [Ong](#))
- CDC data from a large July 2021 outbreak in a highly vaccinated county in Massachusetts shows that viral loads of delta infections in vaccinated people were similar to viral loads among unvaccinated people, which suggests that transmission risk is similar from vaccinated people and unvaccinated people infected with the delta variant. ([Brown](#), [CDC](#))

- Delta infections have been found in Canada, Singapore and Scotland to have higher odds of hospitalizations, ICU admission and death, especially for unvaccinated people. ([Fisman](#), [Ong](#), [Sheikh](#))
- Vaccines still provide 10x reduction in hospitalization and death from delta infection (93-100% efficacy with 2-doses of the Pfizer vaccine) and 3x reduction in mild or asymptomatic delta infection (64-79% against any delta infection with 2-doses of Pfizer). ([Nasreen](#), [Israel's Ministry of Health](#), [Lopez Bernal](#), [Stowe](#), [Public Health England](#))

In summary, this data shows that the delta variant is more highly contagious, causes more severe disease, and suggests that vaccinated people who get infected may spread it as easily as unvaccinated people. Vaccines remain highly effective at preventing severe disease, but less effective at preventing mild or asymptomatic infection with the delta variant.

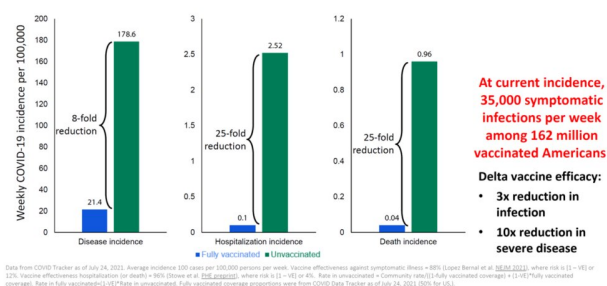
Universal masking and distancing are crucial for reducing spread given current inadequate vaccine coverage. We need to continue to outreach to people to increase vaccination rates to reduce serious illness and death. We will also likely need to learn to live with the virus over the long run and aim to reduce serious illness and death through vaccinations.

Transmission of Delta variant vs. ancestral strain and other infectious diseases



Slide presented at a CDC meeting on July 29, 2021. ([CDC](#))

Greater risk of disease, hospitalization and death among unvaccinated vs. vaccinated people: National estimates



Slide presented at a CDC meeting on July 29, 2021 with updated delta variant vaccine efficacy data added. ([CDC](#))

More details on delta variant transmission and vaccine efficacy studies:

[Data](#) from the UK on the delta variant suggests that this variant is **64% more transmissible than the alpha variant** and about twice as infectious as the original variant. Updated weekly variant risk assessments from the UK are [posted here](#) and technical briefings [here](#).

Delta infections viral loads were [found](#) to be 1,000x higher than the original variant in this [well-done study](#) from China. This demonstrates why the delta variant is so highly transmissible: the delta variant replicates much faster, and when a person infected with delta talks, sneezes or coughs, they release **1,000 times more virus** than the original strain.

Israel's Ministry of Health [vaccine efficacy data](#) from mid-July [shows](#) that Pfizer vaccine efficacy against delta infection gets lower as time passes from time of the 2nd dose (especially 6+ months ago). 2 doses of the Pfizer vaccine still had high (91.4%) efficacy against severe COVID-19.

[Public Health England](#) has also reported that vaccines are still highly effective against hospitalization and against symptomatic disease from the delta variant, though less so, especially after a single dose. Protection after the first dose was seen to be only 31% for delta compared to 49% for alpha. Supporting people to mask up between doses and to get their 2nd doses is crucial.

[Data](#) from the UK in June show that the Pfizer-BioNTech vaccine was 88% effective against symptomatic disease with the delta variant, a drop from 94% against the alpha variant. Vaccine efficacy against hospitalization was high with 2 doses of the Pfizer mRNA vaccine: 96% effective against hospitalization with the delta variant compared to 95% effective against hospitalization with alpha variant.

Full vaccination with the Astra-Zeneca vaccine provided 67% protection against delta variant, versus 74% protection

against the alpha variant. Vaccine efficacy against hospitalization was also better maintained for the Astra-Zeneca vaccine: 92% for the delta vs. 86% for the alpha after 2 doses.

[Data from the UK](#) also suggest that the risk of long COVID is substantially reduced by 2 doses of the vaccine compared to one dose. Outreach to people who've only gotten one dose of a two-dose vaccine remains important so they can get this protection.

There is mixed data on the efficacy of the Johnson & Johnson (J&J) single-dose vaccine against the delta variant. However, the data we have so far are from serological lab studies rather than real-world studies. A preprint serological study from NYU shows lower antibody response with the J&J compared to the Moderna and Pfizer mRNA vaccines. Another serologic [study](#) in *Nature* showed reductions in vaccine-induced antibody response to the delta variant compared to the alpha variant. Earlier preprint serological [studies](#) from J&J reported that the vaccine generated long-lasting immune response against the delta variant. It is unknown whether a booster for those who received one dose of the J&J (for example, a dose of an mRNA vaccine) will be beneficial or recommended yet. Stay tuned.

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 0.002% of the 150+ million fully vaccinated people](#) in the US have had reported hospitalizations with symptomatic COVID-19, or "vaccine breakthrough" infections through July 12, which translates to a real-world vaccination efficacy rate of 99.998% protection against hospitalization.

In Alameda County, Dr. Donata Nilsen reported that there have been 796 COVID-19 cases reported of "breakthrough" infections as of July 17. 170 "breakthrough" infections were reported the week ending July 17, an increase from 139 the week prior. Dr. Nick Moss reported on August 4 that statewide there have been about 100 documented hospitalizations for COVID-19 among people who've been vaccinated, with a mean age of 72 and most with multiple underlying health conditions. A large majority of people hospitalized with COVID-19 are still people who are unvaccinated.

[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 with subject line "suspect variant" or fax to (510) 273-3944. To submit respiratory specimens to the county lab for sequencing, call 510-382-4300, email at acphl@acgov.org, or download the submittal form from the [ACPHL website](#).

NEW HIV/STD STUDIES

A resurgence in STD cases: New [CDC data](#) show that during March-April 2020, reported STD cases dramatically decreased compared to the same time in 2019. However, a resurgence in gonorrhea and syphilis cases later in the year suggest overall STDs may have increased during 2020.

The CDC just released their updated **2021 Sexually Transmitted Infections Treatment Guidelines**. Click on this [link](#) to access the full guidelines and visit their [provider resource page](#) for copies of a summary wall chart and pocket guide.

The **San Francisco 2017-2018 HIV Medical Monitoring Project (MMP) Report** was released in July. Interview and medical record data from 361 participants were collected between June 2017 and May 2019 and features new data on long-term survivors and resiliency.

Current lists of open HIV and hepatitis studies at UCSF are posted [here](#).

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.

WHAT'S UP WITH COVID VACCINES?

Updated August 4, 2021

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

The best way to protect yourself against serious illness from the highly contagious delta variant is to get vaccinated.

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. Get a vaccine today at [MyTurn.ca.gov](https://myturn.ca.gov) or with your [medical provider](#)!

Check out California's [Vax for the Win](#) \$116.5 million vaccine incentive program.



HOW DO WE GET A COVID VACCINE?

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

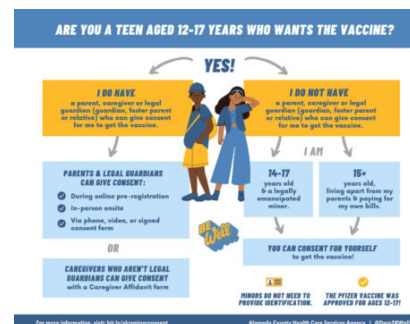
- Go to [MyTurn.ca.gov](https://myturn.ca.gov) or call 833-422-4255 to make appointments at public sites and pharmacies across California.
- Or go to your [medical provider](#)'s website or call them. (click for: [Kaiser](#), [Sutter](#), [Stanford](#), [Children's Oakland](#), [community health centers](#))
- Additional options: see phone numbers below.
 - Check [county vaccine sites](#), [community pop-ups](#), [Oakland school sites](#), [vaccines at shelters](#).
 - Check [VaccinateCA](#) (search map) or the [Vaccines.gov](#) national vaccine finder.
 - 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 (click on the infographic for more details):

- 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.



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

MORE VACCINE INFO – JUMP TO:

- [Transportation resources and vaccines for home-bound people](#)
 - [Links to medical providers, community pop-ups, county sites](#)
 - [Proof of vaccination](#)
 - [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](#)
-

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

- [East Oakland Collective](#) is offering free ride shares for Oakland residents.
 - 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.
 - **Home-bound people in Contra Costa County:** [request a home vaccination](#) from the mobile team.
-

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](#)
-

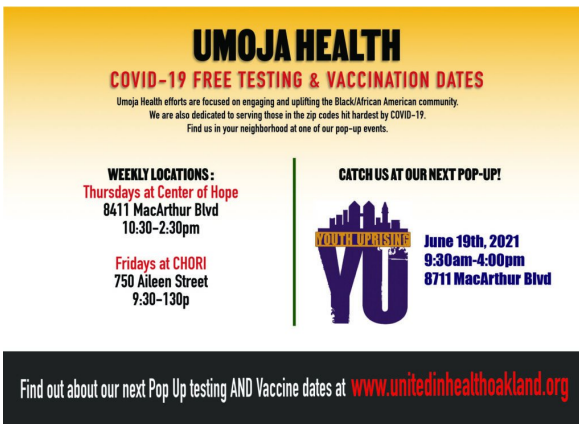
VACCINES THROUGH PHARMACIES:

- [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.
- [Unity Council in the Fruitvale, East Oakland](#)
- [Oakland LGBTQ Center](#)
 - Wednesday, August 4, 2-4 pm
 - 510-882-2286
 - FREE Pfizer and Moderna vaccinations.
 - Please register at: tinyurl.com/OakLGBTQVax
 - Please select "No insurance". Lifelong won't be collecting insurance information.
 - Walk-ups are also welcome.



VACCINES THROUGH COUNTY VACCINATION SITES:

- [Alameda County](#) COVID-19 vaccine access
 - Get an appointment: bit.ly/AICoSignUp
 - 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 and J&J vaccines.

NEED PROOF OF VACCINATION?

- Visit the [CA Digital COVID-19 Vaccine Record](#) site to request your digital vaccination card. You'll need the phone number or email address that you used to get your vaccine.
- Download the Alameda County [Frequently Asked Questions](#) for more information.
- If you were vaccinated at an Alameda County supported site, you can visit any [currently open location](#) for assistance.
- If you were vaccinated elsewhere, contact that provider for a replacement.

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 nearly 100% effective 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](#).

Johnson & Johnson vaccines, rare blood clots and Guillain-Barré syndrome (GBS):

The CDC has recommended to continue vaccinations with the Johnson & Johnson (J&J) vaccine for people ages 18+ because the benefits far outweigh the risks of rare blood clots and Guillain-Barré syndrome (GBS). Meeting slides and data updates discussed at the April 23rd CDC Advisory Committee on Immunization Practices (ACIP) meeting [can be downloaded here](#).

On July 13, the [FDA announced an update](#) to the Johnson & Johnson (J&J) COVID-19 vaccine fact sheet to include a warning about rare cases of Guillain-Barré syndrome (GBS), about 1 in 125,000 so far.

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. 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 June. Pfizer plans to submit data and an authorization request for children ages 2-11 in September.

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.

A new WHO [study](#) of over 15,000 global cases of COVID-19 in people living with HIV (PLWH) presented at IAS in July 2021 found that PLWH were 13% more likely to be hospitalized and 30% more likely to die after being hospitalized. Among PLWH, having diabetes, high blood pressure, being male or over 75 years old was each associated with an increased risk of death. This study underscores the importance of prioritizing PLWH for vaccinations. Fortunately, [data from the UK](#) shows that COVID-19 vaccines are highly effective for people with underlying health conditions, including HIV.

Should we check for immunity after vaccination? [The FDA](#) does not currently recommend checking for SARS-Cov2 antibodies after COVID-19 vaccination since current antibody tests have not been evaluated to assess level of protection from vaccination.

[Click here](#) to download recommendations for PLWH during the summer 2021 delta surge from Getting to Zero San Francisco.

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 \(PDF\)](#).

MORE VACCINE RESOURCES

DISPARITIES DATA AND STUDIES

US life expectancy had a steep drop in 2020, fueled by COVID-19, with significant disproportionate impact on Black/African American and Latinx Americans. The CDC's National Center for Health Statistics released a [study](#) on July 20 showing that Latinx people experienced the greatest drop in life expectancy at 3 years, and Black/African Americans saw a decrease of 2.9 years. White Americans experienced the smallest decline at 1.2 years. The study author, Dr. Elizabeth Arias, reported that these trends in excess deaths from COVID have continued into 2021.

In addition to excess deaths from COVID, there were also excess deaths from cardiovascular disease (see below), diabetes, chronic liver disease, homicides and drug overdoses. [More than 93,000 people died from drug overdoses in 2020](#), the highest number reported in a single year.

A study published in the [British Medical Journal](#) compared US life expectancy data to data from 16 other high-income countries and found that the US decrease in life expectancy from 2018 to 2020 was 8.5 times greater than the average decrease in peer countries, with declines greatest for people of color.

A [study](#) describes disparities in heart disease and cerebrovascular disease deaths in the US during the COVID-19 pandemic: Black, Asian, and Hispanic populations experienced a larger relative increase in deaths than the non-Hispanic White population.

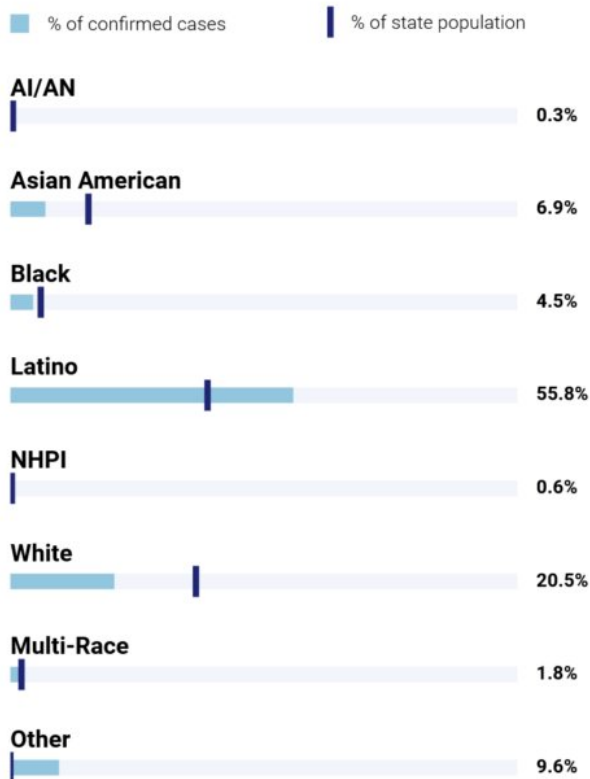
[Disparities](#) in vaccination rates persist for Black and Latinx communities, especially among younger people of color, who've already been disproportionately impacted by the pandemic. [An analysis](#) of CDC data published on June 16 shows that in every age category, Black people are dying from COVID at about the same rate as white people more than 10 years older. COVID death rates for Black and Latinx people ages 45-54 are at least 6 times higher than the death rate of white people. [Another study](#) of California deaths found that Latinx Californians ages 20-54 [were 8.5 times more likely than white Californians](#) in that age range to die of COVID.

[Dayna Bowen Matthew](#), author of [Just Medicine: A Cure for Racial Inequality in American Health Care](#), says: "What we politely call a 'health disparity' is killing people of color daily. It is causing people of color to live sicker and die quicker, because of the color of their skin."

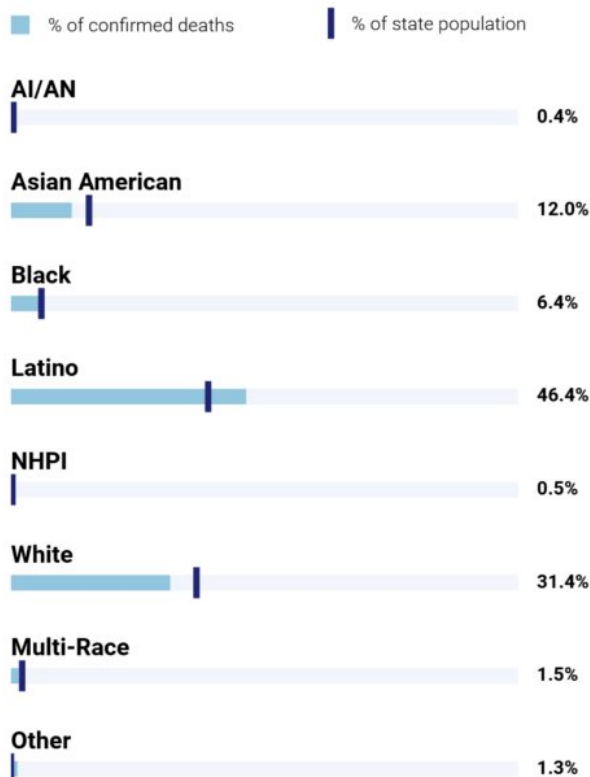
The Umoja COVID-19 testing and vaccination initiative was featured in New England Journal of Medicine! [Check out the](#)

[article here](#), which features many of local advocates and organizations in our network collaborating across the Bay to address health inequities.

Confirmed cases by race and ethnicity in California



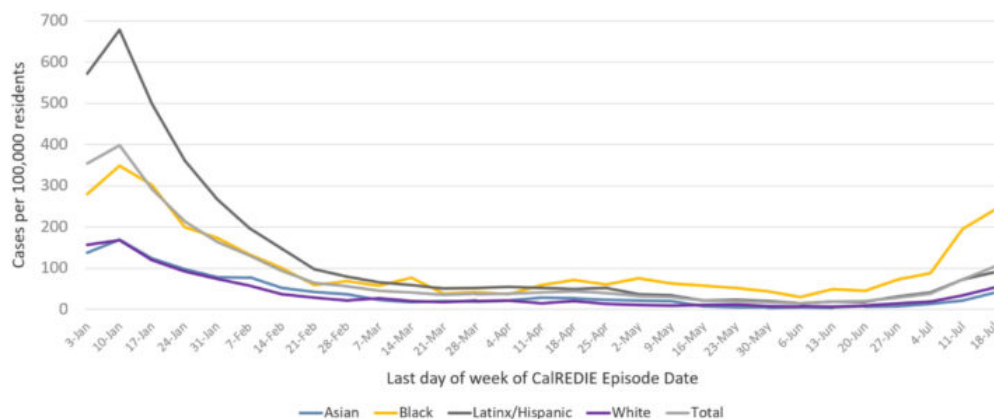
Confirmed deaths by race and ethnicity in California



Updated July 21, 2021 with data from July 20, 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](#) July 12, 2021: Latinx and Black/African American Californians continue to be disproportionately impacted by COVID-19.

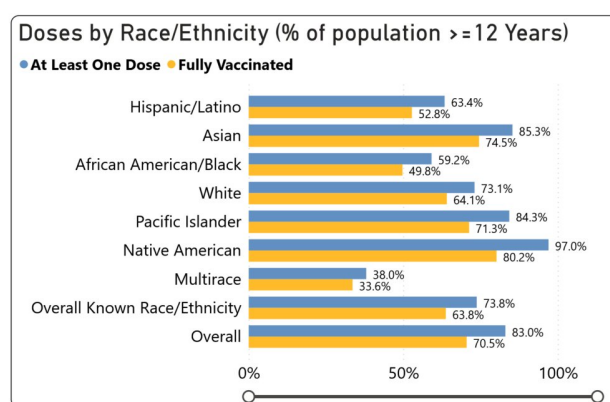
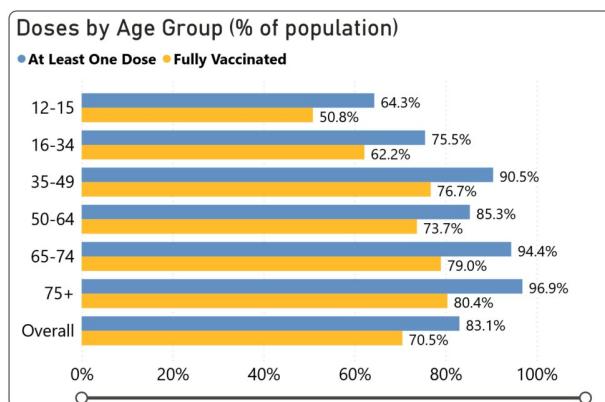
Alameda County COVID-19 weekly case rate



Includes City of Berkeley

Source: CalREDIE Data Distribution Portal download July 29, 2021

For the first time in Alameda County, case rates among African American residents have become higher than case rates among Latinx residents, mirroring lower vaccination rates among African American residents.



Alameda County vaccination rates by age and race/ethnicity as of July 21 show that Alameda County resident under age 35 are less likely to be vaccinated compared to older residents.

Black/African American and Latinx residents are less likely to have been vaccinated compared to White, API or Native American residents.

Vaccination Rates by Age Group & Race

Vaccination Rate (% 12+ Pop with at least one dose)							
Age Group	Total	Native American	Asian	Pacific Islander	White	Latino	Black
12-15	61%	78%	73%	40%	59%	42%	25%
16-34	74%	90%	79%	61%	68%	52%	45%
35-49	89%	100%	94%	99%	76%	70%	55%
50-64	84%	89%	85%	100%	66%	88%	69%
65-74	93%	100%	89%	100%	87%	67%	83%
75+	96%	100%	87%	100%	91%	62%	84%
12+	82%	95%	84%	83%	72%	62%	58%

Source: ACPHD, with data from Vaccination Dashboard & CAIR, thru 7.10.21



Alameda County
Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

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This table shows vaccination data from Alameda County, with the highest vaccination rates among Native American residents of all ages and Pacific Islanders over the age of 34. The lowest vaccination rates are among Black, Latinx, Pacific Islander and White residents under age 35 and Latinx residents ages 65 and over.

The latest KFF **COVID vaccine survey** with data from June reports that “found the vast majority (92%) of those who planned to get vaccinated “as soon as possible” in early 2021 have received at least one dose of a COVID-19 vaccine, as have slightly more than half (54%) of individuals who had previously said they wanted to “wait and see” before getting vaccinated. On the other hand, a majority (76%) of people who had previously said they would “only get vaccinated if required” or said they would “definitely not” get a COVID-19 vaccine remain unvaccinated.” Approximately 25% of the unvaccinated people said

they would only get the vaccine if required.

“Unvaccinated adults vary from vaccinated adults in that they tend to be younger, people of color, Republican-leaning, and less-educated. But unvaccinated isn’t an entirely uniform group, with significant differences by intention. Adults who want to “wait and see” before getting vaccinated are more likely to be young and people of color, while those in the “definitely not” group are more significantly Republican-leaning and in rural areas.”

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 harm reduction infographics](#) include updated guidance!

Click to download: [graphic in English](#) | [graphic in Spanish](#) | [PDF in English](#) | [PDF in Spanish](#).



Check out this [COVID risk calculator](#) to figure out the risk level for your specific situation.

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

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

OTHER UPDATES AND OPPORTUNITIES:

Updated July 21st, 2021

EBGTZ Updates

- Join us on [Thursday, August 5, 2-3:30pm for a Linkage & Prevention Network meeting](#) focused on strengthening linkages from the Emergency Department (ED) to PrEP and HIV care, including people who actively use substances. [Please click here to register!](#) This East Bay linkage and prevention network meeting will focus

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

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

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

Our [summary of COVID prevention research](#) is constantly updated with new studies.

on determining how we can improve linkages for people diagnosed with HIV, re-engaging in care or starting PrEP or PEP in the ED, including people with active substance use.

- Celebrating the life of **Ms. Loren Jones**: A virtual memorial service and celebration of Loren's life will be held on **Friday, July 23 at 1pm PST** and an in-person service and celebration will be held on **Saturday, July 31, 2-4 pm PST** in Berkeley. We are grateful for our friends at [Positive Women's Network](#) and [WORLD](#) for hosting these events. [Click here](#) to register for either or both services. Please visit [Loren's tribute webpage](#) for more information, quotes and community love.

Job opportunities:

The **Center for Environmental Health** is looking for an Executive Assistant to the CEO . This will be a full-time exempt position. Learn more about the position [here](#).

WORLD is looking for a Clinical Peer Advocate. Clinical Peer Advocates work in partnership with health care providers in the Alameda County Family Care Network and provide mentorship to women living with HIV/AIDS. Learn more about the position [here](#).

AIDS Healthcare Foundation has an opening for their HIV Testing Counselor position. Learn more and apply [here](#).

The **Richmond Main Street Initiative** is seeking a creative, passionate, and visionary Executive Director with a demonstrated track-record of successful collaborative leadership, fundraising, personnel management, and commercial district management plan implementation. Learn more about the position [here](#).

Capacity for Health (C4H), the national capacity building program of the Asian & Pacific Islander American Health Forum (APIAHF) is searching for a *Program Manager*. Please send a resume to Jamila Shipp, C4H Managing Director jshipp@apiahf.org.

Bay Area Community Health is hiring for 2 positions that will manage their HIV prevention and care programs in Fremont and San Jose/Gilroy. The ideal candidate will be passionate about the HIV field with experience managing multiple grants. They are looking for an [HIV Prevention Supervisor](#) and an [HIV Program Supervisor](#). Contact Allison at acoleman@bach.health for more information.

Internships, Scholarships, funding and more

The **HIV Prevention Research Advocate Certification Program** is a free, 20-week course designed by the Black AIDS Institute to address the lack of minority representation within research protocol development and participation, and also increase the development of HIV advocacy training in a way that centers Black and Brown people. Learn more and apply [here](#). Contact: Myriam Johnstone (MyriamJ@blackaids.org), Biomedical Research and Education Program Manager, for more information.

Youth Opportunities:



DREAM YOUTH CLINIC
GARDEN OF DREAMS



COME PLANT WITH US!

Saturday, July 24th, 12-2pm
\$20 stipend for all youth!



Dream Youth Clinic's Garden of Dreams will have the July Planting Day on **Saturday, July 24, 2021 12-2 pm**. All youth 13-24 are invited to participate and will receive a \$20 stipend. Check out [their IG](#) for more information.

Web events:

Today! Join **UCSF's Preterm Birth Initiative** for their upcoming Collaboratory 'Police Violence and Birth Outcomes: How Policing in Hospitals and Communities Impacts our Health.' You'll hear about how fatal police violence impacts pregnancy and preterm birth, learn about novel research and community organizing working to de-police the hospital. Wednesday, July 21st, 5-6:30pm. Learn more and register [here](#).

Black AIDS Institute is hosting a web event to take a look at the Undetectable Equals Untransmittable or U=U movement over the years, as well as discussing the importance of prioritizing people living with HIV in order to finally see an end to this epidemic. The event 'The Future of U=U in Black America' will take place on July 22 at 11am. Learn more and register [here](#).

Other information and resources:

CDPH's Office of AIDS has shared their July newsletter. Check it out [here](#).

The **National Minority AIDS Council (NMAC)** is building a free online jobs board called the [EHE Workforce Jobs Bank](#) that will be a centralized place for HIV, STD, and Hepatitis job openings. Funding to end the HIV epidemic in America means thousands of new positions. Organizations with job applications can post them for free by contacting Jas Florentino (jflorentino@nmac.org). People looking for jobs should join our [Talent Network](#). The Talent Network will send out alerts when a new job is posted that matches your interest. It will also allow you to forward any job announcements to friends or colleagues.

The **California Department of Public Health (CDPH)** has partnered with **Facente Consulting** to develop a statewide plan for a collaborative, harm reduction approach to preventing and treating HIV, Hepatitis C Virus (HCV), and Sexually Transmitted Diseases (STDs) in California. Please respond to [this short, 7-question survey](#) to contribute to this plan, a critical opportunity to provide thoughtful and meaningful input at the front end. The survey will be open until August 31. All ideas for traditional public health activities focused on prevention, testing, treatment, care, and data analysis or evaluation, as well as non-traditional approaches are welcome.

Santa Clara County Office of Education have developed and distributed extensive resources to support LGBTQ+ students and families. Share and check out the incredible Resource Guide that they created [here](#).

The **Law Foundation of Silicon Valley** is hosting a **Name and Gender Marker Change 101**, in partnership with Q corner. This panel discussion will include a brief overview of the laws and process around legal name and gender marker changes in California along with Q&A from experts. Tuesday, August 3rd, 4-5pm. Learn more and register [here](#).



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

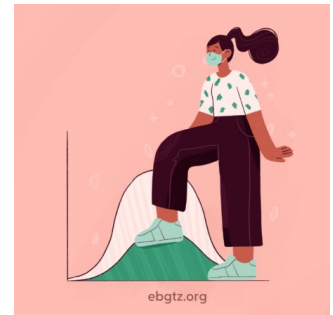
If your organization is in Alameda County and needs COVID-related supplies or staffing, please go to the [Emergency Medical Services website](#) to [request PPE and testing supplies](#) and [request staffing](#).

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, with comprehensive updates posted monthly, usually on third Wednesdays. 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 updates are accessible on the [county website](#). You can sign up to receive the Alameda County weekly COVID-19 newsletter by emailing Jamie.Yee@acgov.org.

[CLICK HERE FOR ALAMEDA COUNTY WEEKLY NEWSLETTERS](#)



TOP LINKS:

- **COVID Vaccines:** [Alameda County](#), [Contra Costa County](#), [Solano County](#), [California State](#), [CA vaccine progress tracker](#)
- **COVID Vaccine Myths and Facts and FAQs** in English, Español, 中文, and Arabic and [Questions & Answers](#)
- **COVID vaccine safety updates** (CDC)
- **COVID testing:** locations in 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](tel:(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](#).
- **COVID risk calculator**
- **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 antigen tests provide rapid results in 15–30 minutes for when people are at their most infectious stage. They are effective at picking up high viral loads and are less sensitive than the PCR tests but provide timely results and are cheaper and easier to use.
 - The [Abbott BinaxNow](#), [Ellume](#) and [Quidel QuickVue](#) COVID-19 antigen home tests were the first ones authorized; more are listed on the [FDA website](#).
 - For example pricing, the BinaxNow antigen home self-test retail price \$23.99 for 2 tests and is sold at pharmacies and online retailers. The 15-minute test is done with a nasal swab, with results showing on a card, like a home pregnancy test.
 - The CDC [has guidance](#) on self-testing and what people should do with test results.
- **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.



COVID-19 testing at the *Unidos en Salud* site in the Mission,



Community pop-up testing and vaccination at Serenity House in Oakland, July 2021.

SF. (photo used with Creative Commons license,
Konstantin 'KVentz' Ventslavovich, 2020)

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