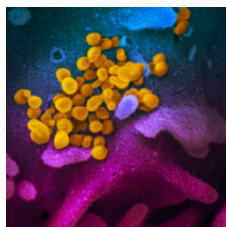




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COVID-19 GUIDE

APRIL 29, 2022



This page includes a guide to East Bay COVID info and resources, which are updated with practice-changing developments. [Please click here to share feedback.](#)

[VACCINES](#)[TESTING](#)[MASKS](#)[TREATMENT/PREP](#)[VARIANTS](#)[STUDIES](#)[HIV UPDATES](#)[ARCHIVES](#)

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- [East Bay COVID guidance](#): how to protect our communities and get tests, vaccines, masks, treatment
- [Pandemic trends and community levels](#)
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- [COVID risk reduction graphics and latest resources](#)
- [COVID vaccine updates](#)
- [COVID variant updates](#)
- [HIV updates](#)

THIS MONTH'S EAST BAY COVID UPDATES

- **Virus levels are rising in the East Bay:** [East Bay wastewater surveillance](#) shows substantial increases in virus levels during the month of April. The wastewater facility that serves both Alameda and Contra Costa Counties (sewershed #137) has a 12-fold increase in virus levels from April 1-22, and is at a higher level than February 8. Cases and hospitalizations are [expected](#) to rise through the end of May. This is likely related to [increased](#) transmission of the highly infectious BA.2 and BA.2.12 [sub-variants](#).
- **BART [reinstated](#) a mask mandate** and as of April 29th was the only Bay Area public transit agency

that has done so. Statewide, California Department of Public Health [removed](#) the mask requirement on public transit and transportation hubs but still “strongly recommends” that people continue to wear masks.

- **COVID-19 test-and-treat** is available in the East Bay! This means that community members at [risk](#) can get treatment at the same location and on the same day that you test positive (this includes all people living with HIV) and regardless of insurance and immigration status. Check the [COVID-19 test-to-treat directory](#) and learn more on our [COVID treatment webpage](#). Please encourage anyone who tests positive to contact their provider ASAP, as they may be able to get treatment. There’s plenty of medication supply now.
- **Second boosters** were [authorized](#) on March 29 for people ages 50+, adults who’ve gotten 2 doses of the [J&J vaccine](#), and people with immunocompromise ages 12+ at least 4 months after their first booster dose. [Click here to find a free vaccine](#) in the East Bay.

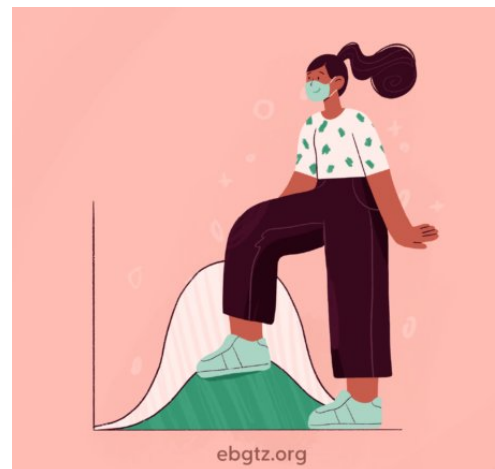
New COVID studies

- **Nearly a quarter of people in the US may have been infected during the Omicron surge:** [A new CDC study](#) found that 58% of people in the US, including 75% children, had been infected by February 2022. About 75% of children ages 0-17 in a large US sample were antibody positive by February 2022, a rapid increase during the Omicron surge from 45% in December 2021. Overall seroprevalence for all ages increased from 34% to 58% during that time, with lower rates (33%) among older adults ages 65+.
- **COVID death disparities from 2020 to 2021:** [A new CDC study](#) found that disparities in COVID death rates by race/ethnicity decreased from 2020 to 2021 for most racial/ethnic groups except for Native Hawaiian and Pacific Islander people, who had the highest death rate in 2021, followed by Native American people, Latinx people, Black/African American people, White people, Asian people, and multiracial people with the lowest death rate in the US. [Another CDC study](#) found that there were more COVID deaths in 2021 than in 2020, and COVID remains the third leading cause of death in the US.
- **Two new studies on COVID among people living with HIV** found that about 60% of PLWH with COVID remain asymptomatic, including during the Omicron surge. Viral loads among asymptomatic carriers were high, so we cannot rely on symptom screening alone. Universal masking, vaccinations and ventilation regardless of symptoms remain crucial strategies.

EAST BAY COVID GUIDANCE: HOW TO PROTECT OUR COMMUNITIES AND GET TESTS, VACCINES, MASKS, TREATMENT

How do we protect ourselves and our communities in the absence of mask and vaccination requirements?

1. [Get vaccinated and boosted](#). [Click here](#) for where to get free vaccines.
2. [Wear high-quality masks](#) (N95, KN95, KF94s) in indoor public spaces and transit. [Click here](#) to find free N95 masks at a pharmacy near you.



3. Have a supply of rapid home COVID tests ready to use. Get them while supply is plentiful. [Click here](#) to order 4 free rapid tests (order up to 2 sets per household).
4. Make a plan for [treatment](#) in case you get infected.
5. [Ventilate](#) and distance: Open windows/doors and stay in well-ventilated areas. Avoid the busiest times on public transport and other indoor spaces.
6. Have back-up plans for gatherings and travel if cases increase.
7. Check the amount of virus in your community using the early detection wastewater surveillance dashboards: [US](#) | [CA counties](#). You can also see community risk levels at [Covid.gov](#).

More guidance and resources:

- [Where to get free vaccines](#)
- [Best ways to use masks](#)
- [How to get free testing](#)
- [What to do if you test positive](#)
- [How to get treatment and PrEP \(for providers\)](#)
- [How to make schools and indoor settings safer](#)
- [Omicron and variants: updates and FAQs](#)
- [More East Bay COVID resources](#)

PANDEMIC TRENDS

- Wastewater levels increase 4-6 days before cases increase; also look at increases in test positivity:
 - Wastewater surveillance (earlier detection): [US](#) | [CA counties](#)
 - CDC: [Alameda County](#) | [Contra Costa County](#) | [CA](#) | [US](#)
 - COVID ActNow: [Alameda County](#) | [Contra Costa County](#) | [Bay Area](#) | [CA](#) | [US](#)
 - Local dashboards: [Alameda County](#) | [Contra Costa County](#) | [CA](#)
- [Transmission rates and forecasts](#)
- Variants: [CA](#) | [US](#) | [Global](#)
- Vaccine efficacy: [US CDC data](#) | [UK data](#)



COVID-19 County Check

Find community levels and prevention steps by county.

Select a Location (all fields required)

State

County

Go

LATEST LOCAL REQUIREMENTS

- Alameda County: [COVID updates](#) | [news releases](#) | [newsletters](#)
- Contra Costa County: [COVID updates](#) | [news releases](#)
- California State: [COVID updates](#) | [news releases](#) | [SMARTER COVID strategic plan](#)

LATEST NATIONAL COVID UPDATES

- [Covid.gov](#) one-stop webpage for national COVID resources
- [CDC](#) | [CDC MMWR studies](#)
- [NIH treatment guidelines](#) | [NIH research studies](#)
- [FDA](#) | [FDA news releases](#)
- [National COVID-19 plan](#) | [US COVID road map](#)

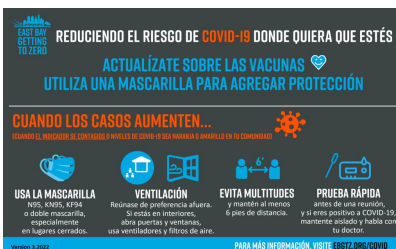
Deeper dives into pandemic epidemiology, policies and science

- Epidemiology: [Your Local Epidemiologist](#) online newsletter with Dr. Katelyn Jetelina, epidemiologist, for her translation of public health science for a broader community.
- Policy and practices: [In the Bubble](#) podcast with Andy Slavitt, for discussions on pandemic policy and developments with national scientists and policy leaders.
- Medical science: [Dr. Eric Topol's](#) twitter feed with up-to-the-minute reports on new medical and scientific studies on COVID vaccines and treatments.

Archives: Our weekly updates from the first two years of the pandemic (March 2020 to March 2022) have switched to periodic, practice-changing updates to the pages linked above. You can find PDFs of our previous updates [here](#).

COVID RISK REDUCTION GRAPHICS

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



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

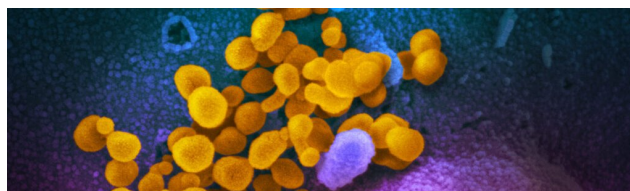
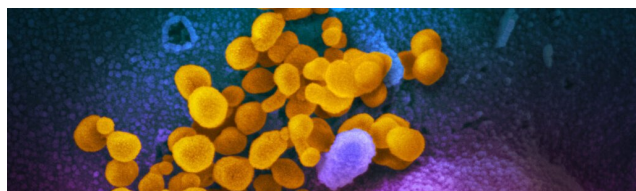
Strategy	% reduction	
1. Vaccination	75-95%	3-dose protection against hospitalization
2. Masking	50-96%	Best: N95 > KN95, KF94 > double-masking
3. Max Ventilation	80-90%	outdoors/max vent.
4. Antiviral treatment	30-88%	For mild-moderate illness against hospitalization
5. Distancing	53-88%	at least 3-6 feet
6. Eye protection	78%	in addition to masking
7. Testing/isolation	33-53%	Best: rapid testing + isolation + contact tracing
8. Hand hygiene	28-45%	

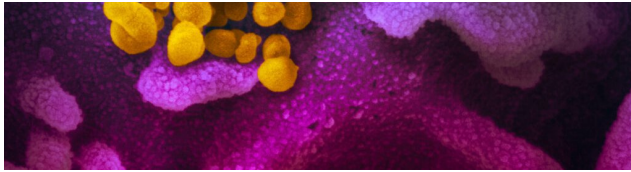
Updated 2-22-2022 * Data compiled by Stephen F. Wong, MD
Icons by Good Ware, Freepik, ghent, icon and Srip on Flaticon.com
See [ebitz.org/covid-reduce](#) for updates and primary sources.

Click to see a [summary of COVID prevention research](#)

LATEST COVID RESOURCES

[VIEW ALL COVID RESOURCES ›](#)



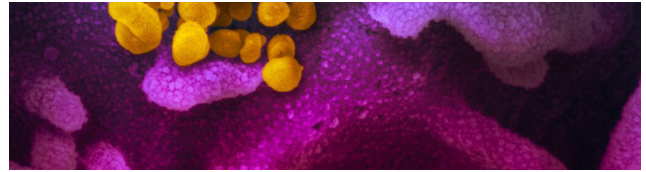


COVID TREATMENT AND PREP

APRIL 29, 2022

[Clinical Guides](#), [COVID](#), [Prevention](#)

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OMICRON AND VARIANT FAQS

APRIL 22, 2022

[COVID](#), [Data](#), [Epidemiology](#), [Prevention](#)

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OPEN RESEARCH STUDIES FOR HIV PREVENTION/TREATMENT, STDS, VIRAL HEPATITIS, COVID-19 IN THE BAY AREA

MARCH 29, 2022

[COVID](#), [Hepatitis](#), [HIV treatment](#), [Research](#), [STIs](#)

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