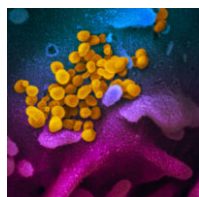


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COVID-19 UPDATES AND GUIDE

MAY 27, 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
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- [Latest local requirements](#)
- [National COVID updates, deeper dives and archives](#)
- [COVID risk reduction graphics and latest resources](#)
- [COVID vaccine updates](#)
- [COVID variant updates](#)
- [HIV updates](#)

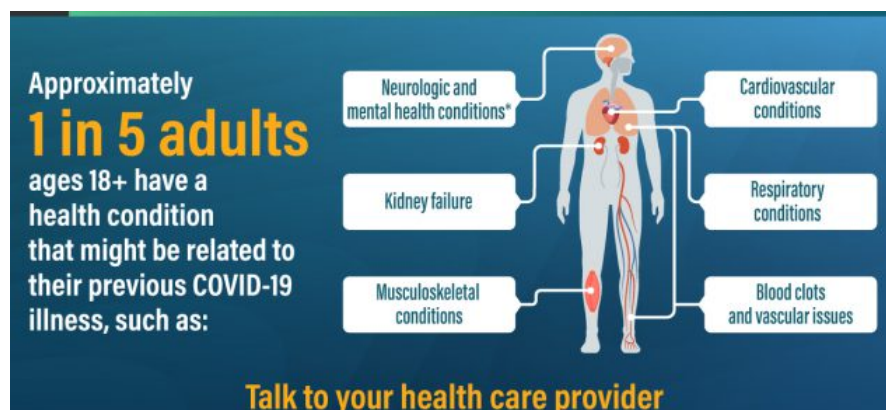
THIS MONTH'S EAST BAY COVID UPDATES

- Virus levels are high in the East Bay:** [East Bay wastewater surveillance](#) shows substantial increases in virus levels in April and May. The EBMUD wastewater facility that serves both Alameda and Contra Costa Counties (sewershed #137) has a 17-fold increase in virus levels from April 1 to May 12, to a level similar to late January. Cases and hospitalizations in the East Bay are [expected](#) to rise through June. This is likely related to [increased](#) transmission of the highly infectious BA.2 sub-variants. The BA.2.12.1 sub-variant has rapidly increased in [California](#) from 15% on April 23 to 44-61% on May 9. As of May 21, BA.2.12.1 became the [dominant variant in the US](#). So far 6 cases of the immune-evading BA.4/5 variants were detected in California as of May 9.
- All US households can now order 3 sets of 8 free rapid home COVID antigen tests.** If you've ordered 1 or 2 sets for your household, you can order more. [Click here](#) to order now!
- Kids ages 5-11 are now [eligible](#) for and recommended to get boosters (third doses).** The [FDA authorized](#) the third dose for all kids ages 5-11 on May 17, and the [CDC approved](#) this recommendation on May 19. Check for appointments and walk-ups at [local pharmacies](#), your [medical provider](#), [MyTurn.ca.gov](#), or [county sites](#).
- Vaccines for children under 5:** [Moderna submitted](#) an application to the FDA on April 28 to authorize its vaccines for kids ages 6 months to 5 years. [Pfizer will submit](#) their 3-dose vaccine efficacy data for this age group the week of May

23. The FDA vaccine advisory committee [plans to meet June 15](#) to discuss the data and their recommendations.

- **Masks still strongly recommended on public transit and public indoor settings: BART reinstated a mask mandate.** Statewide, California Department of Public Health “strongly recommends” that people continue to wear masks on public transit even though it [removed](#) the mask requirement. The CDC issued a [recommendation](#) to wear well-fitted masks on public transit on May 3, given increased transmission rates and travel.
- **Contra Costa County has launched the “Path to Zero” initiative** to increase access to strategies for preventing COVID-related death, including same-day test-and-treat. Contra Costa County residents can call 1-877-661-6230 if they test positive to reach a nurse and get a free same-day telehealth consult and prescription if medically appropriate.
- **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.
- **The CDC issued a health alert on viral rebound** after Paxlovid treatment and continues to recommend Paxlovid for the treatment of mild to moderate COVID-19. Key points include:
 - Monitoring for symptoms and positive antigen tests 2-8 days after “initial recovery” (perhaps when a treatment course is completed).
 - When rebound occurs, advise people to follow [CDC’s guidance on isolation](#), re-isolate for at least 5 days and wear masks to prevent further transmission.
 - The CDC alert states that “there are not reports of severe disease.” and “There is currently no evidence that additional treatment for COVID-19 is needed for COVID-19 rebound.”
 - However, the CDC also states “Consider clinical evaluation of patients who have COVID-19 rebound and symptoms that persist or worsen.” There may be cases of moderate or worsening symptoms in people at high risk in which re-treatment may be considered with a provider.
 - Please report a possible case of COVID-19 rebound after Paxlovid treatment to Pfizer using the [Pfizer Safety Reporting](#) tool. Health care providers are also encouraged to submit the FDA [MedWatch form](#).
- **Vaccines remain highly effective against severe disease and death from the Omicron variant**, according to the latest [CDC vaccine efficacy data](#). Data from March and April hospitalizations show that being up to date with vaccines provides 17x protection against death and 5x protection against hospitalization.
- **Second boosters** were [authorized](#) 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.
- **COVID pre-exposure prophylaxis with Evusheld** for people in Alameda County with immunocompromising conditions (including PLWH with CD4<200) is available at [Total Infusion](#) with provider referral.
- **California expanded Medi-Cal to all eligible adults ages 50 and over regardless of immigration status starting May 1, 2022.** [Click here](#) for the Medi-Cal application process.

NEW COVID STUDIES

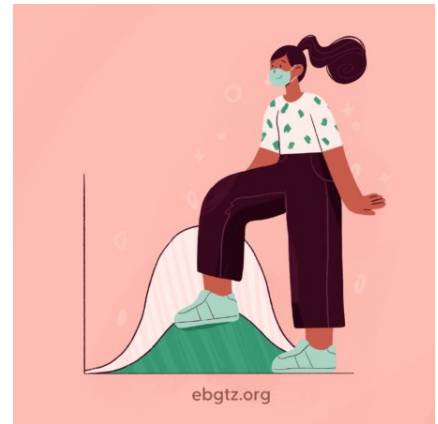


- A new **large nationwide CDC study on long COVID** including 63.4 million adult patient records found that:
 - COVID-19 survivors have twice the risk for developing pulmonary embolism or respiratory conditions.
 - 20% of COVID-19 survivors ages 18–64 and 25% survivors ages ≥65 years experienced at least one condition that might be attributable to previous COVID-19.
 - Survivors ages ≥65 years had more neurological and mental health conditions and kidney failure than younger survivors.
 - Primary care providers are urged to screen all patients for **long COVID symptoms**.
- A **large study of 78,252 people with long COVID** from the FAIR Health group using data from privately insured patients in the US with the U09.9 ICD-10 code for long COVID found that:
 - 76% of long COVID patients were *not* hospitalized,
 - 35% were between the ages of 36–50,
 - 11% were ages 22 or younger,
 - 31% of patients did not have preexisting health conditions, and
 - most were still experiencing symptoms 4.5+ months after infection.
 - The most common co-occurring diagnoses included problems breathing, cough, malaise and fatigue.
 - Since people with public insurance or who were uninsured had disproportionately high rates of COVID infection, this study almost certainly understates the scope of burden of long COVID.
- **COVID survivors had more respiratory symptoms, mood disorders and impaired function 2 years later:** A **2-year longitudinal study on long COVID** including 1,192 people who were among the first group in China to have COVID infection found that while most people recovered function over time, at 2 years:
 - 14% still had post-COVID respiratory symptoms,
 - 12% still had post-COVID anxiety or depression,
 - 11% were unable to return to their previous work.
- A **WHO study estimates that nearly 15 million people died in the first two years of the global pandemic** than would have during normal times, by analyzing excess deaths. The study attempts to address major gaps in the reporting of COVID-19 deaths, which counted only 5.4 million deaths during the same time period. The US had about 930,000 excess deaths and 820,000 reported COVID deaths, January 2020 to December 2021, before most of the deaths from the Omicron surge were recorded. US deaths were **15% above normal**, among the highest death rate among high income countries (surpassed only by the Czech Republic, Chile, Poland and Romania).
- **Gun deaths reached the highest number ever recorded in the United States in 2020**, the first year of the pandemic, as reported in a CDC **study**. Gun-related homicides surged by 35%, with a disproportionate toll on younger Black men and Black women.
- **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 8 free rapid tests (order up to 3 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](#).



The [MyCOVIDRisk.app COVID-19 risk calculator](#) from Brown University can help you determine the risk of getting COVID-19 infection in different settings and gives you options to lower your risk.

More East Bay 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): [CA](#) | [US](#)
 - 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. Data updated weekly.

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](#)

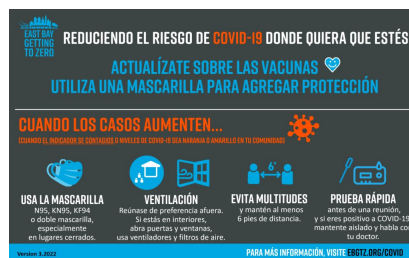
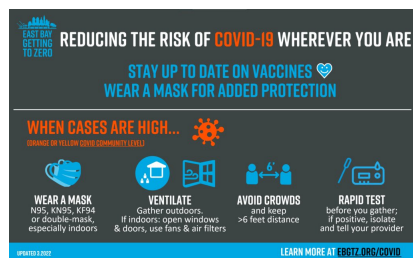
Deeper dives into pandemic epidemiology, policies and science

- 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!

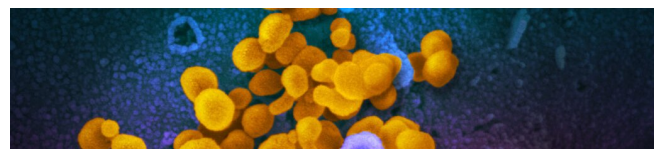
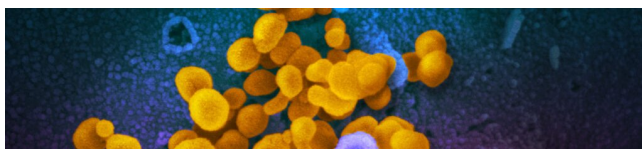
Strategy	% reduction	
1. Vaccination	75-95%	3-dose protection against hospitalization
2. Masking	50-96%	Best: N95 > KN95, KF94 > double-masking
3. Max Ventilation	80-90%	outdoors/max vent.
4. Antiviral treatment	30-88%	For mild-moderate illness against hospitalization
5. Distancing	53-88%	at least 3-6 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%	

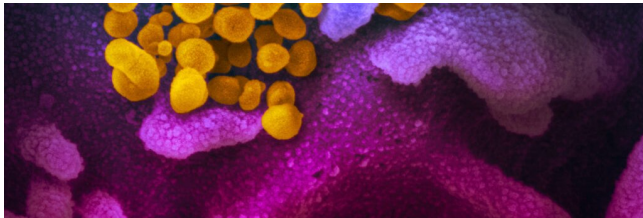
Updated 2.22.2022 * Data compiled by Sophia S. Wong, MD from by David White, Fengshu, ghosh, Joon and Jip on Fancorn.com. See [ghosh.com/covid-19](#) for updates and primary sources.

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

LATEST COVID RESOURCES

[VIEW ALL COVID RESOURCES ›](#)



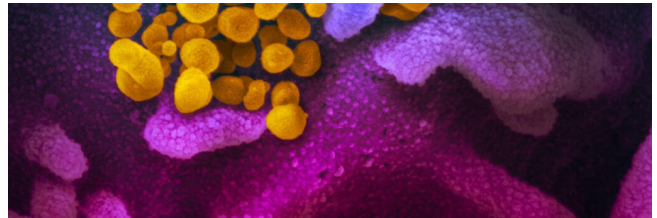


COVID TREATMENT AND PREP

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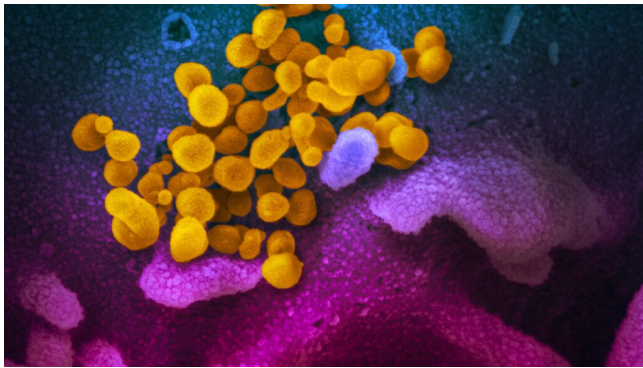


COVID TESTING

MAY 17, 2022

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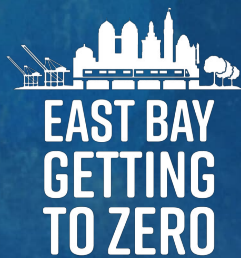
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MAY 13, 2022

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