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COVID-19 UPDATES

DECEMBER 5, 2023



This page includes links to East Bay COVID viral levels, testing, vaccine, masking, prevention, treatment and other resources.

In December 2023, we transitioned from monthly updates to posting practice-changing updates as needed. [Please click here to share feedback.](#)

↵ EAST BAY COVID RESOURCES

There are still free [COVID vaccines](#), [tests](#) and [treatment](#) in the East Bay, available to everyone in California regardless of immigration and insurance status.

Find the latest East Bay COVID wastewater viral levels on the [WastewaterSCAN dashboard](#). You can also find COVID wastewater levels on the California state [Cal SuWers dashboard](#) and the [CDC dashboard](#), but there are 1-2 week delays in data reporting compared to WastewaterSCAN. [Click here](#) for Wastewater FAQs and 🦌 Feces Facts.

- **Protect yourself and our communities** by:
 - staying home when you have [symptoms](#),
 - getting updated [flu](#) and [Covid vaccines](#), and the [RSV vaccine](#) if you're 60+
 - wearing N95/KN95/KF94 [masks](#),
 - [ventilating](#) indoor spaces, and
 - using rapid [tests](#) before gathering, when you have symptoms and after exposures.
 - If you get Covid, talk to your provider about getting [treatment](#) or get a free virtual COVID visit [here](#) (1(888) 897-1244).

Get an updated vaccine at [local pharmacies](#), your [medical provider](#), [MyTurn.ca.gov](#), [Vaccines.gov](#), or [county sites](#).

COVID-19 Updates and Guide

Updates

- [East Bay COVID resources](#)
 - [Variants](#)
 - [Vaccines](#)
 - [Prevention](#)
 - [Test-and-Treat](#)
 - [End of Emergency](#)
- [Latest COVID resources](#)

[Variants](#)

[Vaccines](#)

[Testing](#)

[Treatment](#)

[Ventilation](#)

[Masking](#)

[Resources](#)


[Archives](#)




REDUCING THE RISK OF COVID, RSV AND FLU


MASK, VAX AND PAX! 

STAY UP TO DATE ON VACCINES.


DURING WINTER AND WHEN VIRUS LEVELS ARE HIGH... 




WEAR A MASK
N95, KN95, KF94
or double-mask,
especially indoors.



VENTILATE
Gather outdoors.
If indoors: open windows
& doors, use fans & air filters.





AVOID CROWDS





RAPID TEST
before gathering;
stay home if positive or sick
and ask for treatment.

UPDATED 12.2023 LEARN MORE AT [EBGTZ.ORG/COVID](https://ebgtz.org/covid)


 **REDUCIENDO EL RIESGO DE COVID-19 DONDE QUIERA QUE ESTÉS**

ACTUALÍZATE SOBRE LAS VACUNAS 
UTILIZA UNA MASCARILLA PARA AGREGAR PROTECCIÓN


CUANDO LOS CASOS AUMENTEN... 




USA LA MASCARILLA
N95, KN95, KF94
o doble mascarilla,
especialmente
en lugares cerrados.



VENTILACIÓN
Reúnase de preferencia afuera.
Si estás en interiores,
abra puertas y ventanas,
usa ventiladores y filtros de aire.



EVITA MULTITUDES
y mantén al menos
6 pies de distancia.



PRUEBA RÁPIDA
antes de una reunión,
y si eres positivo a COVID-19,
mantente aislado y habla con
tu doctor.


Version 12.2023 PARA MÁS INFORMACIÓN, VISITE [EBGTZ.ORG/COVID](https://ebgtz.org/covid)

↳ VARIANTS:

- **Find the latest variant proportions:** [Bay Area & CA](#) (click on COVID, variants, region) | [US](#) | [US wastewater](#) | [Global](#)
- Symptoms and severity appear to be similar across these Omicron subvariants.
- Rapid tests still work, though not as well with the newer variants. Omicron variants tend to replicate in the throat earlier than the nose, so consider getting throat samples, then nose samples on the same swab.
- Boosters and antiviral treatment are still effective against severe disease from the newer variants.
- Read more about [East Bay variants here](#).

↳ VACCINES:

An updated COVID-19 vaccine *helped prevent* illness from Omicron XBB-related variants*



Talk to your doctor about getting an updated COVID-19 vaccine if your last dose was before September 2022

* A separate study found that 94% of those who received an updated COVID-19 vaccine had a lower risk of hospitalization or death compared to those who did not receive an update.



- **Updated Covid vaccines are available in the East Bay and protect against the currently circulating variants. Get a booster to protect yourself and the community, especially if it's been 6+ months since your last vaccine or infection.**
 - The 2023-2024 updated Covid vaccines targeting XBB1.5 have been approved and recommended by the [FDA](#) and [CDC](#) for everyone ages 6 months and up.
 - **The updated vaccine protects against currently circulating variants in the East Bay:** [Updated vaccine data](#) shows that it provides a significant increase in [antibody response](#) to the currently circulating variants, including EG.5, FL.1.5 and XBB1.16, as well as the [highly mutated JN.1 variant](#). New data also shows that vaccinations [reduce the risk of long Covid symptoms](#) in adults and children.
 - **If you have insurance**, check with your [primary care clinic](#) or [pharmacy](#) for the updated vaccine. They are most likely to provide the vaccine with the fewest insurance issues. Unlike before, insurance coverage will be checked before Covid vaccines are given at pharmacies. Coverage at specific pharmacies depends on their insurance contracts.
 - **If you don't have insurance or your insurance doesn't cover the complete Covid vaccine cost:** [CVS](#) and [Walgreens](#) are required by the national [Bridge Program](#) to cover Covid vaccines at no cost to you. You can also go to designated public/county vaccine sites – [click here](#) for details.
 - **When to get the booster:** you are eligible if your last vaccine dose was 2+ months ago. Generally, most people can wait 3 months after their last infection. To have protection for the anticipated winter wave, get it by early November.
 - The **Novavax COVID-19 vaccine** is available at your local Walgreens, CVS, and Costco pharmacies. The Novavax COVID-19 Vaccine, Adjuvanted, a monovalent vaccine, has been updated to include the Omicron variant lineage XBB.1.5 (2023-2024 formula). Please see this [FDA Fact Sheet](#) for more information. To schedule a vaccination appointment, please visit the website of your pharmacy of choice. Kaiser locations will offer the Novavax only to persons who were previously unable to receive the Pfizer or Moderna vaccines.

The CDC has updated their [vaccine guidelines](#):

- Everyone ages 6 months and over should get at least one updated vaccine dose (Pfizer, Moderna or Novavax) to be considered up to date.
- People ages 65+ may get a 2nd updated booster dose at least 4 months after the first one.
- People who are moderately or severely immunocompromised may

get additional updated doses at least 2 months after the previous one.

- **Get an updated vaccine** at [local pharmacies](#), your [medical provider](#), [MyTurn.ca.gov](#), [Vaccines.gov](#), or [county sites](#).

↳ PREVENTION:

- **[California isolation and quarantine guidelines](#) were updated in August 2023:**
 - **If you test positive for Covid, isolate for at least 5 days and wear a mask for 10 days.**
 - [Click for the California COVID-19 Personalized Testing and Isolation Calculator](#).
 - Talk to your provider about getting [treatment](#) or get a free virtual Covid visit [here](#) (1(888) 897-1244).
 - Wear a mask around others for 10 full days after start of symptoms. If you had no symptoms, wear a mask for 10 full days after your positive test. You may remove your mask sooner than Day 10 if you have two negative tests in a row, at least one day apart.
 - You may leave isolation after 5 days if symptoms are gone or improving and have had no fevers for 24 hours without the use of fever-reducing medications.
 - [Click here](#) to download the Alameda County isolation PDF. [Click here](#) to read more isolation details from Alameda County.
 - **If you were exposed and have no symptoms, test immediately and 3-5 days after your last exposure. Wear a mask for 10 days, even at home around others.**
- **Ventilation:** The CDC released [new indoor building ventilation standards](#) in May 2023. They recommend aiming for at least 5 air exchanges per hour and using MERV-13 or better filters to reduce transmission of respiratory infections.
- **Masks: New mask requirement for workers in high risk health settings, November 1, 2023 through April 30, 2024:** Staff and other workers in specified health facilities (General Acute Care Hospitals, Long Term Acute Care Hospitals, Psychiatric Hospitals, Skilled Nursing Facilities, Dialysis Centers, and Infusion Centers) in [Alameda County](#) and [Contra Costa County](#) are required to wear high-quality, well-fitting masks in patient care areas. Sonoma and San Mateo counties will have the same requirement. San Francisco already has a year-round masking requirement for health care workers. Other individual facilities may still choose to make masks required.
- **Want to test how well your mask fits?** If you can't get a professional mask fit-test, aerosol scientist Linsey Marr says you can informally [test your mask](#) by cupping "your hands around the edges and hold it down while you're breathing through it and see if there's any difference when you do that and press it to your face versus when you don't. If you notice a difference, that means it's

not well sealed to your face and you should try a different type of mask."

↳ **TEST-AND-TREAT:**

- **Free Covid tests are still available:**
 - **Free PCR tests are available at the Community Church in Oakland** on Tuesdays, Wednesdays and Thursdays 10:00am to 3:00pm at 1527 34th St Oakland, CA 94608. [Register here](#), visit the [Community Church website](#) or call 510 594-2207 for more information.
 - **Free Covid-19 tests are back on [COVIDtests.gov](#).** Each US household can request another round of 4 free rapid tests through USPS if you haven't ordered since November 20, 2023.
 - **People with health insurance in California can still get [8 free rapid tests](#)** per member per month. Some insurance plans (such as Kaiser) will continue to cover in-network rapid test kits after November 11, 2023, the date when CA law no longer requires them to.
 - **[Umoja Health Community Hub](#) offers free rapid antigen tests** at their North Oakland site at 750 Aileen Street, Oakland 94609, Monday-Tuesday-Wednesday, 10 am to 2 pm, 1-888-763-0007. They offer N95s and other masks, hand sanitizer, rapid antigen tests and printed resources at this location.
 - Contra Costa residents can get 4 additional free at-home COVID test kits per household by filling out [this online form](#) or by calling 833-829-2626.
 - For in-person tests, contact your primary care clinic or find a [testing site in California here](#).
- **If you have symptoms, mask up and do serial antigen testing or get a PCR or other molecular test.** Recent [data](#) shows that viral loads don't peak until around Day 4 of symptoms with the Omicron variants. This means that antigen tests miss some infections in the first few days of symptoms. We have accumulated more immunity and are now more likely to have symptoms early in an infection. [Another study](#) also suggests that antigen levels might be lower than RNA levels with Omicron infections. What you can do to increase test accuracy:
 - Omicron viral levels [rise in the throat](#) before the nose, so consider swabbing the throat before swabbing the nose.
 - [Repeat antigen testing](#) has also been shown to increase accuracy in picking up infections. [Current guidance](#) is to repeat antigen testing 48 hours after the first negative test before excluding Covid infection.
 - PCR tests still pick up early Omicron infections.
 - Home molecular test kits are also available ([Lucira COVID](#), [Lucira COVID+flu](#), or [Metrix COVID](#) test kits), which detect viral genetic material like PCR tests. These home molecular tests are more sensitive and accurate than antigen tests, but they

are also more expensive (\$25-50 per test).

- **Are expired COVID home tests still useful?** If you still get a clear “control” line, the test is likely to still be effective.
- **COVID test-and-treat:** Paxlovid is still free and widely available! Community members at [risk](#) can get [treatment](#) at the same location and on the same day that you test positive and regardless of insurance or immigration status. Please encourage anyone who tests positive to contact their provider or a [free test-and-treat center](#) ASAP, as they may be able to get treatment.
- **Free COVID clinical consults for CA clinicians:** California health care providers can now call (866) 268-4322 (COVID-CA) to receive free and confidential consultation on COVID-19 testing and treatment from the UCSF National Clinician Consultation Center.
- **What are current COVID treatment options?**
 - **Paxlovid, remdesivir and molnupiravir remain effective** against the newer variants.
 - **Viral rebound** is common for both treated and untreated people with COVID-19. There is no evidence of resistance to Paxlovid. Treatment still helps reduce viral load and severity. Just make sure to re-isolate.
 - Paxlovid expiration dates have been extended to 24 months by the FDA. [Check updated expiration dates here.](#)
- **How can we prevent long COVID?** Aside from wearing masks and preventing infection, the latest data suggests that you can reduce the risk of long COVID if you get infected with:
 - **Vaccination** with at least 2 doses was associated with a 43% reduction of long COVID in a large [systematic review](#) of 41 studies.
 - **Paxlovid** treatment was found to reduce the risk of long COVID by 26% in a large [VA study](#).
 - **Metformin** (a safe and inexpensive medication usually used for diabetes) taken for 2 weeks during acute COVID infection was found to reduce healthcare utilization for severe COVID and the development of long COVID symptoms by 42% in a [randomized control trial](#).
 - **Ensitrelvir** (a protease inhibitor like Paxlovid) taken once a day for 5 days was compared to placebo in a [randomized control trial](#) in people at lower risk (mostly ages 12-69, vaccinated, no medical risk factors for severe disease), and was found to reduce long Covid symptoms by 26-45%, shorten symptoms by a day and reduce time to first negative test. This study was also presented at CROI 2023. Ensitrelvir is already approved for COVID treatment in Japan.
 - **A “healthy lifestyle”** (BMI 18-25, never smoking, exercise, moderate alcohol intake, high quality diet, sleeping 7-9 hours per day) was found in the [Nurses’ Health Study II cohort](#) (all women, 97% white) to be associated with a lower risk of long COVID. Participants with 5-6 healthy lifestyle factors had 49% lower risk of long COVID.

↳ THE END OF COVID EMERGENCIES:

Free Covid vaccines, testing and treatment will still be covered by insurance and available at pharmacies and community partners for uninsured people after the federal public health emergency ends on May 11 under [CA law](#), the national [PREP Act](#) and new [Bridge Access Program](#).

- In April 2023, the Department of Health and Human Services (DHHS) [announced](#) that some of the PREP Act protections for Covid vaccines and treatment distributed by the US through pharmacies and community partners will continue, including pharmacist-administered free vaccines and treatments and the [national Covid test-to-treat program](#). The [CA Covid test-to-treat program](#) through Sesame care is also still available.
- DHHS also [announced](#) that they will partner with pharmacies to provide Covid vaccines and treatments such as Paxlovid free-of-charge to people without insurance coverage in the Bridge Access Program to be launched this fall.
- People with insurance coverage in California will be protected from out-of-pocket charges for Covid testing, vaccines and treatment from *any licensed provider* until November 11, 2023. After that, California insurance companies will still be required to cover these costs *in-network* without out-of-pocket charges. [Click for more info](#) about the end of the public health emergency for California residents.

California's COVID state of emergency [ended](#) on February 28, 2023.

The end of the state emergency has led to the end of extra pandemic-era CalFresh benefits and the closure of some COVID testing and treatment sites. It may also impact hospitals' ability to address staffing and space shortages as well as some COVID-related paid medical leave policies. [Click for more info](#) about the end of the public health emergency for California residents.

The [end of the federal emergency on May 11, 2023](#) will result in:

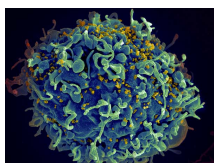
- The end of continuous Medi-Cal coverage. Medi-Cal recipients will have to manually renew and prove eligibility again.
- The end of *national* requirements for insurance to cover COVID-related costs. A CA law ([CA Senate Bill 1473](#)) extends this requirement for 6 more months to November 11, 2023, so insurance coverage of home test kits and COVID-related health care costs in California will extend till then.
- The end of requirements for insurance to cover all telehealth services; coverage will vary by state.

Click to read more about: the [end of the California state emergency](#) and the [end of the federal emergency](#).

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HIV UPDATES

DECEMBER 4, 2023



This page includes the latest East Bay HIV updates, which include practice-changing studies and developments. [Please click here to share feedback.](#)

GET TESTED

GET PROTECTED

GET TREATMENT

RAPID
ART

SAME-DAY PREP

COVID-19

ARCHIVES

SIGN UP FOR OUR NEWSLETTER

Jump to:

- [East Bay HIV updates](#)
- [New HIV/STD resources](#)
- [New HIV/STD studies](#)

EAST BAY HIV UPDATES

EAST BAY HIV STRATEGIC PRIORITIES (2021-2025)

OUR MISSION IS ADVANCING HEALTH EQUITY AND HEALING THROUGH:



COMMUNITY
MESSAGING



IMPROVING
COLLABORATIONS



INNOVATIVE
MODELS



YOUTH
ENGAGEMENT



HOUSING
INITIATIVES



- [Click here to vote on your HIV priorities!](#) It's time to update our [East Bay HIV strategic plan](#) and decide on what efforts we will focus on for the next year. We'd love to include your thoughts, ideas and feedback.
- In case you missed the **2023 World AIDS Day (WAD) commemoration event on November 30th**, you can [read about it](#) and [watch the recordings here](#).

NEW HIV/STD RESOURCES FOR 2023

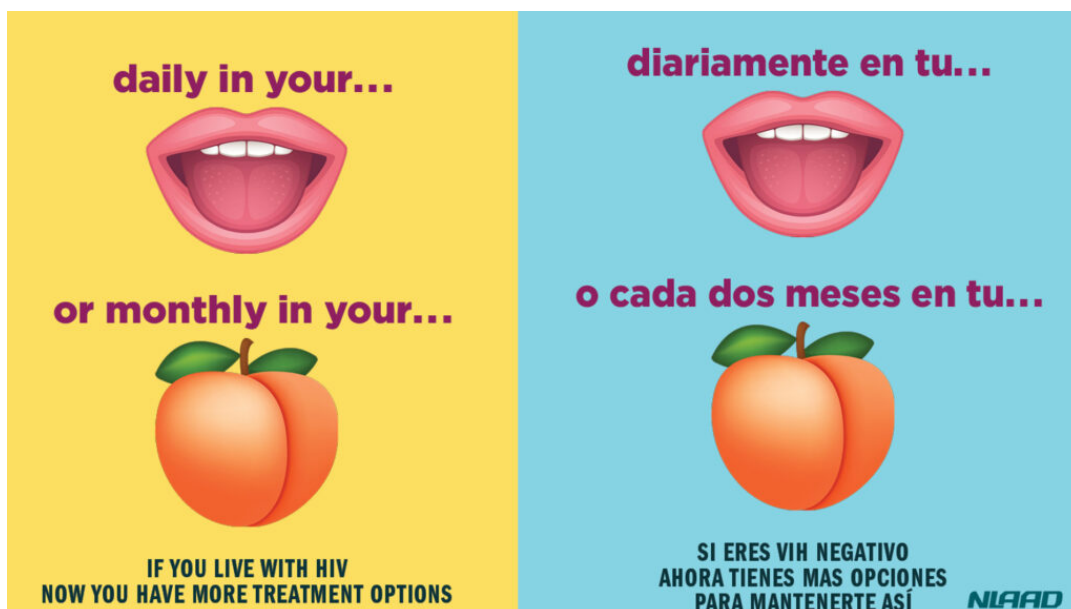
updated December 2023

- **IDWeek 2023:** [click here to read a rapid review of the HIV studies](#) by Dr. Paul Sax.
- **Check out our new PIP: HIV PEP-in-Pocket page!** PIP is providing a [HIV post-exposure prophylaxis \(PEP\)](#) prescription for HIV-negative people who have 0-4 high risk HIV exposures per year. There are lots of effective HIV medical prevention strategies to choose from now!



The 2023 updates of the [HIV Essentials and Quick Clinical Guides](#) are now available for free download! This [collection of updated guides](#) now includes injectables and can also be downloaded as separate documents:

- [2-pager on HIV testing, rapid ART, PEP and PrEP](#)
- [2-pager on HIV health care maintenance](#)
- And more detailed 3-6 page guides and protocols on:
 - [HIV testing and disclosure](#)
 - [Rapid ART](#)
 - [PEP \(HIV post-exposure prophylaxis\)](#)
 - [PrEP \(HIV pre-exposure prophylaxis\)](#)
 - [HIV health care maintenance](#)

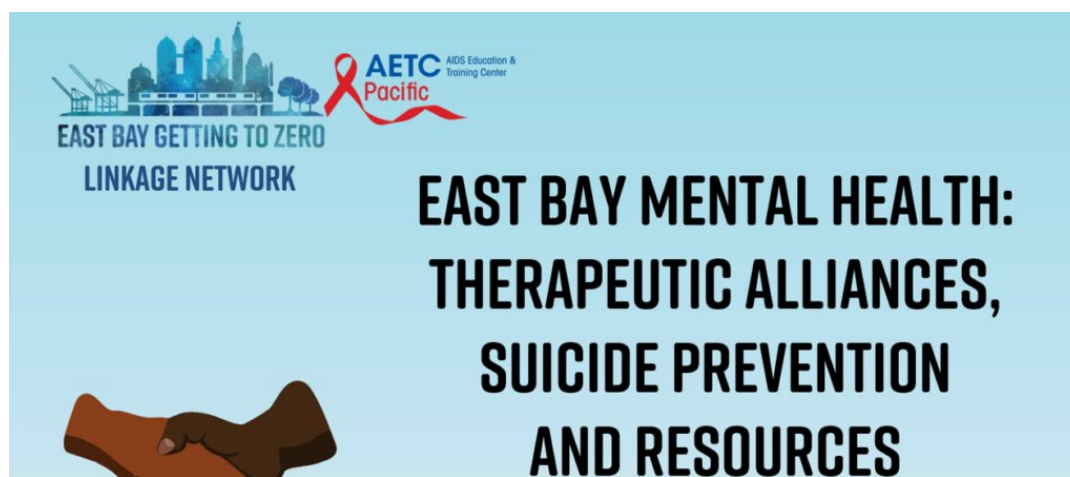


- **Check out our [Injectables webpage!](#)** You can find the latest East Bay resources and updates on injectable HIV medication and PrEP on this page.

- **Injectable Sunlenca (lenacapavir, or LEN) is available on Medi-Cal and ADAP.** Sunlenca is a long-acting injectable HIV medication (capsid inhibitor) taken every 6 months for people who have drug-resistance has been a Medi-Cal pharmacy benefit since March 1 and on the CA ADAP formulary starting April 25, 2023. Prior authorization is required for ADAP coverage due to its high cost.
- **DoxyPEP for sexy peeps! Our new East Bay doxy-PEP resource guide** has been posted and will be kept updated as new data, guidance and resources become available.
- **The East Bay Rapid ART quick guide** has been updated with the latest guidelines and practices. Many thanks to Drs. Doug White and Sunny Lai and the Highland ED and HIV teams for collaborating with us on this guide! GTZ-SF has also recently updated the [GTZ-SF Rapid ART guide](#).
- **Do you have new staff who want HIV training?** Check out our [Quick start guide for new HIV staff](#) with free trainings and East Bay HIV resources recommended for case managers, clinicians, nurses, pharmacists and HIV all care team members.
- **Updated national pediatric HIV guidelines** released in April include a shorter course of post-partum AZT prophylaxis (2 weeks instead of 4-6 weeks) for infants born to people living with HIV, and recommendations for shared decision-making around breast/chest-feeding with sustained undetectable viral loads.
- **Updated perinatal HIV data** ([here](#) and [here](#); data from 2010-2019) found that the U.S. is approaching the goals set in 2012 for a perinatal HIV transmission rate below 1%, though disparities still persist. Infants born to Black parents have higher rates of HIV diagnosis, and infants born to Latinx parents still have HIV transmission rates higher than 1%.
- Alameda County released a **health advisory on xylazine** ("tranq"), a veterinary sedative detected in combination with fentanyl and other substances in a rising number of overdose deaths, particularly in the northeastern United States. Click for: [more info on xylazine from CDPH](#), [xylazine info and wound care handouts](#) (PDF) in English and Spanish.
- There has been a **Penicillin G Benzathine shortage** (Bicillin L-A® or "BIC") since April 2023. **ACPHD recommends that Benzathine penicillin G (Bicillin L-A®) is prioritized for treatment of pregnant people infected with or exposed to syphilis** and to use alternative treatments for other populations when available. ACPHD also recommends to stick with 2.4 million units of Bicillin L-A® for primary, secondary, and early latent syphilis, since additional doses do not increase efficacy, including among PLWH.
- **A shigella outbreak has been reported at an LA conference August 21-24, 2023, with cases among Alameda County residents.** Alameda County issued a [health alert](#) on September 1 and providers are asked to monitor, test and report cases.
- **Increase in extensively drug-resistant (XDR) shigellosis:** Alameda County issued a [health alert](#) in March on this enteric bacterial infection, which is transmitted fecal-orally person-to-person, including through sex, as well as through contaminated water and food. A huge increase in recent years have disproportionately impacting MSM, PLWH, international travelers and people experiencing homelessness. Test people with more than 3 days of diarrhea and cramping with a stool [culture](#) and [susceptibility](#) testing.



Did you miss our **mental health workshop** on March 30? [Click here for our guide to East Bay mental health resources and watch the recording.](#)



NEW HIV/STD STUDIES

updated October 2023

Current lists of open **Bay Area HIV, hepatitis, Mpox and COVID studies** are posted [here](#).

Recent COVID-19 is associated with increase in false positive HIV Ag/Ab tests: an [observational study](#) found that a positive SARS-CoV-2 PCR result within 2 weeks of HIV combo testing significantly increased the likelihood of a false-positive HIV Ag/Ab test (OR 4.22). The false-positive association was strongest for a positive HIV antigen result, which suggests that there may be cross-reactivity between HIV and SARS-CoV-2 proteins. This strengthens the importance of getting an HIV RNA test to confirm positive HIV Ag/Ab results.

A study on disparities among women living with HIV in the US found that racial/ethnic disparities in viral suppression among women taking ART were substantially reduced after accounting for social determinants of health, such as poverty, transportation needs, health literacy, and gaps in health insurance coverage. The authors conclude that “structural interventions to improve [these determinants] are needed to improve health equity for women with HIV”.

HIV telemedicine visits had better outcomes than in-person visits in a 2022 comparison [study](#) at an HIV primary care clinic in Arizona. Patients in the study were given the option for telemedicine or in-person visits. Better performance was seen for those receiving telemedicine visits for visit show rate, medical outcomes (viral load suppression, diagnosis rates), cost-effectiveness, time management, and patient and employee acceptance of the clinics.

The CROI 2023 conference took place on February 19-22, one of the most important international scientific conferences covering HIV, STIs, mpox, hepatitis and COVID. You can read selected highlights below, our [complete highlights here](#), more summaries on [Dr. Paul Sax's CROI 2023 Really Rapid Review](#) and on [NATAP's website](#).



- **Doxy-PEP:** doxycycline post-exposure prevention for STIs was found again to be [effective](#) for MSM and transwomen but [not](#) in a group of ciswomen in Kenya. No marked doxycycline [resistance](#) has been found yet.
- **CAB/RPV (Cabenuva) injectable ART:** [Thigh injections](#) have drug levels equivalent to gluteal injections. CAB/RPV is highly effective even for people with [viremia](#) and adherence challenges and is non-inferior to BIK, but baseline [viremia](#) and NNRTI or INSTI [resistance](#) are associated with CAB/RPV failures so watch those starting with viremia closely and avoid using it alone with baseline resistance.
- **CAB-LA (Apretude) injectable PrEP:** there may be some [forgiveness](#) with late injections. Failures are rare and can be [hard to detect](#), so get an HIV RNA and Ag/Ab at each injection and quarterly after stopping. Treat people with breakthrough infections with protease-inhibitor-based regimens, such as Symtuza.

Please [click here to read our highlights](#) from the updated [IAS-USA HIV guidelines](#).



UPCOMING EVENTS



REGIONAL CASE MANAGERS/ PREP NAVIGATORS END-OF-YEAR MEETING

📅 December 7 from 10:30 am to 1:00 pm

📍 California Endowment Oakland, 2000 Franklin St
Oakland, California 94612



GRUPO DE CHARLA (SPANISH LANGUAGE WORKING GROUP)

📅 December 13 from 9:30 am to 11:00 am



EBGTZ STEERING COMMITTEE MEETING (MEMBERS ONLY)

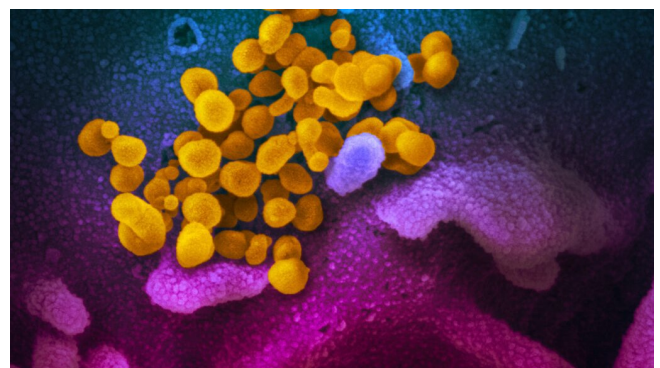
📅 December 14 from 10:00 am to 11:30 am

LATEST RESOURCES



Zero-to-few exposures ←————→ Many exposures

PIP: HIV PEP-IN-POCKET



OMICRON AND VARIANT FAQs

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MPOX UPDATES

NOVEMBER 29, 2023

Jump to:

- [East Bay Mpox updates](#)
- [How Mpox is spread and how to prevent it](#)
- [Mpox vaccine: how to get it in Alameda County and Contra Costa County](#)
- [East Bay Mpox epidemiology and links](#)
- [Treatment updates](#)
- [Mpox resources: fact sheets, videos, references](#)

EAST BAY MPOX UPDATES

Free mpox vaccines are available in [Alameda County](#), [Contra Costa County](#) and throughout [California](#), with additional vaccine events added for Pride and summer events.

- August-November 2023 rise in [Alameda County](#) and SF Mpox cases:** Alameda County has had [several Mpox cases](#) since July 2023. SFDPH reported 19, 23 and 12 cases of Mpox during each of the months of September, October and November 2023. This is a substantial increase over the 6 cases reported in August 2023, when SFDPH sent out a [health alert](#). Prior to July 2023, there was an average of ~1 case per month in SF. This is an important reminder that mpox is still around, that we should continue to make sure folks complete 2-doses of the mpox vaccine, be on the lookout for mpox symptoms, and provide rapid access to treatment.
- [The STOMP study for Tpoxx mpox treatment](#)** is still enrolling, both in-person at UCSF as well as online with a remote only option if people aren't able to go in. This is a great opportunity for folks with mpox who don't have easy access to treatment and/or want to participate in a study.
- Mpox data** will (hopefully) be posted here: [Alameda County](#), [Contra Costa County](#), [California](#).
- New mpox clusters were seen elsewhere in the US March-May 2023**, so please encourage people at risk to complete 2 doses of the vaccine. Dr. Eileen Dunne, ACPHD STD/HIV Controller, [presented mpox updates](#) on May 18 describing a cluster of cases seen in the Chicago area March-May 2023, including cases among people who received the mpox vaccine. None were hospitalized. Providers should have high suspicion for mpox among people presenting with symptoms even if they've gotten 2 doses of the vaccine.
- Alameda County released an [mpox health alert](#) on May 23, 2023:** "Healthcare providers should suspect and test for mpox in patients with a new rash, even if a person has received mpox vaccination. Prompt testing and isolation until results of testing return can limit spread of the infection. Any suspect, probable, or confirmed mpox case should be reported within 24 hrs to ACPHD by email at AcuteCD@acgov.org."
- Two doses of the mpox vaccine still offers the [best protection](#).** Anyone who requests the mpox vaccine should

receive it, including women and especially people of color. Free mpox vaccines are still available in [Alameda County](#), [Contra Costa County](#) and throughout [California](#). Walk-ins are welcome at some locations.

- **Don't forget other STIs:**

- Get screened right away for mpox along with HIV and other STIs if you have symptoms, especially when a rash or other symptoms are not getting better, and even if you've received the mpox vaccine.
- A [study](#) found that 38% of people with mpox had HIV, and 41% had an STI in the preceding year.


More Mpox studies/data:

- **For Clinical Teams:** The National STD Curriculum (University of Washington) now includes a detailed [Mpox Clinical Guide](#) that includes clinical presentations, photos of lesions, and guidelines for infection control, obtaining a sample for testing, providing treatment, and vaccination.
- **Check out the new [Mpox Wastewater Monitoring Dashboard](#)** from the national Biobot network. Data from April 2023 shows that 0% of the Western region wastewater sites (including California) had positive mpox detection.
- **Mpox in people living with HIV (PLWH) with advanced immunosuppression can be life-threatening.** A [global mpox study](#) found that mpox can be a [disfiguring](#) and life-threatening opportunistic infection, with a mortality rate of 27% among PLWH with CD4 <100. This data presented at CROI 2023 shows how important it is to test and treat HIV early, vaccinate people against mpox, and treat mpox early in PLWH with immunosuppression. This study confirms earlier studies that found PLWH are at [higher risk](#) for infection and severe disease, especially PLWH of color and those with low CD4 counts or not on treatment. In addition, [presymptomatic mpox transmission has been found to be very common](#) (53%), so **ensuring vaccine coverage and rapid access to diagnosis and TPOXX treatment continues to be crucial.**
- **Mpox vaccine efficacy has been found to be 36-75% for one dose and 66-86% for two doses.** Please see table below for updated US vaccine efficacy data. A [study](#) presented at CROI 2023 found that a 2-dose mpox vaccination campaign reduced mpox incidence by 99%. [Data](#) from the UK found that a single dose of the MVA-BN (JYNNEOS) vaccine provided 78% protection against mpox 14 days after vaccination. A second dose offers greater and longer protection. All people in the East Bay getting the mpox vaccine are strongly encouraged to receive both doses of the vaccine.
- **TPOXX (tecovirimat) treatment for severe and/or high-risk mpox illness is available.**
 - People at high risk include those with weakened immune systems (such as HIV not virally suppressed and/or CD4 <200) and skin conditions (such as eczema).
 - [Severe disease](#) includes a large number of lesions, involvement of body parts which might result in scarring or strictures, and serious systemic illness such as sepsis, encephalitis and bleeding.
 - A CDC [study](#) found that in a group of people with mpox, most of the people hospitalized for severe mpox were Black/African American cis men living with HIV and had CD4<200. They experienced had delays in diagnosis and treatment. 12 of the 57 in this group died. This study underscores the importance of mpox vaccination, rapid diagnosis and [treatment with TPOXX](#) ASAP for all people with severe mpox symptoms and all people living with HIV with CD4<200.
 - In Alameda County, TPOXX may be available at your clinic's pharmacy, the EBAC pharmacy and through the Summit Emergency Department.
 - In Contra Costa County, TPOXX is available through the county for people with Medi-Cal and no insurance (call 887-661-6230) or through the BASS ID group for people with Medicare and private insurance (call 925-947-2334).

JYNNEOS Vaccine: Efficacy

Vaccine performance

- Vaccine effectiveness (VE) ranged
- No differences observed between intradermal or subcutaneous routes



Study population	Cases; Controls	Vaccination status	VE for 2 doses (95% CI)	VE for 1 dose (95% CI)
Epic national dataset	2,193 cases;	Full: 3%, Partial: 11%	66%	36%

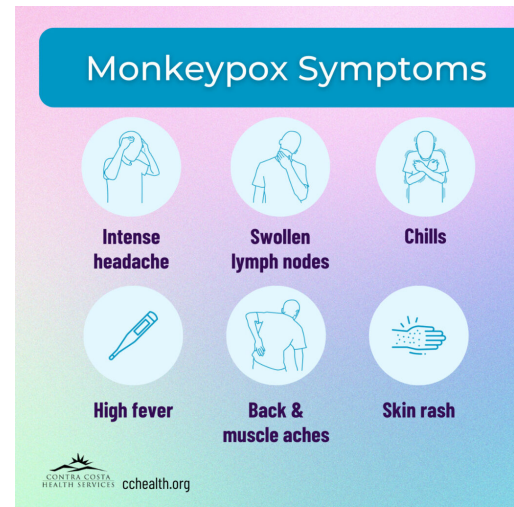
case-control study	8,319 controls	Unvaccinated: 86%	(47-88%)	(22-47%)
Multi-jurisdictional case-control study	309 cases; 608 controls	Full: 23% Partial: 32% Unvaccinated: 45%	86% (74-92%)	75% (61-84%)
New York state case-control study	252 cases; 255 controls	Full: 0.8% Partial: 8% Unvaccinated: 91%	76% (48-88%)	68% (25-86%)

Sources: Deputy 2023, *N Engl J Med*. Dalton 2023, *MMWR*. Rosenberg 2023, *MMWR*.

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HOW MPOX SPREADS AND HOW TO PREVENT IT

- The mpox virus spreads mostly through close, intimate contact with someone who has mpox.
- A large study in the UK found that 53% of mpox transmissions occurred before symptoms started.
- You can take steps to prevent getting mpox, such as through vaccination, and lower your risk during sex.
- CDC recommends vaccination for people who have been exposed to mpox and people who are at higher risk of being exposed to mpox.
- If you've been exposed to someone with mpox, get the vaccine, talk to your healthcare provider and try to avoid close, intimate contact for 16-23 days.
- If you have any symptoms of mpox, talk to your healthcare provider, even if you don't think you had contact with someone who has mpox.
- Providers: be alert for patients who have rashes consistent with mpox and evaluate for mpox along with HIV and other STIs.



[Click here for photos of mpox skin rashes \(goes to CDC website\).](#)

MPOX VACCINE UPDATES

The JYNNEOS vaccine is a live attenuated virus that is considered safe and effective at preventing the onset of disease and severity of illness due to the mpox virus. It is most effective as prevention and within 4 days of exposure but can be given 4-14 days after exposure to help decrease disease severity. Full vaccination requires 2 doses at least 28 days apart and a person is not considered fully vaccinated until 2 weeks after their second dose. Although a 28-day interval is optimal, there is no need to restart or add doses to the vaccine series if the second dose is given after 28 days. As of September 2022, there is adequate supply of the vaccine in the East Bay to give second doses.

WHERE TO GET THE VACCINE IN ALAMEDA COUNTY:

Oakland LGBTQ Center: Please [click](#) for more information and [click here for vax registration](#).

- Schedule: Walk-ins and appointments for mpox vaccinations will be held weekly on Tuesdays 11-4 pm. Please call 510-781-2639 for more info.
- Location: Directly across from the Oakland LGBTQ Center and the T-Mobile store, at the corner of Lakeshore and Lakeside, beneath the 580 overpass at 533 Lake Park Ave.

Kaiser: Kaiser members who are Alameda County residents who get their care at the Oakland Medical Center can call 510-225-8233. Kaiser members who get their care at Kaiser Fremont and San Leandro can call 510-454-2780.

Other potential vaccine options: please contact your healthcare provider or occupational health department if you are eligible for the mpox vaccine. [Click for more options throughout California](#). If you do not have a healthcare provider, please contact monkeypox@acgov.org.

WHO IS ELIGIBLE IN ALAMEDA COUNTY:

ACPHD recommends that “**Mpox vaccine providers should offer JYNNEOS vaccine to ANY person who may be at risk or believes they may be at risk**, and ANY person who requests vaccination should receive it. Providers should **not require** that a person share a reason for wanting vaccination.” This includes women and especially people of color, who have faced the biggest gaps in vaccination rates.

In Alameda County during the summer of 2022, although 40% of persons with mpox were Latinx and 25% are Black/African American, only 19% of vaccine recipients were Latinx and 12% Black/African American. It is crucial that we ensure outreach and access for communities of color.

ACPHD recommends intradermal administration as the preferred route of administration of JYNNEOS vaccine. This allows more vaccine doses to be given per vial. Vaccination sites run by Alameda County staff and contractors will allow all minors 12 to 17 years of age to receive the JYNNEOS vaccine without parent/guardian consent.

Second Doses of JYNNEOS

- Second doses of JYNNEOS vaccine should be administered to anyone who received a first dose at least 28 days prior. Although a 28-day interval is optimal, there is no need to restart or add doses to the vaccine series if the second dose is given after 28 days.
- Persons with moderate to severe immunosuppression should receive their second dose no later than 35 days after their first dose.
- Persons 18 and older who received their first dose subcutaneously may receive a second dose intradermally.
- Persons diagnosed with mpox after their first dose are not recommended to receive the second dose (unless they are immunocompromised), because mpox infection likely confers additional immune protection.

WHERE TO GET THE VACCINE IN CONTRA COSTA COUNTY:

In Contra Costa County, walk-in or schedule your mpox vaccine appointment at locations listed [here](#) or call 1-833-829-2626. [Click for more options throughout California](#).

Second doses of the mpox vaccine are available to individuals if it has at least been 28 days since someone got the first dose.

WHO IS ELIGIBLE IN CONTRA COSTA COUNTY

Contra Costa Health (CCH): “recommends vaccination for anyone who thinks they are at risk for an MPX infection (see risk factors below).

For the best protection, people should get two doses of Jynneos vaccine for MPX at least 28 days apart. There are [two methods for vaccine injection](#), intradermal (similar to a TB test) or subcutaneous (a regular shot like you’d get for chickenpox or measles). At county-run vaccination sites, you can choose which injection method you prefer.

RISK FACTORS

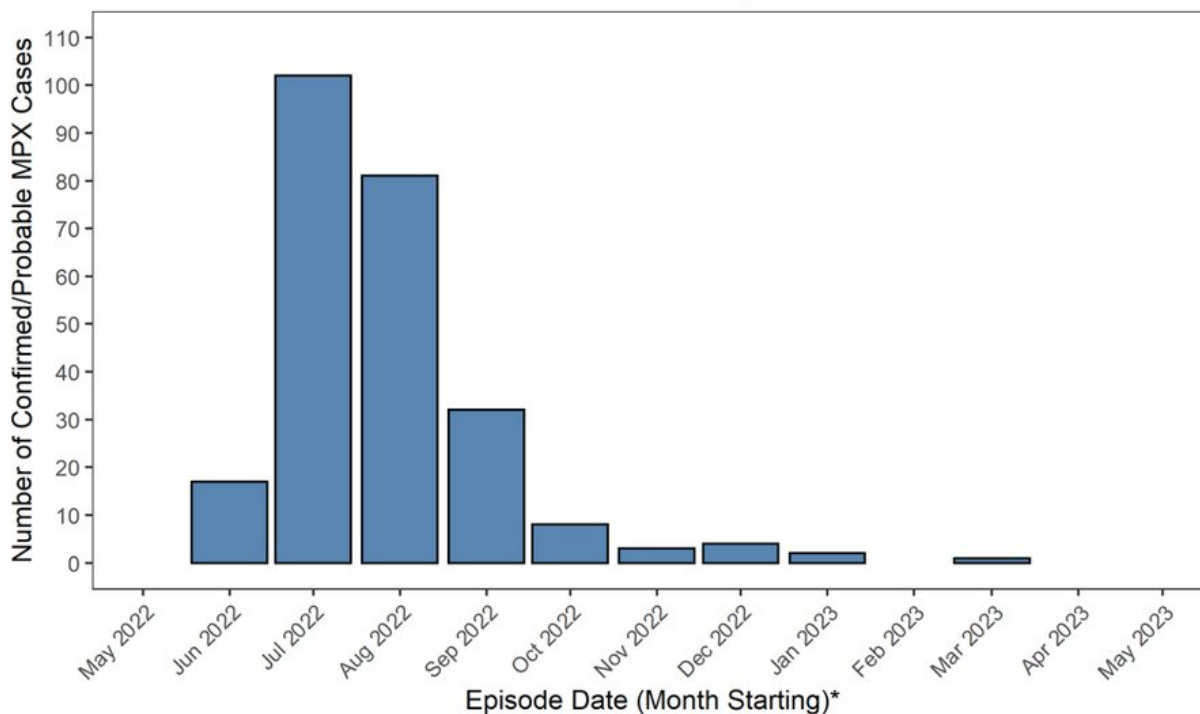
- Sex with multiple partners
- Sex at a commercial sex venue (like a sex club or bathhouse) or at an event
- People who have had close contact with someone with suspected or confirmed MPX
- People taking or prescribed HIV Pre-Exposure Prophylaxis (PrEP)
- People with HIV
- People who have been diagnosed with syphilis or gonorrhea infection in the past 12 months
- People whose sexual partner identifies with any of the above scenarios”

ALAMEDA COUNTY MPOX UPDATES



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT

Number of Confirmed/Probable MPX Cases by Month



*Episode date is defined as the earliest existing value of:
Date of Onset, Date of Diagnosis, Date of Death, Date Received, Specimen Collection Date

There may be a reporting delay for most recent 2-3 weeks

[Click here](#) for the latest Alameda County mpox and other health advisories.

CONTRA COSTA COUNTY MPOX UPDATES

Visit the [Contra Costa Health Services Mpox dashboard](#) for the latest updates on local mpox cases. Visit the CDPH [mpox page](#) and [data dashboard](#) for the latest information about confirmed or suspected cases of monkeypox in the county.

Mpox data dashboards: [Alameda County](#) | [Contra Costa County](#) | [California](#) | [United States](#)

MPOX TREATMENT UPDATES

Most mpox infections are mild and will heal without treatment.

TPOXX ([tecovirimat](#)) treatment is available and should be given without delay to people with severe mpox illness and/or at high-risk.

- People at high risk include those with HIV not virally suppressed and/or CD4<200, other immunocompromising conditions, skin conditions (such as eczema), children under 8 years of age, and people who are pregnant or breastfeeding.
- [Severe disease](#) includes a large number of lesions, involvement of anatomic areas (such as eyes or genitals) which

might result in serious sequelae that includes scarring or strictures, and serious systemic illness such as sepsis, encephalitis and bleeding.

- If you have mpox and want treatment but don't have a medical provider and/or want to participate in a research study, please consider enrolling in the [STOMP study at UCSF](#) (call 415-535-9495).
- Clinicians: please see the [CDC TPOXX treatment guide](#) and [TPOXX investigational new drug \(IND\) protocol here](#).
- In Alameda County, TPOXX may be available at your clinic's pharmacy, the EBAC pharmacy and through the Summit Emergency Department.
- In Contra Costa County, TPOXX is available through the county for people with Medi-Cal and no insurance (call 887-661-6230) or through the BASS ID group for people with Medicare and private insurance (call 925-947-2334).

RESOURCES FOR COMMUNITY MEMBERS AND ORGANIZATIONS:

[Alameda County Public Health Department: Information on Mpox](#)

[Alameda County Public Health Department: Clinical Guidance on Mpox](#)

What is **Monkeypox**?

¿Qué es la viruela del mono?

Monkeypox is a virus that appears as a distinctive rash, and spreads through close contact skin to skin, sex, kissing, and breathing at close range.

La viruela del mono es un virus que se manifiesta como un característico sarpullido y se contagia a través del contacto estrecho de piel a piel, las relaciones sexuales, los besos y la respiración a corta distancia.

How to protect yourself: Cómo puede protegerse:



Cover exposed skin in crowds

Cúbrase la piel expuesta en espacios concurridos



Don't share bedding or clothing

No comparta sábanas ni ropa de vestir



Ask close physical contacts about recent rashes or sores

Pregunte a las personas con las que mantiene un contacto físico estrecho si han tenido sarpullidos o llagas recientemente



Stay aware when traveling to outbreak countries

Esté al tanto si viaja a países donde hay brotes

See a provider right away if you have a rash, or if you have been in contact with someone who has monkeypox. Stay home if you feel sick.

Acuda a un médico de inmediato si le sale un sarpullido o si ha estado en contacto con alguien

a quien se le ha diagnosticado la viruela del mono. Quédese en casa si se siente enfermo.



Para obtener más información,
visite: sf.gov/monkeypox



City & County of San Francisco
Department of Public Health

LO QUE LOS HOMBRES GAY Y BISEXUALES NECESITAN SABER SOBRE LA VIRUELA DEL MONO

Se han detectado casos entre hombres gay y bisexuales, pero **no exclusivamente**.

¿QUÉ ES LA VIRUELA DEL MONO?

La viruela del mono es una infección viral transmitida a través del contacto personal cercano, que incluyen besos, sexo y otro contacto de piel a piel.

¿CUÁLES SON LOS SÍNTOMAS?

SÍNTOMAS PRINCIPALES



ERUPCIONES, ABULTAMIENTOS O AMPOLLAS
Pueden aparecer en cualquier parte del cuerpo, incluyendo los genitales. Esto puede parecer similar a sifilis, herpes u otras erupciones cutáneas comunes.

OTROS SÍNTOMAS



FIEBRE Y DOLORS DE CABEZA



DOLORS MUSCULARES



GANGLIOS LINFÁTICOS INFLAMADOS

El inicio de los síntomas oscila entre 5-21 días

WHAT GAY & BISEXUAL MEN NEED TO KNOW ABOUT MONKEYPOX

Cases have been detected among gay and bisexual men but **not exclusively**

WHAT IS MONKEYPOX?

Monkeypox is a viral infection transmitted through close personal contact, including kissing, sex, and other skin-to-skin contact.

WHAT ARE THE SYMPTOMS?

KEY SYMPTOM



RASH, BUMPS, OR BLISTERS
These may appear anywhere on the body, including the genitals. This may look similar to syphilis, herpes, or other common skin rashes.

OTHER SYMPTOMS



FEVER & HEADACHES



MUSCLE ACHES



SWOLLEN LYMPH NODES

Symptom onset ranges from 5-21 days

LO QUE PUEDE HACER



MANTÉNGASE INFORMADO

Mantenga la calma. Esta es una situación que cambia rápidamente. Visite el sitio web de los CDC o CDPH para obtener orientación actualizada.



CONTACTE

Si tiene síntomas, llame (no visite) a su proveedor de atención médica y pregunte acerca de las pruebas.



TOMÉ UNA PAUSA

Si tiene síntomas, quédese en casa, use una máscara y cúbrase para proteger a los demás.

Actualizada: junio 2022

WHAT YOU CAN DO



STAY INFORMED

Remain calm. This is a rapidly changing situation. Visit CDC or CDPH websites for up-to-date guidance.



CONTACT

If you have symptoms, call (do not visit) your health care provider, and ask about testing.



TAKE A BREAK

If you have symptoms, stay at home, wear a mask, and cover sores to protect others.

Updated: June 2022

ALTO AL ESTIGMA

CUALQUIER PERSONA PUEDE CONTRAER LA VIRUELA DEL MONO

Al culpar a una sola comunidad puede dañar los esfuerzos de salud pública y causar que los proveedores de atención médica no detecten la viruela del mono en otra gente.

Obtenga las últimas actualizaciones y archivos descargables de
Gay Sexuality & Social Policy Initiative @ UCLA Luskin
gaysexresearch.com



STOP STIGMA

ANYONE CAN GET MONKEYPOX

Blaming any one community may harm public health efforts and cause providers to miss monkeypox in other people.

Get the latest updates & downloadable files from
Gay Sexuality & Social Policy Initiative @ UCLA Luskin
gaysexresearch.com



LOS ANGELES LGBT CENTER



LOS ANGELES LGBT CENTER



What is Monkeypox? Symptoms, Transmission and Vaccination Questions Ans...



Watch later



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From an accredited US hospital >

What is Monkeypox?

Symptoms, Transmission and Treatment

WHAT IS MONKEYPOX?



¿QUÉ ES LA VIRUELA DEL MONO?

- CDC: Monkeypox: [Get the facts!](#)
- CDC: [Monkeypox Facts for People Who are Sexually Active](#)
- CDC: [Social Gatherings, Safer Sex and Monkeypox](#)
- CA Department of Public Health: [Monkey Pox Q&A](#)
- InterPride: [Monkeypox & Pride: Know Before You Go! \(webinar\)](#)
- CDPH: [Monkeypox: An Update for Community-Based Organizations Serving Lesbian, Gay, Bisexual, Transgender and Queer \(LGBTQ+\) Californians \(Webinar\). Passcode: **zZ#!8d. Slides can be found \[here\]\(#\).](#)

COMMUNICATIONS RESOURCES AND TOOLKITS:

- [Event Organizer Letter Template \(CDC\)](#)
- [Summer 2022 Health Tips for Gay and Bi Men: Palm Card with QR Code linking to information on monkeypox, meningococcal disease, HIV, STIs, and COVID \(CDC\)](#)
- [Grindr and Meta \(Facebook/Instagram\) Ads \(CDPH\)](#)
- [Monkeypox Communications Toolkit \(CDPH\)](#)
- [Monkeypox: An Update for Community-Based Organizations Serving Lesbian, Gay, Bisexual, Transgender and Queer \(LGBTQ+\) Californians](#), hosted by the California Department of Public Health (CDPH) on June 16, 2022. If you were unable to attend, the [recording is available here](#) Passcode: **zZ#!8d. Slides from the webinar are [here](#).

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