

CORONAVIRUS UPDATES

Get the latest news from our Public Health Department

Week of July 18

Alameda County Health Care Services Agency Update



Please share with your networks

Alameda County continues to see a high number of COVID-19 cases among residents. Wearing a mask indoors protects against infection, especially when the virus that causes COVID is circulating at high levels in our communities. *Hear from [Tiburcio Vasquez Health Center CEO Andrea Schwab-Galindo](#) and [Alameda County Health Officer Dr. Nicholas Moss](#) about masking for your health and those around you*

Despite high case numbers, many residents are returning to pre-pandemic activities. We encourage you to safely engage in activities that bring you joy by taking steps to protect yourself and others. If [traveling](#), reduce your risk of infection or spreading the virus by wearing a mask, testing before and after travel, and staying home if sick or positive. Staying up to date on your and your family's COVID-19 vaccine doses can prevent severe illness during or after travel if you do become infected. *Watch this [video from Roots Community Health Center](#) on best practices for gatherings*

Families are also preparing for the start of a new school year, and we've gathered resources and messages, including a COVID-19 guidance video series, to support a healthy start to the school year that you can use with your communities in a [Back-to-School toolkit](#).

Lastly, we would like to provide you with a situation update on monkeypox in Alameda County. As of July 20, there are 35 cases among residents. This does not include cases reported by the City of Berkeley. Many cases in the U.S. currently appear within networks of self-identified gay and bisexual men and transgender people. People in these networks are currently at higher risk, though people of any sexual orientation or gender identity can become infected and spread monkeypox. See [Monkeypox - What You Need to Know](#)

As always, thank you for your support. Help us distribute this information to others by sharing this newsletter.

[Alameda County Dashboard](#)

[Public Health Department Website](#)

988, the National Suicide Prevention Lifeline went live on July 16 to connect people experiencing mental health-related distress, thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress—with locally trained crisis counselors. People worried about a loved one may also contact 988 for crisis support.

988
24/7 Crisis
& Support



Alameda County Behavioral Health and Crisis Support Services of Alameda County have created a [website](#) and [FAQs](#) to share information about 988. When someone calls or texts 988, they will be routed to a local crisis center where trained volunteers or staff will answer the call. People still have the option to contact various crisis resources directly.

Reduce Your COVID-19 Risk

California State Epidemiologist and former Alameda County Health Officer Dr. Erica Pan, reminds Californians to take steps to reduce risk:

- Get vaccinated and [boosted](#).
- Wear a well-fitted, high-quality mask indoors, especially in crowded or poorly [ventilated](#) settings.
- Get [tested](#) if exposed or symptomatic, and before and after large gatherings.
- [Stay home](#) if ill or positive.
- Learn about COVID-19 [treatment](#) now before you need it.



Monkeypox - What You Need to Know



Unlike COVID-19 which spreads easily through the air, monkeypox is spread by close personal contact with someone who has monkeypox, or by touching contaminated items, like bedding. The chances of getting monkeypox are low unless engaged in activities that place a person at higher risk of exposure, like having sex with multiple partners. It's important to be on the lookout for any symptoms that suddenly appear, like rashes or sores on the face, hands, feet, butt, and genitals that may be accompanied by a flu-like illness. If you notice symptoms or been exposed, contact a health care provider immediately. If you don't have a health care provider, please contact monkeypox@acgov.org.

The California Department of Public Health is leading the coordination of the monkeypox response across the state, including through the allocation of available vaccine and providing data and guidance for local health departments, as well as by providing forums for the exchange of information. Like other outbreaks, we share

information and best practices, provide input on potential public health strategies, and use existing surveillance systems to ensure coordination of case and outbreak investigations with public health colleagues in the region and across the state.

The Alameda County Public Health Department is receiving reports from health care providers, providing guidance, connecting possible cases to testing, and contact tracing. We are providing [education](#) so residents are aware of what [monkeypox](#) is and how they can protect themselves, as well as increasing access to pre-and post-exposure vaccination in communities most directly impacted by this outbreak.



At this time, there is a limited supply of vaccine, and [eligibility](#) includes anyone who has been exposed to a confirmed or suspected case (PEP) or has a high likelihood of exposure (PrEP). We are allocating vaccine to health care providers in Alameda County and working with local organizations to determine when we may be able to start offering vaccination clinics to reach more residents. Currently, vaccine is not recommended for individuals who are already exhibiting symptoms or have confirmed monkeypox infection, but treatment is available.

- [5 Things Sexually Active People Need to Know](#) About Monkeypox video (CDC)
- [Monkeypox Q & A](#) (CA Department of Public Health)
- [What is Monkeypox?](#) video (Kaiser Family Foundation)
- [Monkeypox information](#) and [Situation Update](#) (Alameda County)

Novavax's COVID-19 Vaccine

Earlier this week, the CDC recommended Novavax's COVID-19 vaccine as another primary series option for adults ages 18 years and older. This follows an emergency use authorization issued by the FDA. Novavax's COVID-19 vaccine utilizes a more familiar type of vaccine technology and could provide another option for adults who may have concerns about the currently available vaccines.



Currently Alameda County doesn't have a timeline for when this vaccine will be available. We continue to provide [information](#) and education about available vaccines so a person can make an informed decision about their health. We encourage residents to talk to a health care provider if they have questions about a particular vaccine. We strongly recommend that all persons stay up to date on eligible COVID-19 vaccine doses.

Epidemic Data Points (7-day lag)

- 43.8 cases per 100,000 residents per day
- 14.4% test positivity
- 6,200 reported lab tests per day
- 159 hospitalized, 25 in ICU
- The BA.5 subvariant is the dominant subvariant

Older Adult Survey Results Report

The [Alameda County Council for Age-Friendly Communities](#) (Age-Friendly Council) announced a [report on gaps in equitable access to digital resources](#) among older adults in Alameda County. The COVID-19 pandemic has exposed and exacerbated existing problems older adults face, including inequitable access to digital resources.



To collect information specific to Alameda County, the Age-Friendly Council conducted a countywide needs assessment of adults aged 50 and older from April 2021-March 2022. The survey asked about seniors' level of access to internet services and devices and their need for education and training to support their use of the internet. Survey findings showed that income, age, and race all reduced the likelihood of equitable access to digital resources.

At-Home Tests for People Who Are Blind or Have Low Vision

A person who is blind or has low vision can place two orders for free, more accessible at-home tests from [USPS.com](#) (while supplies last):

- Each order will come in one carton and include 12 rapid antigen COVID-19 tests that are more accessible for people who are blind or have low vision
- Tests require you to use a compatible, Bluetooth-enabled smartphone, as well as download and install an app from the App Store (for iOS) or Google Play (for Android)



Safety Tips During Wildfire Season for Unsheltered Individuals

Wildfire season can bring unhealthy air quality to the area and harm people with respiratory conditions and those who don't have the option to stay indoors. If you or someone you know is experiencing homelessness in Alameda County, protect your health during poor air quality events by:

- Signing up for [Alameda County Emergency Alerts](#) (AC Alert) to receive text or email updates
- Seeking indoor spaces with ventilation and air filters. [Clean air facilities](#) and [cooling centers](#) may be available to take refuge in from unhealthy air quality



- during smoke or heat events
- Wearing an N95 mask

For additional resources, including N95 mask distribution, visit [Alameda County Health Care for the Homeless](#).

COVID Vaccine Locations and Resources

- [Coyote Hills Elementary School](#), Newark: Saturdays, 10:00 a.m. - 2:00 p.m. **Last day: 7/30**
- [Weekes Community Center](#), South Hayward: Saturdays, 10:00 a.m. - 2:00 p.m.
- *CLOSED San Lorenzo High School*

Mobile Vaccination Locations:

- Mexico Tortilla Factory, Newark: Friday, 7/22, 3:00 p.m. - 7:00 p.m. [Schedule an appointment](#)
- Mount Zion Missionary Baptist Church, Oakland: Saturday, 7/23, 11:00 a.m. - 3:00 p.m. Drop in or call 1-888-763-0007
- Eastmont Wellness Center: Saturdays, 7/23 and 8/20, 8:00 a.m. - 4:00 p.m. **Vaccine for Infants/Toddlers ages 6 months- 5 years old ONLY.** [Schedule an appointment](#) or call 510-268-2101
- Pacific Islander Mental Health Fair, San Lorenzo: Saturday, 7/30, 10:00 a.m. - 2:00 p.m. [Schedule an appointment](#)
- Children's Fairyland, Oakland: Saturdays, 7/30 and 8/27, 10:00 a.m. - 3:30 p.m. **Vaccine for Infants/Toddlers ages 6 months- 5 years old ONLY.** [Schedule an appointment](#)
- Roots Community Health Center, Oakland: Saturdays, 10:00 a.m. - 2:00 p.m. [Schedule an appointment](#)

Find [vaccine](#) and [testing](#) locations by visiting our [website](#). Additional resources on our COVID-19 website include a [ventilation interactive tool](#), guidance for [isolation and quarantine](#), [mask and face coverings](#), [workplace recovery](#), and [community resources](#).

Click here to join our mailing list.

COVID-19 Update PDF Version