

CORONAVIRUS UPDATES

Get the latest news from our Public Health Department

Week of May 4, 2020

Alameda County Health Care Services Agency Update

Please share with your networks

In early January, the Health Care Services Agency (HCSA) had a handful of Public Health infectious disease experts monitoring an emerging virus causing respiratory illness. Four months later, hundreds of HCSA employees across our agency are supporting the COVID-19 pandemic response, as are hundreds more in other County agencies.

We now have:

- Multiple teams monitoring and mitigating outbreaks, tracking and sharing data, issuing clinical guidance, and directly supporting high-risk group living settings;
- Case and contact investigation teams that started with 7 people have grown to 60, with a goal of 300;
- Testing sites available across the county and more are opening this week in under served areas;
- Several isolation hotels where we have served nearly 500 homeless people, and we continue working onsite at encampments to prevent outbreaks;
- Additional hotels opening to support people who can't isolate at home due to overcrowding or safety concerns;
- Teams working on hospital surge planning, and supporting staffing and personal protective equipment requests across the county; and
- Teams responding to thousands of calls and emails from the public, businesses, and community partners.
- Video guidance in multiple languages on our [Public Service Announcements](#) page.

We are also making a concerted effort to improve data collection and are using that data to guide our response in supporting communities of color bearing a disproportionate burden of COVID-19.

Over the past few months, we've all had to make difficult adjustments to protect our communities and health care systems. During this [Public Service Employee Appreciation Week](#), it's fitting that we pause to salute our County and City colleagues for the exemplary work to date. Together, we have saved thousands of lives.

[Public Health Department Website](#)

[Alameda County Dashboard](#)

Easing Restrictions and Monitoring Progress

Last week, Alameda County took the first step toward easing some restrictions and [allowed a limited number of low-risk, outdoor businesses and activities and construction](#) to resume as of May 4th. This week, the Governor is expected to issue guidance for allowing curbside retail activities as early as May 7th. While Alameda County won't be matching the

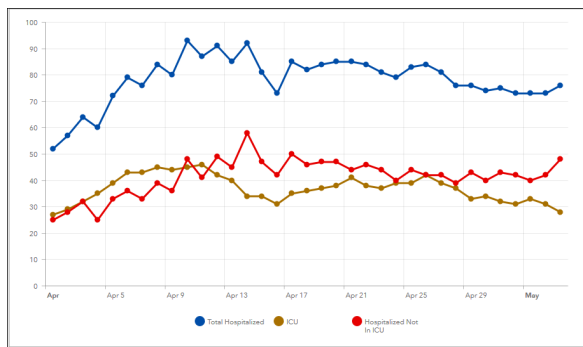
Governor's actions, we will continue planning for, and working toward the next phase of activities.

We are using the road map proposed by the state as a guide and making local decisions based on the [five indicators](#) announced last week. The next few weeks will be critical for maintaining our progress and ensuring that we can support increased activity in the safest way possible. It takes about two weeks to see shifts in data in response to increased or relaxed restrictions.

[Cell phone mobility data](#) from this week shows that we have reduced distance traveled by 40-55 percent and reduced non-essential visits by over 70 percent. Moving forward, fewer restrictions on movement will be accompanied by an increase in cases. Everyone should have long-term plans in place to maintain at least 6 feet of physical distance and wear face coverings when outside their homes.

For more information about the new order, please visit the [frequently asked questions](#) in multiple languages.

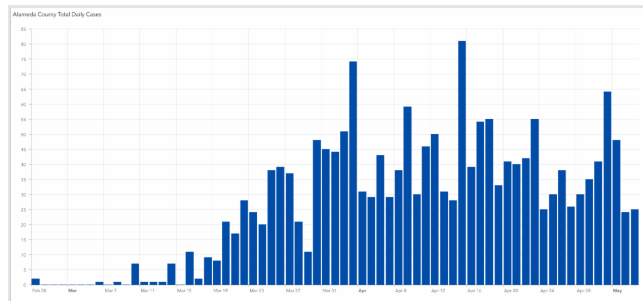
Physical Distancing and Sheltering



Our collective efforts with sheltering in place and physical distancing have saved thousands of lives to date. The overall trend of new cases and hospitalizations has remained flat with mild decreases over the past two and a half weeks.

As of May 5, there were [147 hospitalized](#) and [42 ICU patients](#) with confirmed or suspected COVID-19 in Alameda County hospitals. Hospitalizations were highest on April 14, at 198 people; and the high for ICU patients was on April 10, with 71 patients.

As of May 6, there were [1863 reported cases](#) of COVID-19 and 66 deaths. This represents 4 deaths per 100,000, compared to 6.1 deaths per 100,000 in California overall.



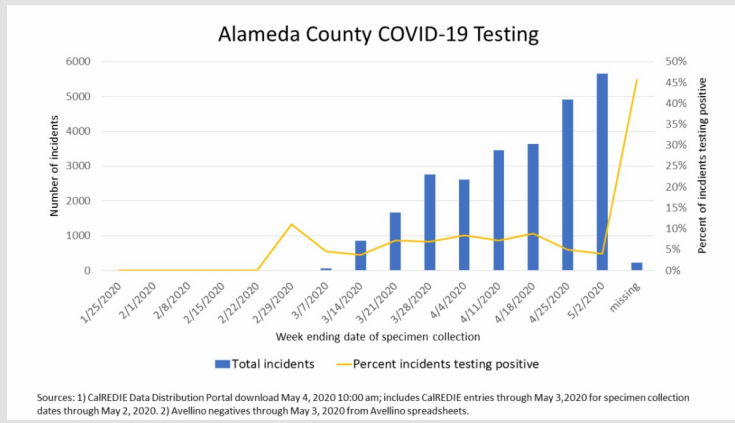
To keep cases and hospitalizations down, we must continue [sheltering in place](#), maintaining our space, and [covering our face](#).

[The COVID-19 Hospital Impact Model for Epidemics \(CHIME\)](#) updated this past week demonstrates that sheltering in place and physical distancing has an enormous impact on reducing morbidity and mortality due to COVID-19. The latest predictions show that if we relax the amount of contact we have with each other by 10 percent, we would experience 7 to 8 times more hospitalizations and ICU cases, with the peak predicted to occur in August 2020.

Testing

Our indicator for sufficient testing is to have at least 200 tests conducted per 100,000 residents per day, which is 3,100 tests per day in Alameda County. Last week about 800 tests were conducted across [22 testing sites](#). This is twice as many tests per day compared to one month ago. Roots Community Health Center opened a site in East Oakland yesterday, and Allen Temple will open their site next Monday. Testing is available to anyone with symptoms and all health care workers, without a cost and regardless of insurance status.

Our goal is to have enough capacity to [test all people](#) with symptoms and high-risk people regardless of symptoms. This includes health care workers, first responders, people living and working in congregate settings, close contacts of COVID-19 positive people, and people ages 65 and over or with underlying health conditions.



[COVID-19 antibody testing](#) is not reliable at this time and not recommended because:

- We do not know if a positive result indicates exposure to COVID-19 or protection from future COVID-19 infections.
- We do not know if a negative result excludes current or prior COVID-19 infection.

Alameda County is conducting a survey to assess testing capacity and provide supplies and support. If your organization conducts COVID-19 testing, please complete [this 5-10 minute COVID testing survey](#) as soon as possible to tell us about your testing capacity and needs.

Case and Contact Investigation, Isolation and Quarantine

Our indicators for measuring sufficient capacity for early identification of new cases and containing the spread of COVID-19 are to reach at least 90 percent of cases and contacts, and ensure safe isolation or quarantine for at least 90 percent of people reached. We estimate that 300 case and contact investigators will be needed at the time of peak cases. The Public Health Department's case and contact tracing team has grown from 7 people to more than 60 people to date.

For people experiencing homelessness:

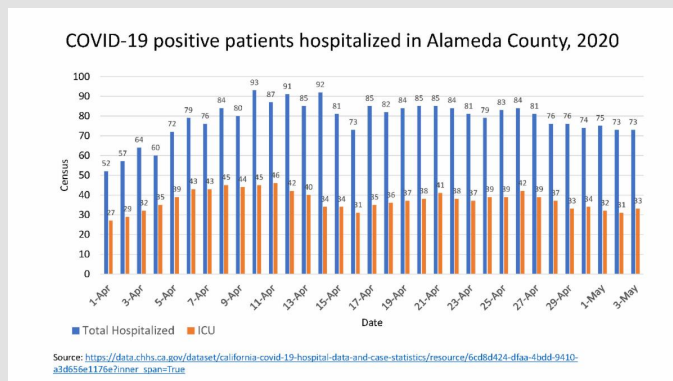
- We have served nearly 500 people through two existing [Project Roomkey](#) isolation hotels.
- [Operation Comfort continues to take referrals](#) for COVID-19 positive and suspected cases.
- We are working directly with people in encampments to test and contain outbreaks.

We are bringing more hotels online including one opening this week for cases and contacts who have homes but are not able to isolate or quarantine due to overcrowded living conditions or unsafe environments.

Hospital Capacity and Surge Planning

Our goal is to maintain or reach the following hospital capacity indicators:

- No more than 50 percent of COVID-19 positive patients in hospital beds.
- A minimum 30-day supply of personal protective equipment (PPE) on hand and availability to purchase PPE without requesting assistance from the county.



As of May 5:

- 5.7 percent of the patients in hospital beds across Alameda County were COVID-19 positive.
- 48 percent of the 300 staffed ICU beds and 79 percent of the on-site 548 ventilators were available.
- Most hospitals are reporting 4 to 14 days of most types of PPE supplies.

Since March 11, the County has received more than 1300 resource requests for PPE and medical supplies. All validated requests are filled starting with highest priority sites which include hospitals, first responders, outbreak locations, and workers with high-risk populations. The county is collaborating with the State and other vendors to sustain their store of supplies.

If your facility is in need of COVID-related supplies or staffing, please click on these links to [request PPE](#), [request staffing](#) and [request testing supplies](#).

ACPA Crisis Support Services of Alameda County
alameda county behavioral health

IT'S OKAY TO VENT

We are here to help you Stay Strong Against COVID-19

FREE, CONFIDENTIAL AND NON-JUDGEMENTAL SUPPORT LINE FOR BAY AREA WORKERS IN HEALTH CARE SETTINGS RESPONDING TO COVID-19.

510-420-3222

The COVID-19 Pro Bono Counseling Project connects Bay Area front-line health care workers with free remote individual psychotherapy and support groups. All treatment is provided by licensed therapists in private practice.

There is a brief [video](#) describing the project and demonstrating how healthcare workers interact with the website.

These providers make the process of accessing treatment as private and as painless as possible, recognizing the incredible strain our health care workers are experiencing. The therapists are encouraged to offer maximal scheduling flexibility, including offering evening/weekend hours, short sessions, and sessions that workers can access on short-notice (essentially drop-in appointments). There are over 380 therapist-volunteers who represent a range of degree types, including multiple psychiatrists.

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