ONYX

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Mid-Atlantic

HIV & COVID-19 Update

HotRod ONYX
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May 22, 2021

Disclaimer

In all of our T.E.A.C.H sessions, our members are intentional in discussing the health and safety aspects of the subjects discussed.

Everyone is advised to seek guidance from their healthcare provider or other medical personnel in making decisions regarding the prevention and treatment of COVID-19.

AGENDA

1. About HIV and COVID-19
2. Impact, Transmission, Risk
3. COVID-19 and “Us”
4. Vaccination Policy
5. Vaccination Information
6. Gatherings and Protection
7. Appendix

About HIV and COVID-19

- **Both HIV and COVID-19 have impacted the world.**
- **There are some interesting similarities and important differences…**

HIV	**Human Immunodeficiency Virus**
COVID-19	**SARS-CoV-2**

About HIV and COVID-19: Comparisons

Similarities

1. Both are world-wide pandemics.
2. Both are mRNA Viruses
3. Both are believed to have crossed from mammals.
4. Reduces number of lymphocytes in blood.
5. Lack of government and political response (Reagan, Trump).
6. Marginalized communities that lack access to medical care and medical equity are hardest hit.
7. Stoking of violence (Haitians & Gay Men: HIV; Asians: COVID-19).
8. Often results in social isolation, depression, etc.
9. Huge impacts to social behavior.

Differences

1. Cause disease differently.
2. Transmitted differently.
3. Replicate differently.
4. Coronaviruses have a significantly lower spontaneous mutation rates than HIV.
5. HIV integrates into the genomes of infected cells, making it invisible to the immune system.
6. Human immune response is stronger against COVID-19.
7. Stigma remains high with HIV.
8. Funding drastically different.
9. Quick vaccine for COVID-19.

About HIV and COVID-19: Impact & Transmission

Impact

- HIV attacks specific white blood cells of the immune system, making that person infected susceptible to a variety of illnesses that a person without HIV would not otherwise be vulnerable to.
- COVID-19 is a virus that attacks the upper respiratory system, including the nose, mouth, larynx and lungs.

Transmission

- HIV is transmitted by direct contact with fluids that contain white blood cells.
- Most people who get HIV get it through anal or vaginal sex, or sharing needles / syringes.
- COVID-19 is still transmitted via droplets that become airborne via coughing and sneezing if someone is infected.
- COVID-19 droplets may contaminate surfaces they touch.

About HIV and COVID-19: Risk

People on antiretroviral treatment who have an undetectable HIV viral load and a near-normal CD4 count do not appear to be at higher risk than their HIV-negative counterparts.

- **The Department of HHS states, "**People living with HIV who are diagnosed with COVID-19 have an excellent prognosis, and they should be clinically managed the same as persons in the general population with COVID-19, including when making medical care triage determinations."
- **The World Heath Organization (WHO) states: "**At present, there is no evidence that the risk of infection or complications of COVID-19 is different among people living with HIV who are clinically and immunologically stable on antiretroviral treatment when compared with the general population."

COVID-19 and “Us”

- https://www.youtube.com/watch?v=y_tJWYcdHHU
- https://www.youtube.com/watch?v=ebQIIuckBKc

African Americans are significantly underperforming other groups in getting vaccinated

COVID-19 Vaccination Data

Territory	Vaccination Status (As of May 21 2021)	Policy
Delaware	47.3% Population Partially or Fully Vaccinated. 37.8% Population Fully Vaccinated.	**Residents 12 and older are eligible to be vaccinated**
District of Columbia	49.0% Population Partially or Fully Vaccinated. 35.7% Population Fully Vaccinated.	
Maryland	51.2% Population 18+ Partially Vaccinated. 44.9% Population 18+ Fully Vaccinated.	
North Carolina	41.8% Population Partially or Fully Vaccinated. 37.5% Population Fully Vaccinated.	
Pennsylvania	53.0% Population Partially or Fully Vaccinated. 38.7% Population Fully Vaccinated.	
Virginia	52.4% Population Partially or Fully Vaccinated. 41.5% Population Fully Vaccinated.	
Nationally (CDC)	48.2% Population Partially or Fully Vaccinated. 38.1% Population Fully Vaccinated. 60.5% Population **18+** Partially or Fully Vaccinated. 48.4% Population **18+** Fully Vaccinated.	

CDC Vaccination Policy (as of May 8, 2021)

People are considered fully vaccinated for COVID-19 two weeks after they have received the second dose in a 2-dose series (Pfizer or Moderna), or two weeks after they have received a single-dose vaccine (Johnson & Johnson)

Fully Vaccinated People Can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing
- Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing
- Refrain from quarantine and testing following a known exposure if asymptomatic

Are COVID-19 Vaccinations Safe for People w/ HIV

The CDC recommends that people with HIV should receive COVID-19 vaccines, regardless of their CD4 or viral load, because the potential benefits outweigh the potential risks.

- **The U.S. vaccine safety system makes sure all vaccines are as safe as possible. COVID-19 vaccines have gone through the same safety tests and meet the same standards as other vaccines. People with HIV were included in clinical trials, though safety data specific to this group are not yet available.**

- **People with HIV are part of the group of people with underlying medical conditions. If you have HIV, you may choose to get vaccinated if you have not had a severe or immediate allergic reaction to any of the vaccine ingredients. If you have a weakened immune system, you should also be aware of the potential for reduced immune responses to the vaccine.**

COVID-19 and HIV Vulnerability

- **"We are still learning about COVID-19 and how it affects people with HIV."**
- **"Based on limited data, we believe people with HIV who are on effective HIV treatment have the same risk for COVID-19 as people who do not have HIV."**
- **Older adults and people of any age who have serious underlying medical conditions might be at increased risk for severe illness. This includes people who have weakened immune systems. The risk for people with HIV getting very sick is greatest in:**
  - **People with a low CD4 cell count and**
  - **People not on effective HIV treatment (antiretroviral therapy or ART).**

Can HIV Meds Be Used To Treat COVID-19?

- **There is no evidence that any medicines used to treat HIV are effective against COVID-19.**
- **People with HIV should not switch their HIV medicine in an attempt to prevent or treat COVID-19.**

Who Should Get Vaccinated?

Who should get vaccinated?

- Everyone 12 years of age and older is now eligible to get a COVID-19 vaccination.

Should I get the vaccine even if I've already had COVID-19?

- Those who previously had COVID-19 can and should receive the COVID-19 vaccine.

I was recently diagnosed with COVID-19, can I get the vaccine?

- Yes, for Dose #1 you can be vaccinated four weeks after onset of symptoms or a positive test (whichever is earlier).
- For Dose #2 you may be vaccinated after you have completed your isolation period. Isolation is for 10 days or 10 days plus 24 hours with no fever and an improvement in symptoms.

Who Should Get Vaccinated?

Can I get vaccinated if I previously had Guillain-Barre Syndrome?

- **"People who have previously had GBS may receive a COVID-19 vaccine. To date, no cases of GBS have been reported following vaccination in participants in the mRNA COVID-19 vaccine clinical trials. One case of GBS was reported in a vaccinated participant in the Johnson & Johnson Janssen COVID-19 Vaccine clinical trial (compared to one GBS case among those who received placebo). Always check with your physician."**

Can I get vaccinated if I previously had Bell's Palsy?

- **"People who have previously had Bell's palsy may receive a COVID-19 vaccine. Cases of Bell's palsy were reported following vaccination in participants in the COVID-19 vaccine clinical trials. However, the FDA does not consider these to be more than the rate expected in the general population."**

Who Should Not Get Vaccinated?

Can people with allergies get the COVID-19 vaccine? Yes, with 2 exceptions:

1. **People with a severe allergic reaction (anaphylaxis) to any component of the COVID-19 vaccine should NOT receive the vaccine. Consult with your health provider.**
2. **People with a severe allergic reaction (anaphylaxis) to any vaccine or injectable (intramuscular or intravenous) medication should consult with their health provider to assess risk prior to receiving the COVID-19 vaccine.**

People with severe allergic reactions to foods, oral medications, latex, pets, insects, and environmental triggers may get vaccinated.

Who Should Not Get Vaccinated?

Can children get the COVID-19 vaccine?

- Not yet. The current mRNA COVID-19 vaccines were not studied or approved in children younger than 16 years of age.
- The Pfizer vaccine is authorized for people 16+ years and Moderna for 18+ years.

Can people get the vaccine if they have a cold?

- The CDC does not currently advise against getting the vaccine if you have a “mild illness” such as a cold.
- However, the current recommendation is to delay vaccination in cases of “moderate or severe acute illness.”

CDC Guidance on Masks – May 13, 2021

Fully Vaccinated

- Fully vaccinated people can resume activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.
- If you are fully vaccinated, you are protected, and you can start doing the things that you stopped doing because of the pandemic.
- Science supports a fully vaccinated person will not infect others. However, they can still get COVID-19, but "most likely" a mild version.
- If you have a condition or are taking medications that weaken your immune system, you may NOT be fully protected even if you are fully vaccinated. Talk to your healthcare provider. Even after vaccination, you may need to continue taking all precautions.
- You are still required to wear a mask on planes, buses, trains, and other forms of public transportation.

Not Fully Vaccinated

- Mask wearing is still recommended. You don't have to wear a mask if outdoors in non-crowded areas regardless of vaccination status.

Reopening Status By ONYXMA Territory

Territory	Opening Status (as of May 16, 2021)	Date
Delaware	- Most capacity restrictions lifted. - Masks will still be required indoors. - Social distancing requirements will halved from 6 to 3 feet.	May 21
District of Columbia	- Capacity limits and types of activities will be lifted for most activities, including at meetings and seated conventions, weddings and special events, museums, restaurants and retail. - Bars and nightclubs may operate at 50% capacity. - Capacity restrictions will be lifted at bars, nightclubs, and large sports and entertainment venues.	May 21 May 21 June 11
Maryland	- All capacity restrictions lifted. - Indoor mask mandate lifed at 70% vaccinated (1 dose).	May 15
North Carolina	- Lifts all mandatory capacity and gathering limits. - Lifts all social distancing requirements. - Lifts mandatory mask requirements for most indoor and outdoor settings, excluding, public transportation, child care, schools, prisons and certain public health settings.	May 14
Pennsylvania	- Maximum capacity limits for events and gatherings will be increased to 50% for indoor and 75% for outdoor. - The masking order will be lifted when 70% of Pennsylvania adults 18+ or older are fully vaccinated. - Lifting of all COVID mitigation orders.	May 17 May 17 May 31
Virginia	- Expanded capacity, and social gathering limits will increase (100 people indoors, 250 people outdoors), alcohol sales after midnight, public venues at 50% capacity, etc. - Ease all distancing and capacity restrictions.	May 15 May 28

Current CDC Guidance On Gatherings

- **CDC continues to recommend avoiding large events & gatherings.**
- **CDC does not provide numbers to define small and large events.**
- **Risk factors for ANY gathering:**
  - **Number of COVID-19 cases in your community.**
  - **Degree of travel / exposure during travel.**
  - **Setting of the event (indoor events, especially in places with poor ventilation, pose more risk than outdoor events).**
  - **Length of the event. Longer events pose more risk than shorter events.**
  - **Number, social distancing and crowding of people at the event.**
  - **Behavior of attendees during an event— Events where people engage in behaviors such as interacting with others from outside their own pod can increase risk.**

Current CDC Guidance On Gatherings

- **Large gatherings** bring together many people from multiple households in a private or public space and often involve travel.
  - Ensure everyone is fully vaccinated.
  - Wear a mask.
  - Stay at least 6 feet away from others who do not live with you.
  - Avoid crowded, poorly ventilated indoor spaces.
  - Wash your hands often.
  - Avoid touching your mask, eyes, nose, mouth.

- **Small gatherings** are informal in nature and may occur with family and friends you regularly socialize with, often at someone's residence.
  - Wear a mask.
  - Stay at least 6 feet away from others who do not live with you.
  - Avoid crowded, poorly ventilated indoor spaces.
  - Wash your hands often.
  - Avoid touching your mask, eyes, nose, mouth.

CONTACT US!

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Want to Learn More About COVID-19 And HIV?

Email HotRod ONYX

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Appendix

1. Protecting Yourself from COVID-19
2. COVID-19 Symptoms
3. Vaccination Side Effects

Protect Yourself From COVID-19 Infection

- Wear a mask, when you interact with others.
- Limit your in-person interactions with other people as much as possible, particularly when indoors.
- Keep space between yourself and others (stay 6 feet away, which is about 2 arm lengths).
- Wash your hands often. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes with a tissue or the inside of your elbow. Then wash your hands.
- Clean and disinfect surfaces and things you touch often.
- If you start feeling sick and think you may have COVID-19, get in touch with your healthcare provider within 24 hours.

COVID-19: Symptoms

People with COVID-19 have had a wide range of symptoms from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Vaccination Side Effects

Common Side Effects

On the arm where you got the shot:

- Pain
- Redness
- Swelling

Throughout the rest of your body:

- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea