

HCPC Update on Sexually Transmitted Infections

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SEX *in the time of* **COVID-19**

Practice these tips for sexual health to keep you safe during COVID-19.

You are your safest sex partner
Masturbate, use toys. Take this time to find out what makes you feel good.

Get off while maintaining your distance
The phone, sexting and web chat platforms can be ways to connect socially and sexually without exchanging fluids.

Selective kissing
Kissing can easily pass COVID-19. Avoid kissing anyone who is not part of your small circle of close contacts.

Use condoms
Condoms and dental dams can reduce contact with saliva or feces, especially during oral or anal sex.

Press pause
Rimming (mouth on anus) might spread COVID-19. Virus in feces may enter your mouth.

Wash your hands
Washing up before and after sex is more important than ever. Wash hands often with soap and water for at least 20 seconds.

Agenda

- General update on STI services during shelter-in-place
- Review of data on STI testing and cases pre and post SIP
- Best practices for sexual health services in the COVID era
- HIV and COVID-19

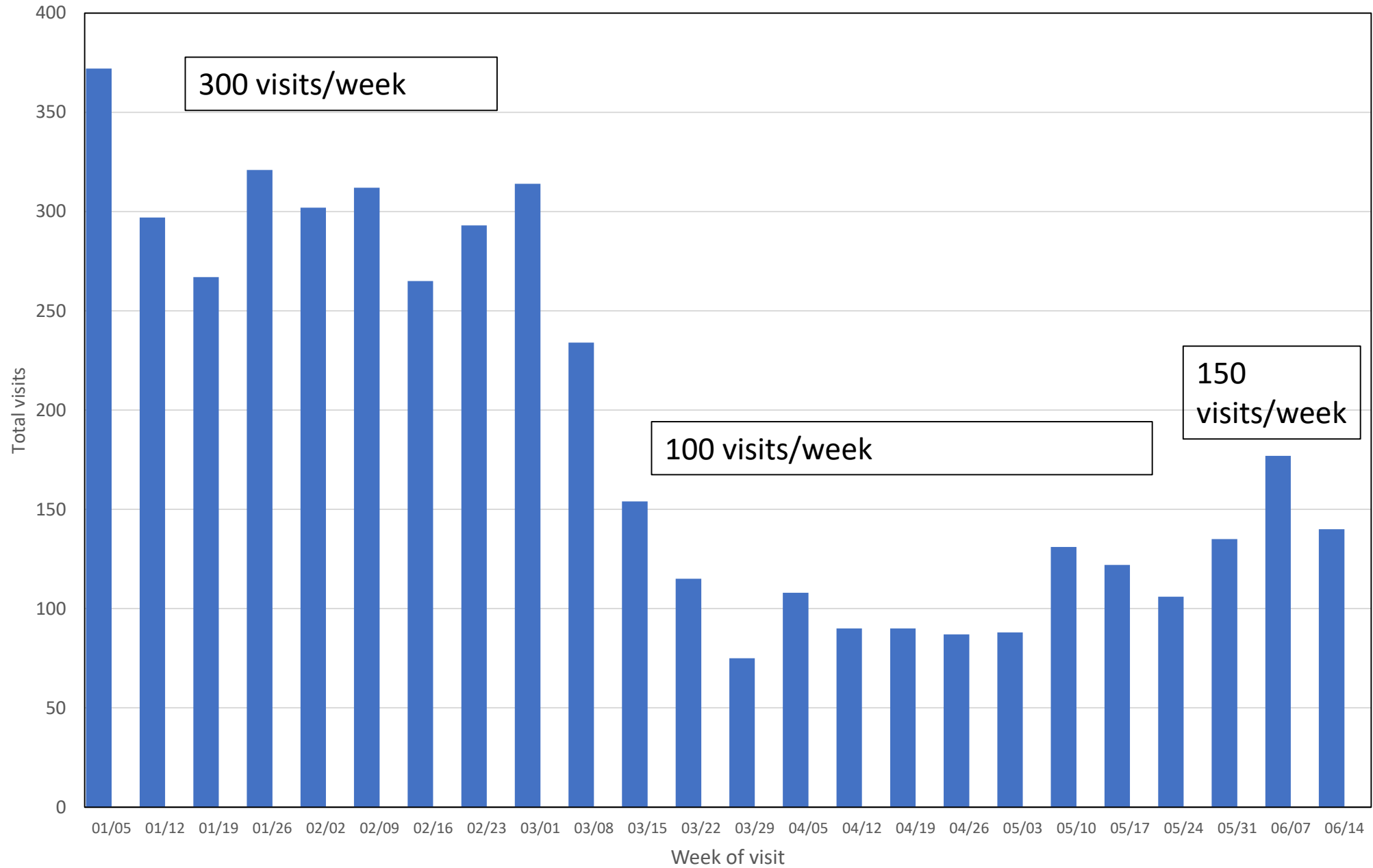
What happened to access to sexual health care during SIP?

- City Clinic and Magnet both reduced services when SIP went into effect
 - Focus on patients with “urgent” sexual health concerns
 - Stopped asymptomatic routine STI screening
 - Extended refills for PrEP and ART
 - Tele-health with “syndromic” management when possible
- We know that the decrease in access to acute and preventive care will have consequences
 - Weekly admission rates for heart attacks at Kaiser dropped by 50%
 - Screenings for breast, cervix and colon cancer down by 86-94%
 - Up to date vaccination status declined from two thirds to fewer than half for 5 month olds

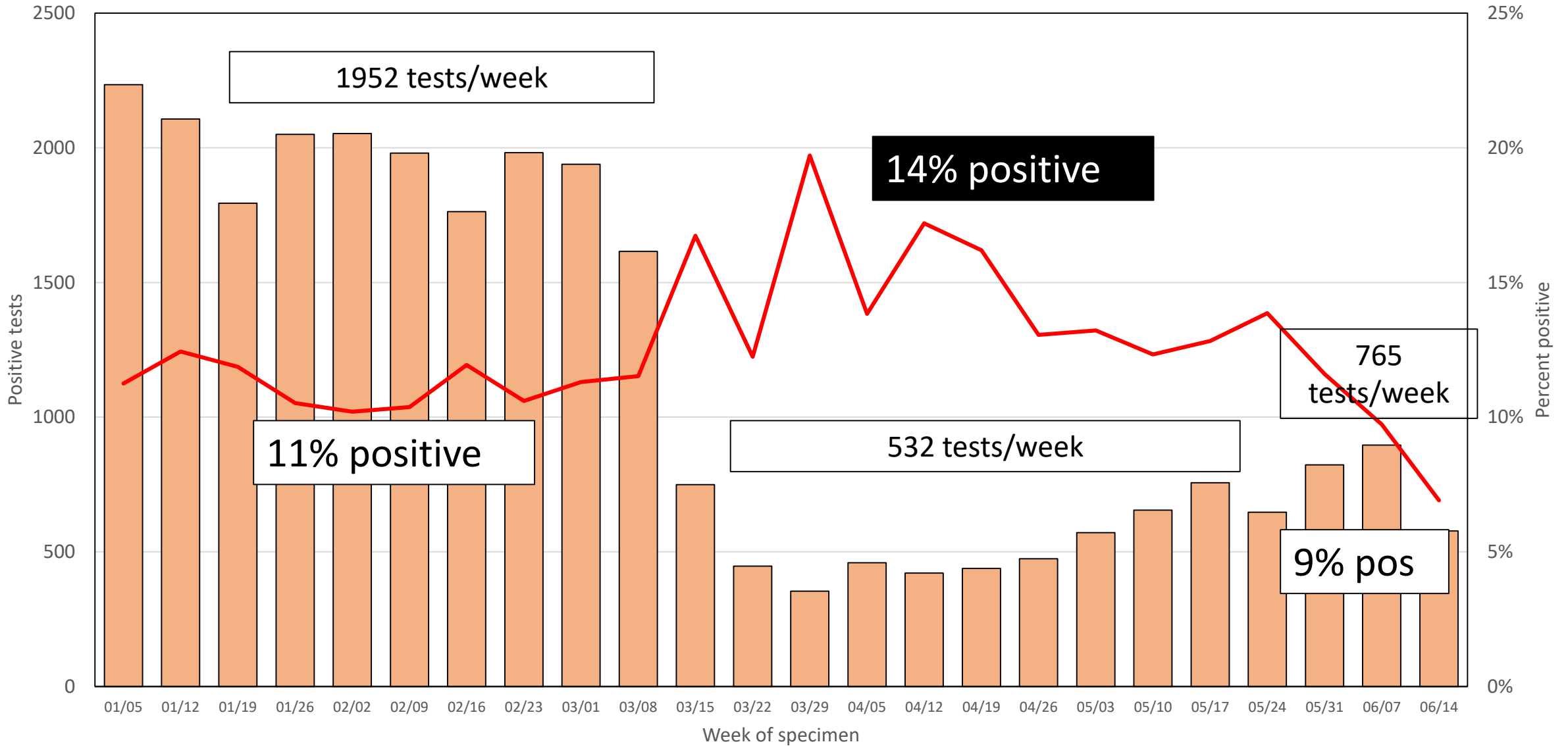
Data

- 3 Time periods:
 - Pre-SIP: January 2020 - March 13, 2020
 - SIP: March 15, 2020 –May 29, 2020
 - Phase 1 of re-opening: June 1, 2020 – present
- # of tests (reflects access to care)
- # of diagnoses
- Test positivity

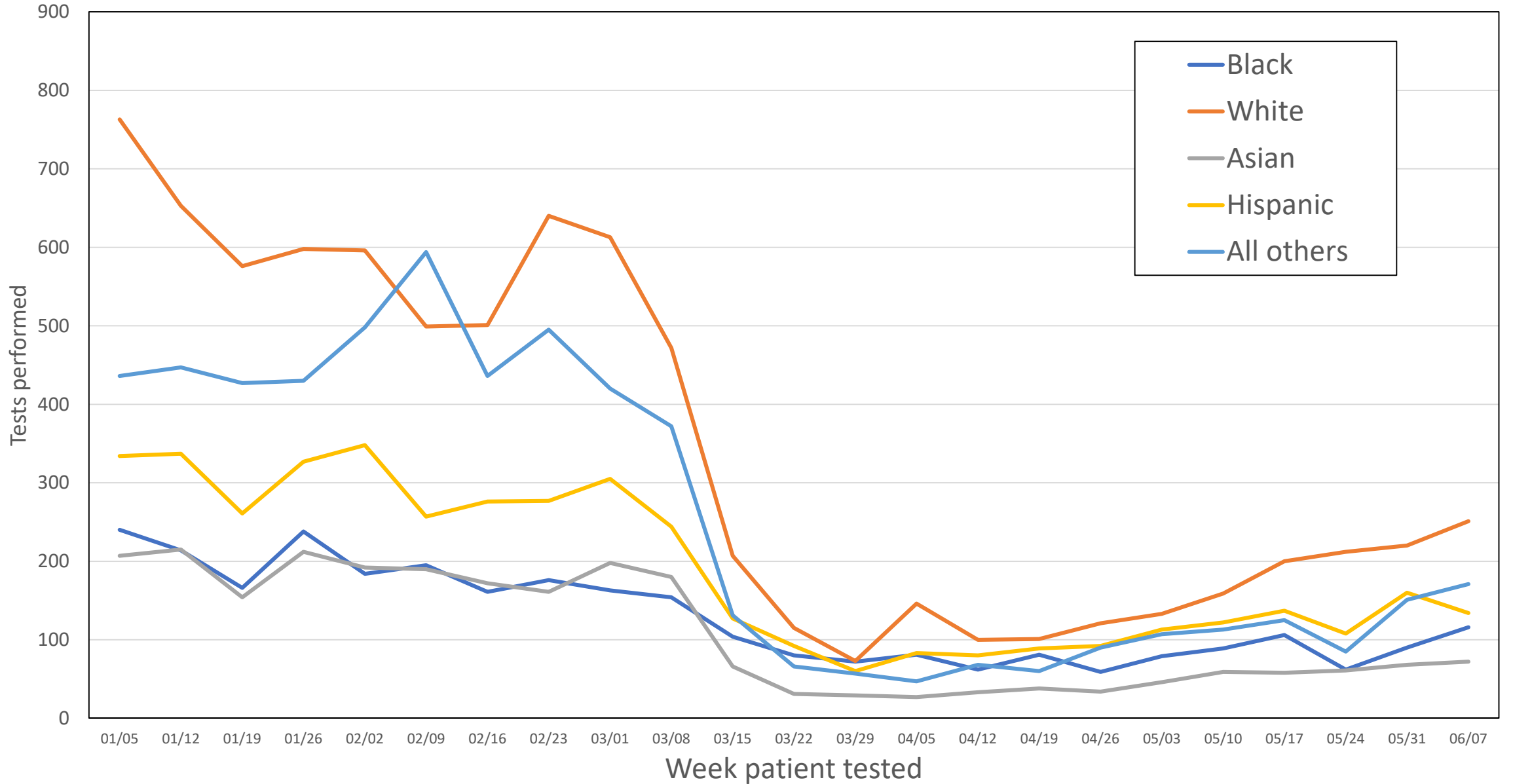
City Clinic, 2020



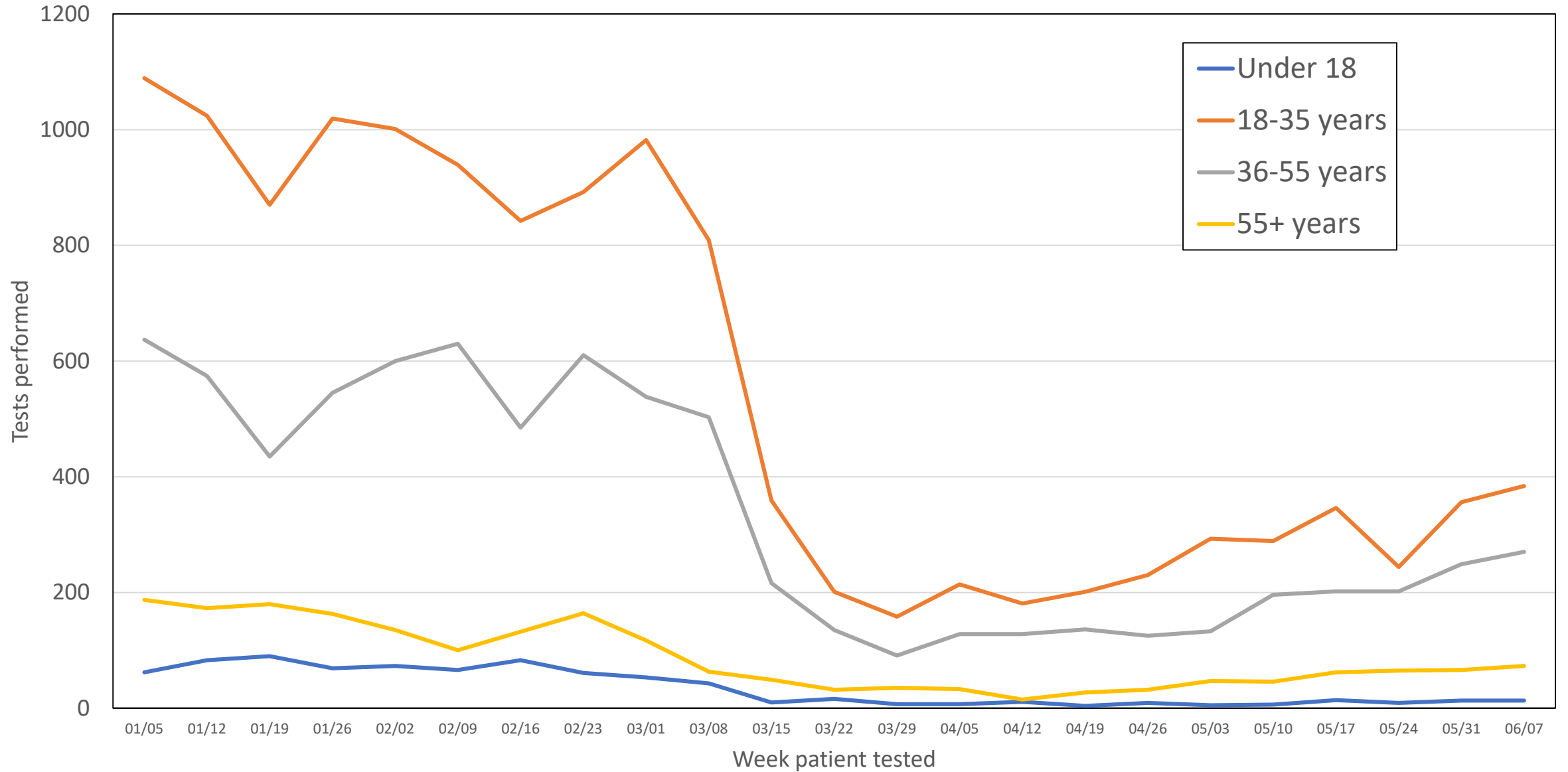
Chlamydia tests: SF Public Health Lab



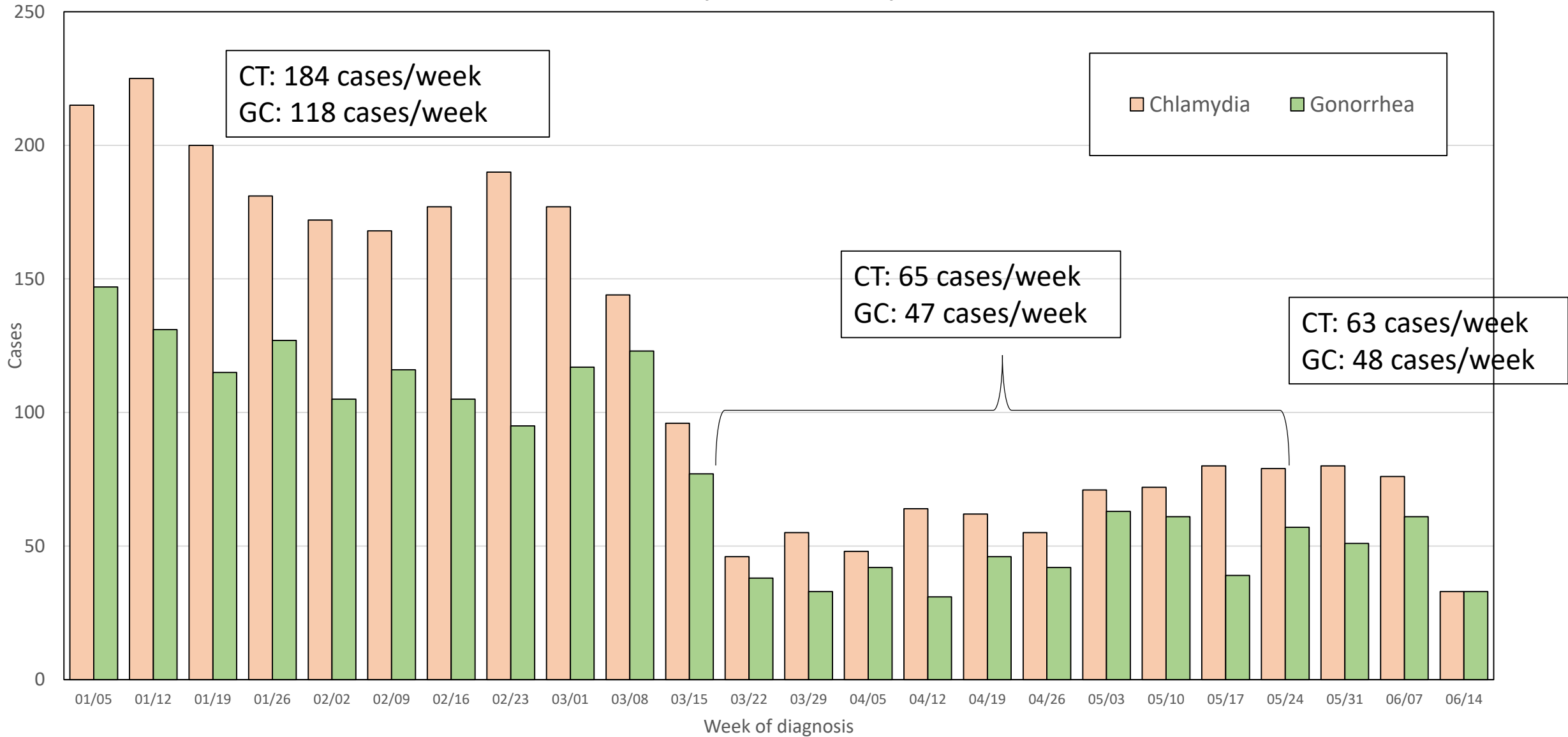
SFDPH PHL chlamydia testing by race, 2020



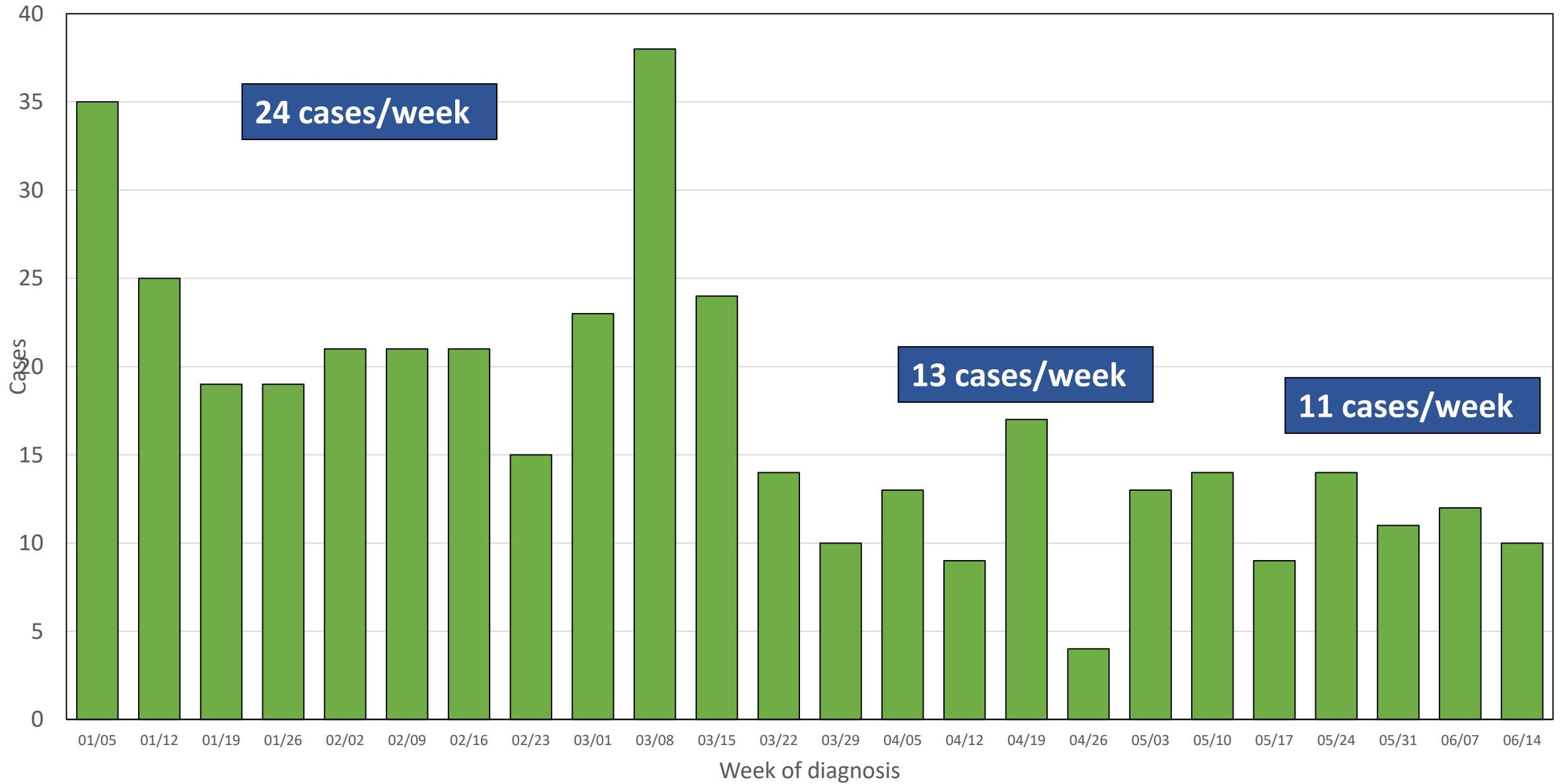
SFDPH PHL chlamydia testing by age group, 2020



GC and chlamydia morbidity, SF, 2020

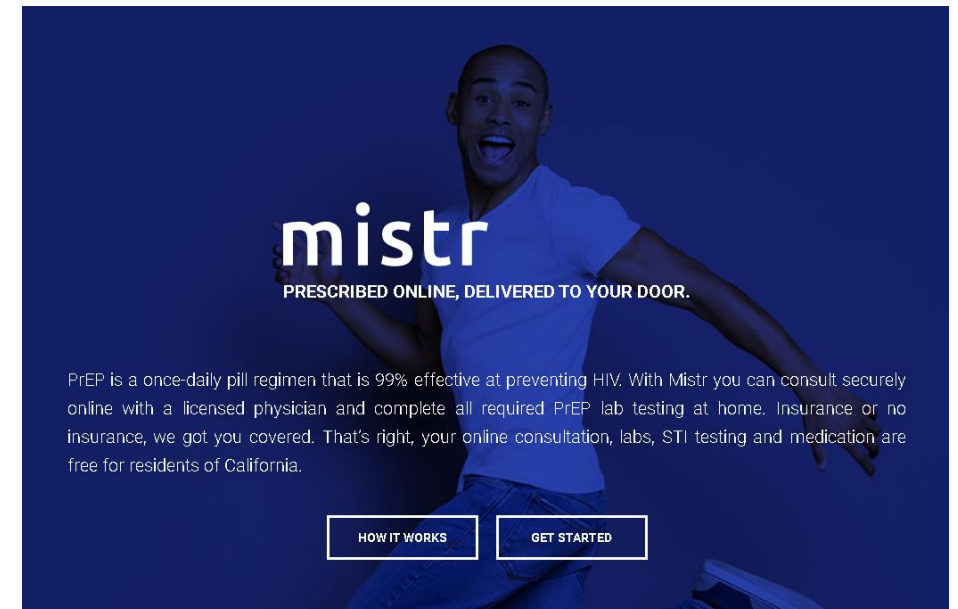


Penile GC, SF, 2020



Sexual Health Services in the COVID-19 era

- Routine STI and HIV screening remains a core element of prevention
 - Tele-health
 - Limit to number of patients in waiting room
 - Self-collection of swabs
 - Home-testing
 - “Tele-PrEP”
 - Take me home: <https://takemehome.co/>
- CDC guidance on syndromic management



mistr
PRESCRIBED ONLINE, DELIVERED TO YOUR DOOR.

PrEP is a once-daily pill regimen that is 99% effective at preventing HIV. With Mistr you can consult securely online with a licensed physician and complete all required PrEP lab testing at home. Insurance or no insurance, we got you covered. That's right, your online consultation, labs, STI testing and medication are free for residents of California.

[HOW IT WORKS](#) [GET STARTED](#)

STD Priorities in the COVID era (CDC)

None to Minimal Transmission

STD priorities

- Congenital syphilis cases including follow up with pregnant women and their partners
- Syphilis cases who are eligible for PrEP
- 3-site testing (oral, genital, anal) for MSM
- CT/GC testing for adolescents
- Continued STD surveillance
- Timely treatment for positive cases for GC and syphilis

Minimal to Substantial Transmission

STD priorities

- Congenital syphilis cases including follow up with pregnant women and their partners
- Timely treatment for positive cases with titers $1 \geq 16$ or greater
- Continued surveillance on congenital syphilis and high titer syphilis ($1 \geq 16$)
- Syphilis cases who are eligible for PrEP

Sex and COVID-19



COVID-19 SEXUAL HEALTH TIPS



San Francisco Department of Public Health cares about you and we want you to take care of yourself with regard to the coronavirus (COVID-19).

All **San Franciscans** have been asked to participate in the '[shelter in place](#)' health order by staying home and minimizing contact with others to reduce the spread of [COVID-19](#).

How is COVID-19 Spread?

- The virus can spread to people who are within 6 feet of a person with COVID-19 when that person coughs or sneezes. It is known fact that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.
- The virus can spread through direct contact with their saliva or mucus.

- COVID-19 has been found in semen and feces
- We don't know if COVID-19 can be spread through vaginal or anal sex, but these activities usually involve exchange of saliva and close contact
- General guidance
 - You are your safest sex partner
 - Limit close contact (including sexual contact) with anyone outside of your household
 - Be creative with sexual positions and physical barriers
 - Wash up before and after sex

HIV and COVID-19

- As of May 20, 2020, there were 71 PLWH in SF who had been diagnosed with COVID-19 (approx. 3.5% of cases)
- Low rates of severe illness among HIV-positive people with COVID-19 have been reported in China, Spain and NYC
- >25% of people living with HIV are > 60 years of age, and many have other co-morbidities (heart disease, diabetes) that increase risk for complications for COVID-19

Thank you!