



10 tips to reduce stress during the holidays

Nearly nine in 10 Americans are experiencing stress or feeling overwhelmed this season, which can lead to less-healthy means of coping.

[Read the blog post](#)

News you can use – Wellness



9 healthy eating tips that can help reduce inflammation

Strategies from registered dietitian Kathryn MacLean about foods that lower chronic inflammation, rather than fuel it.

[Read more >](#)

Seasonal affective disorder, winter blues and self-care tips

Cooler weather and less daylight can cause many of us to feel less motivated and even disengaged in everyday life.

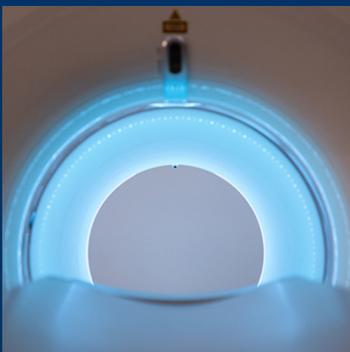
[Read more >](#)

Health benefits of winter squash and ways you can cook them

Registered dietitian Marie Barone says they're one of the best ingredients for your winter dinner menus.

[Read more >](#)

Spotlight – Research and innovation



Total-body PET scan shows immune response to COVID

Researchers used the uEXPLORER total-body PET scanner, developed at UC Davis in collaboration with United Imaging Healthcare.

[Read more >](#)

Higher conscientiousness linked to less dementia risk

A new study found people with personality traits such as conscientiousness, extraversion and positive affect are less likely to be diagnosed with dementia.

[Read more >](#)

Updates – COVID-19

About the fast-spreading JN.1 variant

Infectious disease professor Dean Blumberg spoke with ABC 10 last week about the Omicron JN.1 variant, which the CDC indicates is currently the nation's fastest-growing variant. [Read or watch the segment >](#) or [see the CDC's recent update >](#)

Vaccine information

The CDC recommends everyone 6 months and older get an updated vaccine to protect against potentially serious outcomes of COVID-19 illness this winter.

UC Davis Health is offering COVID-19 vaccines based on CDC recommendations. Patients can schedule a vaccine appointment by calling their primary care clinic or through MyUCDavisHealth. [See details on our vaccines page >](#)

Consumer pharmacy websites, the federal [covid19.ca.gov website](#), California's [MyTurn website](#), and the CDC's [COVID vaccines pages](#) are among other potential sources of information about vaccine availability and scheduling.

Reminder: keep at-home COVID treatment in mind

Prescription antiviral pills like Paxlovid can be an easy-to-use COVID treatment for people with conditions that increase risk of severe disease – such as diabetes, extra weight, or hypertension. Timing is crucial. [COVID treatments page >](#)

COVID and respiratory illness data tracking

[Federal](#), [state](#) and [county](#) sites may continue to report raw COVID data, but be aware that some data may be in transition, less relevant than before, and involve longer lag times. The CDC has determined that the hospital admission rates in its [COVID-19 County Check tool](#) are "a suitable and timely primary indicator" for monitoring COVID trends. The tool is updated Thursdays by 5 p.m. PST.

The CDC has introduced a [respiratory illness web tool](#) that allows users to search for trends for three illnesses – flu, RSV and COVID – by county, as well as search for COVID hospitalization levels by county. The CDC has also launched a [respiratory virus updates page](#) where it posts general updates on the nationwide situation every week.

The CDC recommends that if you are at high risk of getting very sick, you should talk with a health care provider about prevention actions. It also notes that people may choose to mask at any time. More information about recommended prevention measures by COVID level [is available here](#).