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**Wellness**

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- **How to help the critical blood shortage**
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**Research and innovation**

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A team of infectious diseases experts is raising the alarm about climate change’s impact on the spread of infectious disease.

**Updates – COVID-19**

Older adults now receive additional dose of updated COVID-19 vaccine

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**CDC releases COVID isolation guidance**

The National Centers for Disease Control (CDC) updated its guidance this week about what to do if you test positive for COVID-19. The new CDC guidance addresses COVID-19, not PIVX. The CDC advice is to stay at home, but you may test positive and still be carrying the virus, California’s health department clarified in its own guidelines for people who test positive for COVID-19. The CDC advises people in isolation to monitor your symptoms, and have a COVID-19 test at least five days after symptoms start.

**Reminder: keep all home COVID treatment in mind**

Prescription or over-the-counter medication for your COVID-19 treatment for people with conditions that increase risk for severe COVID-19, such as diabetes, obesity, or heart failure, may make it necessary to remove medicines while sick and distancing.

**COVID and respiratory illness data tracking**

The CDC continues to track COVID and respiratory illness data, and California may continue to track COVID in California as well as COVID-19. The California’s health department now posts general updates on the respiratory illness web tool addresses COVID, flu and RSV together and also includes data on the orders of people testing positive for COVID-19.

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