



Stay safe in rivers and lakes

Swimming at the river is not like swimming in a pool, especially for kids. Help prevent drownings with these safety tips.

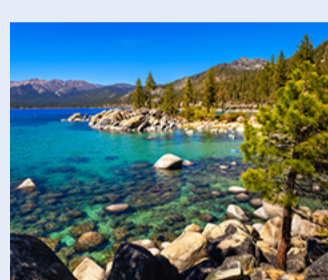
[See story](#)

News you can use – Wellness



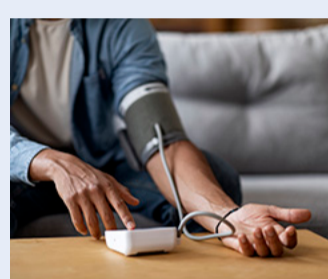
How to manage an asthma attack

According to the American Lung Association, over 26 million people in America are living with this chronic respiratory condition. [See tips](#), and learn more on our [health library asthma page](#)



How nature improves your health

Research continues to demonstrate that being outside and experiencing nature can improve our mental health and increase our ability to focus. Here are some reasons why we all can benefit from taking a nature break. [Learn more >](#)



Hypertension: The silent killer

Hypertension can lead to heart attack, stroke and kidney disease. Nearly half of American adults have hypertension and for nearly 37 million of them, the condition is uncontrolled. [Learn more >](#)

Spotlight – Research and innovation



New tech brings hope to people with lung cancer

UC Davis Health is first in the region to deploy two new advanced imaging technologies. One helps catch lung cancer earlier, and the other tracks the progress of lung cancer treatment.

[Read more](#), and see our [health library lung cancer page](#)



Tie between hypertension, uterine fibroids?

New research suggests that treating high blood pressure, also known as hypertension, could play a role in preventing fibroids, a common condition for which there is no preventive treatment.

[Read more](#), and see our [health library uterine conditions page](#)

Updates – COVID-19

Reminder: Older adults able to receive additional dose of updated COVID-19 vaccine

In late February the federal Centers for Disease Control (CDC) [approved a recommendation](#) that allows adults ages 65 years and older to receive an additional dose of this season's COVID-19 vaccine.

People 65 years and older who received 1 dose of any updated 2023-2024 COVID-19 vaccine (Pfizer-BioNTech, Moderna or Novavax) should receive 1 additional dose of an updated COVID-19 vaccine at least 4 months after the previous updated dose, the agency says in its [updated vaccine recommendations](#). There is additional info on the page for Novavax recipients and immunocompromised people.

For general information about scheduling COVID-19 vaccines at UC Davis Health, [see our vaccines page](#). Consumer pharmacy websites, the state [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. [COVID treatments page >](#)

COVID and respiratory illness data tracking

The CDC [respiratory viruses page](#) shows flu, RSV and COVID trends by state and county. In the last update as of press time, the agency said overall respiratory illness activity in California was minimal. The page also has links to the CDC's [Respiratory Virus Data Channel Weekly Snapshot](#), which includes an [activity level map](#).

The agency's [Immunization and Respiratory Diseases Bulletin page](#) also posts updates on the national situation for respiratory illness and vaccine-preventable diseases.

[Federal](#), [state](#) and [county](#) sites may continue to report raw COVID data. Some data may be in transition, less relevant than before, and/or involve longer lag times.