



## 4 self-care tips for anxiety

Coping with anxiety can often feel difficult. Mindfulness, journaling, visualization and grounding are some ways to help manage it.

[Learn what you can do](#)

### News you can use – Wellness



#### Avoid tennis pickleball elbow

Two orthopaedic surgeons explain the variety of injuries they're seeing, and share tips for avoiding getting hurt while playing this popular sport.

[Read the Q&A ›](#)[Watch the video ›](#)[Health Library: Osteoporosis & bone problems ›](#)

#### Wondering if it's measles?

If you notice measles symptoms, you may be thinking you should rush to the ER or doctor's office. Because measles is so contagious, there are important steps to follow first.

[Learn more ›](#)[Telehealth Express Care at UC Davis Health ›](#)

#### Do I need rotator cuff surgery?

Whether the pain started with pickleball, household chores or just a random accident, there are several options for treating a torn rotator cuff.

[Torn rotator cuff symptoms ›](#)[Sports orthopedics at UC Davis Health ›](#)[Sports medicine at UC Davis Health ›](#)

### Spotlight – Research and innovation



#### How research funding solves real-world problems

'From Labs to Lives' is a new series of short videos where UC Davis researchers describe the impact of their work – and the consequences if federal support for this leading-edge research were reduced or eliminated.

[Browse the series](#)

#### Do collagen, omega-3 and whey help your bones?

UC Davis Health molecular exercise physiologist Keith Baar specializes in sports medicine, and studies the effects of popular supplements on muscles, tendons and joints. Here he shares findings from his studies.

[Learn more](#)

### Updates – COVID-19

#### CDC COVID data for California

##### Wastewater levels 'Low'

Overall adjusted [wastewater viral activity level](#):

- 1.67 or "Low" as of April 19 (preliminary)
- 1.58 or "Low" as of March 22 (reported in last newsletter)
- 1.68 or "Low" around this time last year
- 2.28 or "Low" around this time in 2022

##### Hospitalizations remain very low

Weekly COVID-associated [hospitalizations per 100,000 population](#):

- 0.9 as of April 19 (preliminary)
- 0.7 as of March 22 (reported in last newsletter)
- 2.0 around this time last year
- 3.2 around this time in 2022

#### State of California respiratory virus data

The California Department of Public Health (CDPH) website includes a [Weekly Respiratory Virus Report](#) page with weekly statewide data for COVID, flu and RSV. The report updates most Fridays. As of Monday, the key messages for data through April 19 state:

- COVID-19 activity is low.
- Influenza activity is low.
- RSV activity is minimal.

[The report](#) includes an easy-glance chart about rates of test positivity, new hospital admissions, deaths, and wastewater concentrations from the state's analysis and reporting system. The report noted that COVID wastewater concentrations are "Low (Plateauing)."

The CDPH website also has a [current measles situation page](#) and a [current bird flu situation page](#).

(Note: This week's report was the final for the 2024-2025 respiratory virus season that ends in June 2025, according to the CDPH website).

#### More COVID resources

- [Staying up to date with COVID-19 vaccines](#) (CDC)
- [Stay up to date on COVID-19 vaccines](#) (State of California)
- [Vaccine scheduling for UC Davis patients](#) (UC Davis Health)
- Other vaccine scheduling options:
  - consumer pharmacies and drug stores
  - [COVID-19 Home](#) (State of California)
  - [MyTurn website](#) (State of California)
  - [Getting Your COVID-19 Vaccine](#) (CDC)
- [Getting a COVID-19 test](#) (State of California)
- [Info on at-home COVID treatments](#) (UC Davis Health)

#### \*Data disclaimers

The hospitalization and wastewater data regularly shared in this newsletter is the most recent available on government websites as of the date of newsletter publication. That weekly data typically lags several days behind the date of the newsletter itself.

Numbers reported by CDC and CDPH web pages may differ. For example, agencies may incorporate different scoring systems, data sets or data points.

UC DAVIS  
HEALTH

Text and images ©2025 Regents of the University of California, Davis