



Therapy for anxiety: What to know

Anxiety can feel difficult to manage, but there are many kinds of therapy that can help. Learn about different kinds and tips on getting started.

[Learn more](#)

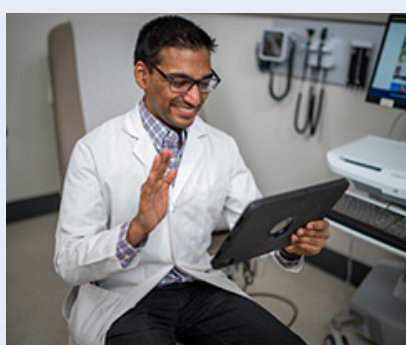
News you can use – Wellness



Summer tick bites and disease

It's important to get treatment as early as possible. Most diseases that come from a tick, such as Lyme disease, can be treated with antibiotics.

[Q&A: Lyme disease and ticks ›](#)
[Climate change to fuel disease spread ›](#)
[Targeting Rocky Mountain Spotted Fever ›](#)
[Health Library: Vector-borne diseases ›](#)



Delivering urgent care quickly

Rashes, diarrhea, fever, and joint pain are among the many symptoms that can be addressed in same-day telehealth visits offered by UC Davis Health. You don't have to be an existing patient or live nearby.

[Learn about Telehealth Express Care ›](#)
[Telehealth Express Care website ›](#)



Highest measles cases in 30 years

Our Kids Considered podcast recently focused on key questions about the disease, and addressed some of the misinformation that's circulating.

[Kids Considered: Measles again? ›](#)
[AP: Worst year for spread in 3 decades ›](#)
[Symptoms? Help prevent the spread ›](#)
[Health Library: Measles ›](#)

Spotlight – Research and innovation



Experiencing awe may help people with long COVID

Many long COVID patients continue to experience depression and anxiety after getting sick, and there's a real need to find ways to improve their mental health.

[Read more](#)

What cats may help teach us about long COVID

Research on a new treatment for sick felines could eventually help scientists better understand similar viruses in humans, too.

[Read more](#)

Updates – COVID-19

CDC COVID data for California

Wastewater levels rise to 'Moderate'

As of July 5, wastewater levels are now similar to levels in February of this year. Last summer at this time, levels were "Very High."

[CDC wastewater viral activity levels data](#)

Hospitalizations remain very low

As of July 5 the COVID-associated hospitalization rate per 100,000 was 1.6, similar to the milder levels of this past winter. In comparison, levels were above 7 at this time last summer near the peak of the summer surge.

[CDC COVID-associated hospitalizations data](#)

State of California respiratory virus data

The California Department of Public Health's final [Weekly Respiratory Virus Report](#) for the summer 2024-to-summer 2025 respiratory virus season was issued in April.

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

Government 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.