



Tylenol and autism: What the science really says

Some facts we can share about autism, acetaminophen and leucovorin/folinic acid in light of this week's federal statements.

[Read or watch more](#)

News you can use – Wellness



New blood pressure guidelines

An expert Q&A on what you need to know about the updated hypertension guidelines, which were released last month by the American College of Cardiology and the American Heart Association.

[Read the Q&A ›](#)[Health Library: High Blood Pressure ›](#)

It's Prostate Cancer Awareness Month

Our chair of urologic surgery answers questions about the condition and discusses the best way to detect it early, when it's the most treatable.

[Is the PSA test the best way? ›](#)[Health Library: Prostate Cancer ›](#)

A new option for thyroid nodules

For people with bothersome but noncancerous thyroid nodules, radiofrequency ablation (RFA) may offer a safe, effective and less disruptive alternative to surgery.

[Thyroid ablation: What to know ›](#)[Health Library: Thyroid Disorders ›](#)

Spotlight – Good Food, Good Medicine



Join us this weekend at Terra Madre Americas!

We're excited to be a presenting sponsor of this free culinary event debuting in Sacramento, America's farm-to-fork capital. We're hosting three days of programming, including panel discussions with Slow Food International delegates, cooking demos, tastings and more.

[See the lineup at our stage ›](#)

Follow our Good Food Is Good Medicine blog

The popular blog features healthy eating tips and recipes, and also showcases some of our sustainability and healthy food efforts. New to the blog this week: a first batch of recipes shared by UC Davis Health food experts at Terra Madre Americas 2025, with more to come.

[Check out the blog here ›](#)

Spotlight – Open enrollment is here



A recovery full of heart and hope

Gita is living life to the fullest after our cardiology team used virtual reality to help treat her rare congenital heart defect. By exploring her anatomy through a VR headset, specialists gained insights that enabled a highly personalized, minimally invasive treatment.

[Read her story ›](#)

Updates – COVID-19

State releases new immunization guidance

Advice about COVID vaccines may vary across federal, state, and local agencies. While there is no consensus, one trusted source to consider is the California Department of Public Health (CDPH) and its website.

On Sept. 17, CDPH [announced](#) official immunization recommendations in accordance with West Coast Health Alliance partners Oregon, Washington and Hawaii. That guidance, plus information about access and insurance coverage, is now available on the [CDPH Public Health For All web page](#) and its Q&A web pages.

UC Davis Health is following guidelines from CDPH for both COVID and flu vaccinations. More information can be obtained at the [CDPH Public Health For All web page](#). All UC Davis Health primary care physicians practice in accordance with the above guidelines.

UC Davis Health is offering this winter's updated 2025-26 COVID and flu vaccinations starting Oct. 1, 2025. You may schedule your appointment via [MyUCDavisHealth](#) or by calling your clinic.

If you are a UC Davis Health patient and want to get the 2025-26 vaccines before they are available here, you may continue to check with store pharmacies such as Walgreens or CVS. Or you can check with your local neighborhood pharmacy. If you do get vaccines outside of UC Davis Health, please let us know so we can update your UC Davis Health medical record.

CDC COVID data for California

Wastewater levels 'Very High'

As of Sept. 13, wastewater numbers were still more than twice as high as levels seen this past winter. They were still a little over half as high as at last summer's peak.

[More CDC wastewater data ›](#)

Hospitalizations remain low

As of Sept. 13, the preliminary COVID-associated hospitalization rate per 100,000 was 2.8. That's still higher than any time this past winter, but less than half of last summer's peak.

[More CDC hospitalization data ›](#)

State of California COVID data

Test positivity 'Moderate'

For the week ending Sept. 13, test positivity was "Moderate" at 10.3, a drop of 2.5% since the last newsletter and about that much higher than rates at this time last year.

[More CA COVID dashboard data ›](#)

Hospitalizations still 'Low'

The COVID-associated hospital admission rate per 100,000 remained "Low" at around 3.9, about the same as in the last newsletter.

[More CA COVID dashboard data ›](#)

Government COVID resources

COVID-19 vaccine rules and advice from different levels of government are actively changing. This may mean that some information on the pages below, and on other government health websites, may not be up to date (or may conflict). You may need to continue to check these websites for fresh updates.

- [Public Health For All vaccines page](#) (State of California)
- [Staying up to date with COVID-19 vaccines](#) (CDC)
- [Vaccine scheduling for UC Davis patients](#) (UC Davis Health)
- Some 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)

*Other 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.