

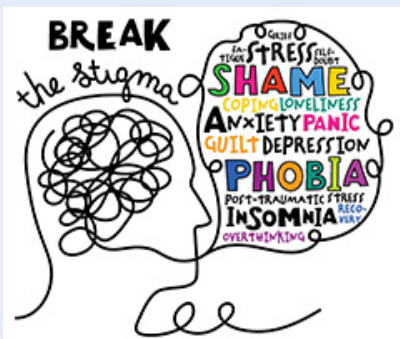


Study: Preschoolers exposed to potentially harmful chemicals

Many of the chemicals the researchers identified are not routinely monitored and may pose health risks. There are some ways to limit exposure.

[Learn more](#)

News you can use – Wellness



Depression and anxiety in men

These mental health conditions affect both men and women, but the causes sometimes differ (and men tend to underreport symptoms, too). Learn more about how they look and feel, and how to get help.

[Read or watch more ›](#)[Health Library: Mental health in men ›](#)

Microplastics, lead, stoves & more

The Kids Considered podcast dedicated several recent episodes to prominent substances in the childhood environment, and if they pose a threat.

[Managing microplastics ›](#)[Are gas stoves harmful to kids? ›](#)[Lead and childhood development ›](#)[The facts about fluoride ›](#)

What does an EKG detect?

Your cardiologist or primary care provider may recommend an electrocardiogram or EKG to check for a variety of conditions. Here's what to expect.

[Read or watch more ›](#)[Health Library: Heart and vascular ›](#)

Spotlight – Research and innovation



Lifestyle program improves cognition in older adults

The positive results from a high-quality clinical trial – the Alzheimer's Association U.S. POINTER Study – show that healthy behavior *does* have a powerful impact on brain health, authors say.

[Read more](#)

Study compares cigarette and pot smoke

In mostly healthy people, cigarette smoke has a greater impact on airway health than marijuana smoke or vaping, according to novel UC Davis research. Another study found disposable e-cigarettes released more toxic metals than cigarettes.

[Read more: cigarettes vs marijuana](#)[Read more: e-cigs vs trad cigs](#)

Updates – COVID-19

CDC COVID data for California

Wastewater levels still 'Moderate'

As of July 19, wastewater levels were still similar to levels in February of this year at their winter peak. Last summer at this time, levels were "Very High."

[CDC wastewater viral activity levels data](#)

Hospitalizations remain very low

As of July 19, the COVID-associated hospitalization rate per 100,000 was 1.4, similar to some of the milder levels of this past winter. In comparison, levels were above 6 at this time last summer during 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. There is no new data presented on the page since then.

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.