



How to manage chronic pain

Learn five strategies that a UC Davis Health pain psychologist uses to help people better understand their pain and improve their quality of life.

[Read more](#)

News you can use – Wellness



Tough flu season ahead

A strain of influenza linked to more serious illness is spreading earlier and faster than last year. In a Q&A about this year's flu season, an infectious disease doctor notes the flu shot turns serious illness into something your body can handle much more easily.

[Read the flu Q&A ›](#)
[How to get a flu shot ›](#)
[Health Library: Influenza ›](#)



Five holiday mental health tips

In case you missed them last newsletter, brush up on these strategies about setting realistic expectations, setting boundaries, processing sad memories, connecting with community, and practicing self care.

[Read more ›](#)



Unwelcome dinner guest?

After a recent fatality, a UC Davis toxicologist shares why poisonings from foraged wild mushrooms are rising and how to stay safe. Since August, the state's Poison Control System has received 358 poisonous mushroom ingestion cases.

[Q&A: Wild mushroom poisoning ›](#)

Spotlight – Research & Innovation



Low choline associated with anxiety disorders

A new study finds the essential nutrient is 8% lower in the brains of people with generalized anxiety disorder, panic disorder and social anxiety disorder. Previous research has shown that most people in the U.S., including children, don't get the recommended daily amount, which mostly comes from food.

[Read about the science ›](#)

Updates – COVID-19

COVID and flu shots available

UC Davis Health is offering this winter's updated 2025-26 COVID and flu vaccinations, following California Department of Public Health guidelines. Patients can schedule an appointment on [MyUCDavisHealth](#), or by calling their clinic. For COVID, we offer the Moderna vaccine. For more background, see our [COVID shot page](#) or [flu shot page](#).

State of California COVID data

The California Department of Public Health's [Respiratory Virus Report](#) includes COVID, flu and RSV levels and trends, statewide and by region.

COVID wastewater levels 'Very Low'

California and Greater Sacramento/Sierra region wastewater levels as of Nov. 30 were still "very low." [See more data ›](#)

COVID test positivity 'Very Low'

For the week ending Nov. 29, statewide test positivity was labeled "very low" at 1.07%, a drop from 1.38% last newsletter. Greater Sacramento/Sierra region levels were also "very low" at 1.27%. [See more data ›](#)

COVID hospitalizations 'Very Low'

The COVID-associated hospital admission rate per 100,000 was "very low" at 0.59, a slight uptick from 0.37 last newsletter. Greater Sacramento/Sierra region levels were also "very low" at 0.53. [See more data ›](#)

CDC COVID data for California

The CDC site said California COVID wastewater levels were very low as of Nov. 29. Hospitalization data was falling at 0.2.

[CDC wastewater data ›](#)

[CDC hospitalization 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.