



## 1 in 5 unvaccinated people who gets measles is hospitalized

It's one of the most contagious diseases. And almost all U.S. cases so far this year are in people who didn't get the vaccine, or aren't sure if they did.

[What parents need to know](#)

### News you can use – Wellness



#### Trouble sleeping?

Stressful times can make for bad sleep. Learn more about foundational good sleep practices, and secondary options like melatonin.

[Melatonin and your sleep ›](#)  
[Blue light, eyes and sleep ›](#)  
[Health risks of too little sleep ›](#)



#### Shoulder pain: Is it arthritis?

When sunny spring days arrive, it can be frustrating when balky shoulders limit participation in your favorite activities.

[Shoulder arthritis symptoms ›](#)  
[Is shoulder replacement right for you? ›](#)  
[Sports Medicine services & resources ›](#)



#### Free cancer screenings

UC Davis Health is organizing two free community cancer screenings during Head and Neck Cancer Awareness Month. The events are April 5 and April 26 in Sacramento.

[Learn more or register ›](#)  
[Health Library: Head & neck cancer ›](#)

### Spotlight – Research and innovation



#### 'Everyone needs to be part of the solution'

The annual likelihood of a pandemic is 2% to 3%, which means a 47–57% probability in the next 25 years. Our Chief of Infectious Diseases shares what lessons COVID taught us that will help us better respond next time.

[Read more](#)



#### 7.5 million breaths a year, most of them indoors

UC Davis researchers are studying ways to optimize the flow of outdoor air into buildings, both for energy efficiency and reducing exposure to pollutants. They're looking closely at how pathogens travel via indoor currents.

[Read or watch more](#)

### Updates – COVID-19

#### CDC COVID data for California

##### Wastewater levels 'Low'

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

- 1.58 or "Low" as of Mar. 22 (preliminary)
- 3.57 or "Moderate" as of Feb. 1 (reported in last newsletter)
- 2.31 or "Low" around this time last year
- 0.86 or "Very Low" around this time in 2022

##### Hospitalizations remain very low

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

- 0.7 as of Mar. 22 (preliminary)
- 1.3 as of Feb. 1 (reported in last newsletter)
- 2.4 around this time last year
- 2.8 around this time in 2022

#### State of California respiratory virus data

##### 'This year's respiratory virus season dominated by seasonal influenza'

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 March 22 state:

- COVID-19 activity is low.
- Influenza activity is moderate and continues to decrease.
- RSV activity is low.

[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: As of Tuesday morning, the CDPH website was temporarily unavailable due to an error message).

#### 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.*