



What you need to know about the new COVID vaccine

It arrives this month and early next, and many patients are asking who's eligible and when they can get it. Here's some practical advice for now.

[Learn more](#)

News you can use – Wellness



Varicose veins: What to know

A vascular surgeon shares insights and the latest treatments for the condition, which affects about 1 in 4 U.S. adults. She also covers chronic venous insufficiency, which affects about 1 in 3 (now including Donald Trump).

[Treating varicose veins: What to know](#) ›
[Trump diagnosed with CVI: What it means](#) ›
[Health Library: Vein Problems](#) ›



It's Healthy Aging Month

A new Cultivating Health blog post highlights seven ways to help you live longer and better. Our Healthy Brain Aging lectures continue on Oct. 2. And our 2025 Mini Medical School aging lectures are still available to watch anytime.

[7 tips to help keep you healthy as you age](#) ›
[Healthy Brain Aging Lecture registration](#) ›
[Mini Medical School 2025 videos](#) ›



Make your produce last longer

If you're changing your garden for the season or just trying to eat better, our dietetic specialists share ways to improve the shelf-life of your fresh produce. Included: tips for all of that basil.

[How to make produce last longer](#) ›
[Good Food Is Good Medicine blog](#) ›

Spotlight – Research and innovation



Study: Stress impacts the heart at a molecular level

Cardiovascular scientists found that just 10 days of acute stress triggered increased inflammation, leading to subtle changes in heart function.

[Read about the science](#) ›



Total-body PET takes a look at long COVID

Researchers will use the scan technology, originally developed at UC Davis, to examine two suspected causes of long COVID at once.

[Read about the science](#) ›

Spotlight – Open enrollment is here



Back on track in record time

When sudden leg pain left him barely able to walk or stand, a minimally invasive procedure helped Vito quickly shift gears from pain to performance. Instead of a spinal fusion and its long recovery time, Vito's endoscopic microdiscectomy allowed him to return to work the very next day.

[Read more](#) ›

Updates – COVID-19

Newly updated COVID vaccines becoming available

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) website at [COVID-19 Vaccines](#).

UC Davis Health estimates that we should have the updated COVID vaccines for the 2025-26 season in stock around early October. This is the "2025-26 Vaccine Supply" referenced on the CDPH web page above.

We also expect to receive the updated 2025-26 flu vaccine around the same time.

If you are a UC Davis Health patient and want to get the new 2025-26 vaccines before they are available here, you may check with store pharmacies such as Walgreens or CVS. Or you can check with your local neighborhood pharmacy.

For additional practical information, also see [the Q&A story](#) at the top of this newsletter.

CDC COVID data for California

Wastewater levels rise to 'Very High'

As of Aug. 30, wastewater numbers were more than twice as high as levels seen this past winter. They were a little over half as high as at last summer's peak.

[More CDC wastewater data](#) ›

Hospitalizations remain low

As of Aug. 30, the preliminary COVID-associated hospitalization rate per 100,000 was 3.0. 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 still 'Moderate'

For the week ending Aug. 30, test positivity was "Moderate" at 12.8, an increase of 1.2% since the last newsletter and slightly 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, an increase of roughly a third from 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.

- [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)

*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.