



## Refresher: COVID symptoms and tests

How to detect infection with currently prominent variants like Eris EG.5, as scientists continue monitoring BA.2.86.

[Read the story](#)

### News you can use – Wellness



#### What's the difference between Ozempic and Wegovy?

A new trend has been getting a lot of attention: people using the diabetes drug Ozempic for weight loss.

[Read more >](#)



#### Why is it important to have naloxone – even if you're not a drug user?

In March, the Food and Drug Administration (FDA) approved the nasal spray for over-the-counter use.

[Read more >](#)

### Spotlight – Research and innovation



#### To combat stress, people seek negative entertainment

Researcher: "People use media for emotional regulation, but in a way that is really different than we'd expect."

[Read more >](#)



#### Mapping DNA in pets to help people with cancer

Through the field of comparative oncology, scientists seek to find cures that work in dogs in the hope that similar therapies may work in people.

[Read more >](#)

### Updates – COVID-19

#### How COVID experts are living now

Infectious disease professors Dean Blumberg and Natascha Tuznik participated in a *Washington Post* story with Anthony Fauci, Ashish Jha, and other national experts about crowds, restaurants, and other decision-making during this first uptick of the post-emergency era. [Read more >](#)

(Note: Story should be free; if behind paywall, try opening in another browser)

#### CDC report shows some decline in long COVID rates

"I believe vaccination and better treatments are having the biggest impact," says pulmonary & critical care professor Christian Sandrock. [Read more >](#)

#### Reminder: keep at-home COVID treatment in mind

Prescription antiviral pills like Paxlovid can be an easy-to-use COVID treatment for people with conditions that increase risk of severe disease – such as diabetes, extra weight, or hypertension. Timing is crucial. [COVID treatments page >](#)

[Federal](#), [state](#) and [county](#) sites may continue to report raw COVID data, but be aware that some data may be in transition, less relevant than before, and involve longer lag times. The CDC has determined that the hospital admission rates in its [COVID-19 County Check tool](#) are "a suitable and timely primary indicator" for monitoring COVID trends. The tool is updated Thursdays by 5 p.m. PST. It also links to the CDC's [COVID Data Tracker by-county page](#).

The tool recommends that if you are at high risk of getting very sick, you should talk with a health care provider about additional prevention actions. It also notes that people may choose to mask at any time. More information about recommended prevention measures by COVID level [is available here](#).

The CDC is scheduled to meet next week to consider approving updated COVID boosters for distribution this fall. UC Davis Health is monitoring the decisions and will share more information in future newsletters.