



COVID-19 INCIDENT UPDATE: September 3, 2020

Statistics from September 2, 2020

INCIDENT FACTS AND SUMMARY			
Total Confirmed Cases:	Hospitalized in Shasta County	In Isolation	Active Cases
578	4	20	24
Confirmed Cases Wednesday	Currently in the Intensive Care Unit (ICU)	In Quarantine	Released from Isolation to Date
3	1	99	542
Negative Tests Wednesday	Negative Tests to Date	Total Tests	Deaths
276	36,014	36,592	12

CURRENT SITUATION

- We had 3 new cases on Wednesday. Two had symptoms and one is hospitalized. They are:
 - A woman in her 20s
 - A woman in her 30s
 - A woman in her 70s
- Everyone experiences stress differently and it affects our bodies, thoughts and emotions. Healthy ways to deal with stress include:
 - **Keeping your daily routine** even if it looks different for now. Focus on the simple things. Remember to eat, shower, sleep, play, etc.
 - **Getting outside and into nature.** This could be as simple as watching a sunset, walking the dog or going for a hike. All of these things are possible to do while practicing physical distancing.
 - **Remembering to bring yourself back into the present when you are stuck worrying about what could happen.** Mindfulness tools, such as breathing, guided meditation or journaling about the things you are grateful for are all ways to think about the present moment.
 - **If you are experiencing intense signs of stress for several days or more, visit a mental health professional.** Call 211 or visit www.211norcal.org for resources.
- All deaths included in Shasta County’s reports are caused by COVID. Death certificates also list other conditions that contributed to the person’s death. For example, a person may have died from COVID because an underlying condition (such as COPD) made it impossible for them to recover, but they would not have died from that condition at that time if they hadn’t developed COVID. In other instances, COVID may have caused a condition (such as blood clots or lung damage) that led to the person’s death, which would not have happened if the person had not gotten COVID. Each of these cases are considered COVID deaths, and all COVID deaths are based on death certificate completion by the attending physician or coroner.

Resources: Website: www.ShastaReady.org Live maps: <https://coronavirus.jhu.edu/us-map>

Cooperating Agencies: Shasta County Sheriff’s Office, CAL FIRE/Shasta County Fire Department, City of Redding, City of Anderson, City of Shasta Lake, Mercy Medical Center Redding, Shasta Regional Medical Center, Redding Rancheria Tribal Health Center, Shasta Community Health Center, Mountain Valleys Health Centers, Mayers Memorial Hospital District, Hill Country Community Clinic, Shingletown Medical Center