



COVID-19 INCIDENT UPDATE: March 18, 2021

Statistics from March 17, 2021

INCIDENT FACTS AND SUMMARY			
Total Confirmed Cases:	Hospitalized in Shasta County	In Isolation	Active Cases
11,113	7	75 (estimate)	82 (estimate)
Confirmed Cases Wednesday	Currently in the Intensive Care Unit (ICU)	Available Regional ICU Capacity	Released from Isolation to Date
29	1	25.8%	10,836
Newly Received Negative Tests	Number of Tests in the Past 14 Days (+ and -)	Total Tests	Deaths
1,046	7,787	170,480	195

CURRENT SITUATION

- We had 29 cases Tuesday, including 15 men and 14 women:
 - 4 children under age 13
 - 3 teenagers
 - 7 people in their 20s
 - 5 people in their 30s
 - 2 people in their 40s
 - 2 people in their 50s
 - 4 people in their 60s
 - 2 people in their 70s
- We are sorry to have to report a death today. The patient was a man in his 40s.
- If you are [eligible for vaccine now](#), please attend a mass vaccination clinic or make an appointment with a vaccine provider. Options are posted on www.ShastaReady.org, and the Safeway and RiteAid options under “First dose clinics” have open slots.
- Safe, stable and nurturing relationships can protect our brains and bodies from the harmful effects of stress and adversity. Healthy nutrition, regular exercise, restful sleep, practicing mindfulness, staying connected to our social supports and getting mental health care can help decrease stress hormones and improve health. Find more tips for caring for your wellness in the [California Surgeon General’s Playbook](#) (also available [in Spanish](#)).