



**COVID-19 AMADOR INCIDENT – EOC DAILY UPDATE**

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**DATE** : **April 29, 2020**  
**TYPE OF INCIDENT** : **Emergency Operations Center Daily Update**  
**DETAILS** :

An infectious illness outbreak such as COVID-19 can be stressful to you, your loved ones and your friends. It is natural to feel overwhelmed, sad, anxious and afraid. You may also experience other symptoms of distress, such as trouble sleeping. Coping tips can help to reduce your stress and help manage the situation.

The Centers for Disease Control & Prevention (CDC) have developed this resource:

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Other resources include:

- <https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>
- <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/self-care-tips-during-the-covid-19-pandemic>

<i>Amador Total Cases</i>	<i>Age</i>	<i>Gender</i>	<i>City</i>	<i>Deaths</i>	<i>Recovered</i>	<i>Test Results Received</i>
<b>8</b>	0-17: 0	Female: 4	Jackson: 4	0	7	<b>453</b>
	18-49: 2	Male: 4	Ione: 2			
	50-64: 3		Pine Grove: 1			
	65 +: 3		Sutter Creek: 1			

**Regional COVID-19 Activity**

<i>County</i>	<i>Positive Cases</i>	<i>Deaths</i>
<b>Sacramento</b>	1,068	42
<b>San Joaquin</b>	540	25
<b>Stanislaus</b>	324	10
<b>Placer</b>	145	8
<b>El Dorado</b>	44	0
<b>Calaveras</b>	13	0
<b>Amador</b>	8	0
<b>Tuolumne</b>	4	0
<b>Alpine</b>	1	0

**SERVICE ● INTEGRITY ● TEAMWORK ● EXCELLENCE**