Hi, i'm new with ethereum sharding, I'm confused with state update during shards, please correct me if i'm wrong and any advice would be appreciated.

According to Ethereum Sharding General Introduction:

Validators submit collation header to the root chain

Does this mean root chain only has collation header? if so, what if A spend 1 eth (let's say A only has 1 eth) on shard M and spend same 1 eth on shard N? (double spend). Does shard N knows A's state?