FOR IMMEDIATE RELEASE
September 12, 2022

Over three-day period, 81 new cases and two deaths related to COVID-19 reported, 33 communities identified with uncontrolled spread

WINDOW ROCK, Ariz. – On Monday, the Navajo Department of Health, in coordination with the Navajo Epidemiology Center and the Navajo Area Indian Health Service, reported 81 new COVID-19 cases for the Navajo Nation and two deaths over a three-day period from September 10 - 12. The total number of deaths is now 1,893. 593,339 COVID-19 tests have been administered. The overall total number of positive COVID-19 cases is now 73,177, including three delayed reported cases.

Based on cases from August 26 – September 8, 2022, the Navajo Department of Health issued a Health Advisory Notice for the following 33 communities due to uncontrolled spread of COVID-19:

- Bread Springs
- Cameron
- Chichiltah
- Chinle
- Churchrock
- Coyote Canyon
- Fort Defiance
- Ganado
- Houck
- Indian Wells
- Iyanbito
- Kayenta
- Low Mountain
- Lukachukai
- Lupton
- Manuelito
- Many Farms
- Mexican Springs
- Nahatadjii
- Naschitti
- Newcomb
- Pinon
- Red Lake
- Rock Springs
- Round Rock
- Shiprock
- Shonto
- St. Michaels
- Tachee/Blue Gap
- Teec Nos Pos
- Tohatchi
- Tuba City
- Upper Fruitland

“If you’ve attended a large gathering or have spent time with individuals outside your immediate household, it’s important to begin closely monitoring your overall health for COVID-19 symptoms. If you begin to feel ill, you should test and isolate yourself from others to avoid the spread of COVID-19. Overall, continue to wear a mask, wash your hands, and watch your distance. Have a safe week,” said Navajo Nation President Jonathan Nez.

Health care facilities on the Navajo Nation continue to administer COVID-19 vaccines. If you would like to receive one of the COVID-19 vaccines, please contact your health care provider and schedule an appointment.

“During the pandemic, anxiety and depression increased worldwide so it is important to comfort, guide, and pray for one another. Supporting each other can help us heal and recover,” said Vice President Myron Lizer.
For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website: http://www.ndoh.navajo-nsn.gov/COVID-19. For COVID-19 related questions and information, call (928) 871-7014.

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For the latest news from the Office of the President and Vice President, please visit http://www.opvp.navajo-nsn.gov/ or find us on Facebook, Twitter, and Instagram.
Navajo Department of Health
Health Advisory Notice (HAN)
COVID-19 Community Advisory No. 95 — Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for the following communities. The cases reflect dates August 26 – September 8, 2022. The advisory will be in effect until the risk and cases decline.

The following communities are identified as having uncontrolled spread of COVID-19:

- Bread Springs
- Cameron
- Chichiltah
- Chinle
- Churchrock
- Coyote Canyon
- Fort Defiance
- Ganado
- Houck
- Indian Wells
- Iyanbito
- Kayenta
- Low Mountain
- Lukachukai
- Lupton
- Manuelito
- Many Farms
- Mexican Springs
- Nahatadziil
- Naschitti
- Newcomb
- Pinon
- Red Lake
- Rock Springs
- Shiprock
- Shonto
- St. Michaels
- Tachee/Blue Gap
- Teec Nos Pos
- Tohatchi
- Tuba City
- Upper Fruitland

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

<table>
<thead>
<tr>
<th>People at Increased Risk for Severe Illness</th>
<th>Might be at Increased Risk for Severe Illness</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Older Adults</td>
<td>• Asthma</td>
</tr>
<tr>
<td>• Cancer</td>
<td>• Cerebrovascular disease</td>
</tr>
<tr>
<td>• Chronic kidney disease</td>
<td>• Cystic fibrosis</td>
</tr>
<tr>
<td>• Chronic obstructive pulmonary disease</td>
<td>• Hypertension or high blood pressure</td>
</tr>
<tr>
<td>• Heart conditions</td>
<td>• Immunocompromised state</td>
</tr>
<tr>
<td>• Immunocompromised state</td>
<td>• Neurologic conditions, such as dementia</td>
</tr>
<tr>
<td>• Obesity and severe obesity</td>
<td>• Liver disease</td>
</tr>
<tr>
<td>• Pregnancy</td>
<td>• Overweight</td>
</tr>
<tr>
<td>• Sickle cell disease</td>
<td>• Pulmonary fibrosis</td>
</tr>
<tr>
<td>• Smoking</td>
<td>• Thalassemia</td>
</tr>
<tr>
<td>• Type 2 diabetes mellitus</td>
<td>• Type 1 diabetes mellitus</td>
</tr>
</tbody>
</table>

All residents should practice health and safety measures:

- Get vaccinated.
- Wear a mask in the public.
- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
• Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
• Social distance - keep 6 feet between yourself and others.
• Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website: http://www.ndoh.navajo-nsn.gov/COVID-19. For COVID-19 related questions and information, call (928) 871-7014.