

## The Navajo Nation Office of the President and Vice President

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# Over three-day period, 33 new cases and three deaths related to COVID-19 reported, 25 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 33 new COVID-19 cases for the Navajo Nation and three deaths over a three-day period from Oct. 1-3. The total number of deaths is now 1,914. 600,785 COVID-19 tests have been administered. The overall total number of positive COVID-19 cases is now 74,477, including six delayed reported cases.

Based on cases from Sept. 16 - 29, 2022, the Navajo Department of Health issued a Health Advisory Notice for the following 25 communities due to uncontrolled spread of COVID-19:

Baca/Prewitt	Coyote Canyon	Lupton	Pinon	Teecnospos
Bird Springs	Fort Defiance	Manuelito	Ramah	Thoreau
Chichiltah	Ganado	Nahatadziil	Red Lake	Tonalea
Chinle	Houck	Newcomb	Shiprock	Tsayatoh
Counselor	Kaibeto	Oak Springs	St. Michaels	Twin Lakes

"COVID-19 continues to impact our people, but we know how to push back on the virus by getting vaccinated and isolating ourselves. It's our personal responsibility to take precautions to help protect ourselves and our loved ones, so please encourage your family members and friends to be safe especially in public places. We are in this together and we will overcome COVID-19 just as our ancestors overcame many adversities in the past," said Navajo Nation President Jonathan Nez.

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

"If you or someone in your household has symptoms related to COVID-19, you are strongly urged to isolate yourself from others and get tested as quickly as possible. We all have to do our part to push back on the virus. Please be safe and continue to pray for our Nation and all of our frontline workers who continue to fight for all of us," 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: <a href="http://www.ndoh.navajo-nsn.gov/COVID-19">http://www.ndoh.navajo-nsn.gov/COVID-19</a>. For COVID-19 related questions and information, call (928) 871-7014.

### THE NAVAJO NATION



#### JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

October 3, 2022

#### Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 98 —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 September 16 - 29, 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:

Baca/Prewitt	Coyote Canyon	Lupton	Pinon	Teecnospos
Bird Springs	Fort Defiance	Manuelito	Ramah	Thoreau
Chichiltah	Ganado	Nahatadziil	Red Lake	Tonalea
Chinle	Houck	Newcomb	Shiprock	Tsayatoh
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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.

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

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: <a href="http://www.ndoh.navajo-nsn.gov/COVID-19">http://www.ndoh.navajo-nsn.gov/COVID-19</a> . For COVID-19 related questions and information, call (928) 871-7014.