WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for several communities. The cases reflect dates from November 13, 2020 to November 26, 2020. The advisory will be in effect until the risk and cases decline.

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

- Alamo
- Aneth
- Baca/Prewitt
- Bird Springs
- Bodaway/Gap
- Bread Springs
- Cameron
- Casamero Lake
- Chichiltah
- Chine
- Churchrock
- Coalmine Mesa*
- Coppermine*
- Coyote Canyon
- Crownpoint
- Dennehotso*
- Dilkon
- Ganado
- Hogback*
- Houck
- Indian Wells
- Iyanbito
- Jeddito
- Kaibeto
- Kayenta
- Lake Valley*
- Leupp
- Lukachukai
- Lupton
- Manuelito*
- Many Farms
- Mexican Springs*
- Nageezi*
- Nahatadziil
- Naschitti
- Nazlini*
- Nenahnezad*
- Newcomb*
- Oak Springs
- Ojo Encino*
- Oljato*
- Pinedale
- Pinon
- Pueblo Pintado
- Ramah*
- Red Lake*
- Red Valley*
- Rock Point
- Rock Springs
- Rough Rock
- Round Rock
- San Juan*
- Sanostee
- Sheepsprings
- Shiprock
- Smith Lake
- St. Michaels
- Standing Rock
- Tachee/Blue Gap
- Tec Nos Pos
- Teesto
- Thoreau
- Tohajiilee
- Tohatchi
- Tolani Lake
- Tonalea
- Tsaile/Wheatfields
- Tsayatoh
- Tuba City
- Twin Lakes
- Two Grey Hills*
- Upper Fruitland
- White Cone
- White Horse Lake*

* Chapters added in the new 14-day period (compared to the previous 14-day period Nov. 6 to Nov. 19)
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.

### People at Increased Risk for Severe Illness
- Older Adults
- Cancer
- Chronic kidney disease
- Chronic obstructive pulmonary disease
- Heart conditions
- Immunocompromised state
- Obesity and severe obesity
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

### Might be at Increased Risk for Severe Illness
- Asthma
- Cerebrovascular disease
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state
- Neurologic conditions, such as dementia
- Liver disease
- Overweight
- Pulmonary fibrosis
- Thalassemia
- Type 1 diabetes mellitus

All residents should practice health and safety measures:

- 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.