

THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

**Navajo Department of Health
Health Advisory Notice (HAN)
COVID-19 Community Advisory No. 09 —Safety Precautions**

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 December 11, 2020 to December 24, 2020. The advisory will be in effect until the risk and cases decline.

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

| | | |
|----------------|-----------------|--------------------|
| Aneth | Kaibeto | Rock Springs |
| Baca/Prewitt | Kayenta | Rough Rock |
| Beclabito | Lake Valley | Round Rock |
| Bird Springs | Lechee | Sanostee |
| Black Mesa | Leupp | Sheepsprings |
| Bodaway/Gap | Littlewater* | Shiprock |
| Bread Springs | Lukachukai | Shonto |
| Cameron | Lupton | Smith Lake |
| Casamero Lake* | Mariano Lake | St. Michaels |
| Chichiltah | Mexican Springs | Standing Rock* |
| Chinle | Nageezi | Tachee/Blue Gap |
| Churchrock | Nahatadziil | Teec Nos Pos |
| Cove* | Nahodishgish | Thoreau |
| Coyote Canyon | Navajo Mountain | Tohajiilee |
| Crownpoint | Newcomb | Tohatchi |
| Dennehotso | Oaksprings* | Tonalea |
| Ganado | Oljato* | Tsaile/Wheatfields |
| Hard Rock | Pinedale | Tsayatoh |
| Hogback | Pinon | Tuba City |
| Houck | Red Lake | Twin Lakes |
| Indian Wells | Red Rock | Two Grey Hills |
| Iyanbito | Red Valley* | Upper Fruitland |
| Jeddito | Rock Point | |

* Chapters added in the new 14-day period (December 11 to December 24, 2020).

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.

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.