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

* 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
- Chronic kidney disease
- Chronic obstructive pulmonary disease
- Heart conditions
- Immunocompromised state
- Liver disease
- Overweight
- Pulmonary fibrosis
- Sickle cell disease
- Smoking
- 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.