

THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 03 —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 October 30, 2020 to November 12, 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	Hogback*	Sanostee*
Bread Springs	Houck*	Sheepsprings
Baca/Prewitt	Indian Wells*	Shiprock
Bird Springs*	Iyanbito*	Smith Lake
Bodaway/Gap	Kaibeto*	St. Michaels*
Cameron	Kayenta	Teec Nos Pos*
Casamero Lake*	Leupp*	Thoreau
Chichiltah	Lupton*	Tohajiilee
Chilchinbeto*	Many Farms*	Tohatchi
Chinle	Mariano Lake	Tonalea
Churchrock	Nahatadziil*	Tsayatoh
Counselor*	Nahodishgish	Tselani/Cottonwood*
Coyote Canyon*	Naschitti	Tuba City
Crownpoint	Pinedale	Twin Lakes*
Dilkon*	Pinon	Upper Fruitland*
Forest Lake*	Pueblo Pintado*	Whippoorwill*
Fort Defiance*	Rock Point	White Cone*
Gadiiahi*	Rock Springs	
Ganado*	Round Rock	

* Chapters added in the new 14-day period (compared to the previous 14-day period Oct. 23 to Nov. 5)

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 |
| <ul style="list-style-type: none">• Older Adults• Cancer• Chronic kidney disease• Chronic obstructive pulmonary disease• Heart conditions | <ul style="list-style-type: none">• Asthma• Cerebrovascular disease• Cystic fibrosis• Hypertension or high blood pressure• Immunocompromised state |

- Immunocompromised state
- Obesity and severe obesity
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus
- 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.