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
Bread Springs
Baca/Prewitt
Bird Springs*
Bodaway/Gap
Cameron
Casamero Lake*
Chichiltah
Chilchinbeto*
Chinle
Churchrock
Counselor*
Coyote Canyon*
Crownpoint
Dilkon*
Forest Lake*
Fort Defiance*
Gadiiahi*
Ganado*
Hogback*
Houck*
Indian Wells*
Iyanbito*
Kaibeto*
Kayenta
Leupp*
Lupton*
Many Farms*
Mariano Lake
Nahatadziil*
Nahodishgish
Naschitti
Pinedale
Pueblo Pintado*
Rock Point
Rock Springs
Round Rock
Sanostee*
Sheepsprings
Shiprock
Smith Lake
St. Michaels*
Teeh Nos Pos*
Thoreau
Tohajiilee
Tohatchi
Tonalea
Tsayahtoh
Tselani/Cottonwood*
Tuba City
Twin Lakes*
Upper Fruitland*
Whipiorwill*
White Cone*

* 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.

People at Increased Risk for Severe Illness
• Older Adults
• Cancer
• Chronic kidney disease
• Chronic obstructive pulmonary disease
• Heart conditions

Might be at Increased Risk for Severe Illness
• 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.