Winnebago, AZ – The Navajo Health Command Operations Center is issuing a health advisory for the following communities. The cases reflect dates August 13, 2021 – August 26, 2021. The advisory will be in effect until the risk and cases decline.

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

- Aneth
- Baca/Prewitt
- Becenti
- Beclabito
- Bird Springs
- Bread Springs
- Chichiltah
- Chinle
- Churchrock
- Coppermine
- Coyote Canyon
- Crownpoint
- Ganado
- Hard Rock
- Indian Wells
- Iyanbito
- Kaibeto
- Kayenta
- Low Mountain
- Lukachukai
- Many Farms
- Nageezi
- Rock Springs
- Shiprock
- Smith Lake
- Spotted Bear
- Sweetwater
- Tachee/Blue Gap
- Teec Nos Pos
- Teesto
- Thoreau
- Tuba City
- Twin Lakes
- Upper Fruitland

*Schools serving these communities need to implement layers of mitigation to meet the high level of COVID-19 community transmission.*

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.

<table>
<thead>
<tr>
<th>People at Increased Risk for Severe Illness</th>
<th>Might be at Increased Risk for Severe Illness</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Older Adults</td>
<td>• Asthma</td>
</tr>
<tr>
<td>• Cancer</td>
<td>• Cerebrovascular disease</td>
</tr>
<tr>
<td>• Chronic kidney disease</td>
<td>• Cystic fibrosis</td>
</tr>
<tr>
<td>• Chronic obstructive pulmonary disease</td>
<td>• Hypertension or high blood pressure</td>
</tr>
<tr>
<td>• Heart conditions</td>
<td>• Immunocompromised state</td>
</tr>
<tr>
<td>• Immunocompromised state</td>
<td>• Neurologic conditions, such as dementia</td>
</tr>
<tr>
<td>• Obesity and severe obesity</td>
<td>• Liver disease</td>
</tr>
<tr>
<td>• Pregnancy</td>
<td>• Overweight</td>
</tr>
<tr>
<td>• Sickle cell disease</td>
<td>• Pulmonary fibrosis</td>
</tr>
<tr>
<td>• Smoking</td>
<td>• Thalassemia</td>
</tr>
<tr>
<td>• Type 2 diabetes mellitus</td>
<td>• Type 1 diabetes mellitus</td>
</tr>
</tbody>
</table>

All residents should practice health and safety measures:

- Get vaccinated.
- 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.