

THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

December 13, 2021

**Navajo Department of Health
Health Advisory Notice (HAN)
COVID-19 Community Advisory No. 56 —Safety Precautions**

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for the following communities. The cases reflect dates November 26, 2021 – December 9, 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	Ganado	Many Farms	Rock Springs	Tohajiilee
Baca/Prewitt	Hard Rock	Nageezi	Rough Rock	Tohatchi
Beclabito	Hogback	Nahodishgish	Round Rock	Tonalea
Black Mesa	Indian Wells	Naschitti	Sheepsprings	Tsaile/Wheatfields
Bread Springs	Jeddito	Nazlini	Shiprock	Tsayatoh
Cameron	Kaibeto	Newcomb	Shonto	Tselani/Cottonwood
Chinle	Kayenta	Oak Springs	Smith Lake	Tuba City
Churchrock	Lake Valley	Oljato	Tachee/Blue Gap	Twin Lakes
Coppermine	Lechee	Pinon	Teecnospos	Upper Fruitland
Coyote Canyon	Leupp	Pueblo Pintado	Teesto	Whippoorwill
Crownpoint	Low Mountain	Red Mesa	Thoreau	White Horse Lake
Dennehotso	Manuelito	Rock Point		

****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.

<p>People at Increased Risk for Severe Illness</p> <ul style="list-style-type: none"> • 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 	<p>Might be at Increased Risk for Severe Illness</p> <ul style="list-style-type: none"> • 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:

- 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.navajonnsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.