

# THE NAVAJO NATION

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JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

## Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 28 —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 April 30, 2021 – May 13, 2021. The advisory will be in effect until the risk and cases decline.

The following community is identified as uncontrolled spread of COVID-19:

|               |                 |
|---------------|-----------------|
| Baca/Prewitt  | Shiprock        |
| Chichiltah    | Tachee/Blue Gap |
| Churchrock    | Upper Fruitland |
| Coyote Canyon |                 |

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   | Might be at Increased Risk for Severe Illness   |
|---|---|
| <ul style="list-style-type: none"><li>• Older Adults</li><li>• Cancer</li><li>• Chronic kidney disease</li><li>• Chronic obstructive pulmonary disease</li><li>• Heart conditions</li><li>• Immunocompromised state</li><li>• Obesity and severe obesity</li><li>• Pregnancy</li><li>• Sickle cell disease</li><li>• Smoking</li><li>• Type 2 diabetes mellitus</li></ul> | <ul style="list-style-type: none"><li>• Asthma</li><li>• Cerebrovascular disease</li><li>• Cystic fibrosis</li><li>• Hypertension or high blood pressure</li><li>• Immunocompromised state</li><li>• Neurologic conditions, such as dementia</li><li>• Liver disease</li><li>• Overweight</li><li>• Pulmonary fibrosis</li><li>• Thalassemia</li><li>• Type 1 diabetes mellitus</li></ul> |

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.