Navajo Department of Health
Health Advisory Notice (HAN)
COVID-19 Community Advisory No. 51 — 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 October 22, 2021 – November 4, 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:

<table>
<thead>
<tr>
<th>Baca/Prewitt</th>
<th>Houck</th>
<th>Manuelito</th>
<th>Rock Point</th>
<th>Teecnospos</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bird Springs</td>
<td>Indian Wells</td>
<td>Many Farms</td>
<td>Rock Springs</td>
<td>Teesto</td>
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<tr>
<td>Bodaway/Gap</td>
<td>Inscription House</td>
<td>Nahatatdziil</td>
<td>Rough Rock</td>
<td>Thoreau</td>
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<tr>
<td>Chichiltah</td>
<td>Kaibeto</td>
<td>Naschitti</td>
<td>Round Rock</td>
<td>Tohatchi</td>
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<tr>
<td>Chilchinbeto</td>
<td>Kayenta</td>
<td>Nenahnezad</td>
<td>Sanostee</td>
<td>Tonaled</td>
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<tr>
<td>Chinle</td>
<td>Lake Valley</td>
<td>Newcomb</td>
<td>Sheeps springs</td>
<td>Tsaile/Wheatfields</td>
</tr>
<tr>
<td>Churchrock</td>
<td>Lechee</td>
<td>Oak Springs</td>
<td>Shiprock</td>
<td>Tsayatoh</td>
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<tr>
<td>Coppermine</td>
<td>Leupp</td>
<td>Pinon</td>
<td>Shonto</td>
<td>Tselani/Cottonwood</td>
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<tr>
<td>Coyote Canyon</td>
<td>Littlewater</td>
<td>Ramah</td>
<td>St. Michaels</td>
<td>Tuba City</td>
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<tr>
<td>Crownpoint</td>
<td>Low Mountain</td>
<td>Red Mesa</td>
<td>Sweetwater</td>
<td>Upper Fruitland</td>
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<tr>
<td>Ganado</td>
<td>Lukachukai</td>
<td>Red Valley</td>
<td>Tachee/Blue Gap</td>
<td>Whippoorwill</td>
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<tr>
<td>Hogback</td>
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</tbody>
</table>

*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.

**People at Increased Risk for Severe Illness**
- 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

**Might be at Increased Risk for Severe Illness**
- 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.navajo-nsn.gov/COVID-19. For COVID-19 related questions and information, call (928) 871-7014.