Navajo Department of Health  
Health Advisory Notice (HAN)  
COVID-19 Community Advisory No. 53 — 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 5, 2021 – November 18, 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  
- Bird Springs  
- Black Mesa  
- Bodaway/Gap  
- Cameron  
- Casamero Lake  
- Chichiltah  
- Chilchinbeto  
- Chinle  
- Churchrock  
- Counselor  
- Coyote Canyon  
- Crownpoint  
- Gadiiahi  
- Ganado  
- Hard Rock  
- Hogback  
- Houck  
- Indian Wells  
- Inscription House  
- Iyanbito  
- Jeddito  
- Kaibeto  
- Kayenta  
- Lechee  
- Leupp  
- Littlewater  
- Many Farms  
- Mexican Springs  
- Mexican Water  
- Nageezi  
- Nahodishgish  
- Naschitti  
- Nenahnezad  
- Newcomb  
- Oak Springs  
- Pinedale  
- Pinon  
- Red Valley  
- Rock Point  
- Rock Springs  
- Round Rock  
- Sanostee  
- Sheepsprings  
- Shiprock  
- Shonto  
- St. Michaels  
- Tachee/Blue Gap  
- Teecnospos  
- Teesto  
- Thoreau  
- Tohajiilee  
- Tohatchi  
- Tonalea  
- Torreon  
- Tsaile/Wheatfields  
- Tselani/Cottonwood  
- Tuba City  
- Twin Lakes  
- Two Grey Hills  
- Upper Fruitland  
- Whippoorwill  
- White Horse Lake  
- White Rock

*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>
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<tr>
<td>• Immunocompromised state</td>
<td>• Neurologic conditions, such as dementia</td>
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<td>• Obesity and severe obesity</td>
<td>• Liver disease</td>
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<td>• Pregnancy</td>
<td>• Overweight</td>
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<tr>
<td>• Sickle cell disease</td>
<td>• Pulmonary fibrosis</td>
</tr>
<tr>
<td>• Smoking</td>
<td>• Thalassemia</td>
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<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.