

# THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

November 29, 2021

**Navajo Department of Health  
Health Advisory Notice (HAN)  
COVID-19 Community Advisory No. 54 —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 12, 2021 – November 25, 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:

Baca/Prewitt	Dennehotso	Mexican Springs	Red Valley	Tohajiilee
Becenti	Gadiiahi	Mexican Water	Rock Point	Tohatchi
Bird Springs	Ganado	Nageezi	Rock Springs	Tonalea
Black Mesa	Hogback	Nahodishgish	Sanostee	Torreón
Bodaway/Gap	Indian Wells	Naschitti	Sheepsprings	Tsaile/Wheatfields
Casamero Lake	Inscription House	Navajo Mountain	Shiprock	Tsayatoh
Chichiltah	Iyanbito	Nenahnezad	Shonto	Tselani/Cottonwood
Chilchinbeto	Kaibeto	Newcomb	St. Michaels	Tuba City
Chinle	Kayenta	Oak Springs	Standing Rock	Twin Lakes
Churchrock	Lechee	Pinedale	Sweetwater	Upper Fruitland
Coppermine	Leupp	Pinon	Tachee/Blue Gap	Whippoorwill
Coyote Canyon	Low Mountain	Ramah	Teecnospos	White Cone
Crownpoint	Lupton	Red Mesa	Thoreau	White Horse Lake

***\*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 <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>	Might be at Increased Risk for Severe Illness <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>
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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.