

# THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

October 25, 2021

**Navajo Department of Health  
Health Advisory Notice (HAN)  
COVID-19 Community Advisory No. 49 —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 8, 2021 – October 21, 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	Dilkon	Lupton	Rough Rock	Tohatchi
Bread Springs	Fort Defiance	Many Farms	Sanostee	Tonalea
Cameron	Ganado	Nahatadziil	Sheepsprings	Tsaile/Wheatfields
Chichiltah	Houck	Nahodishgish	Shiprock	Tsayatoh
Chinle	Indian Wells	Naschitti	St. Michaels	Tselani/Cottonwood
Churchrock	Inscription House	Newcomb	Standing Rock	Tuba City
Coppermine	Jeddito	Pinon	Sweetwater	Two Grey Hills
Cove	Kaibeto	Red Valley	Teecnospos	Upper Fruitland
Coyote Canyon	Kayenta	Rock Point	Teesto	
Crownpoint	Lukachukai	Rock Springs	Thoreau	

***\*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.