January 10, 2022

Navajo Department of Health
Health Advisory Notice (HAN)
COVID-19 Community Advisory No. 60 — 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 December 24, 2021 – January 6, 2022. 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
- Bird Springs
- Black Mesa
- Bread Springs
- Cameron
- Casamero Lake
- Chichiltah
- Chinle
- Churchrock
- Crownpoint
- Dennehotso
- Forest Lake
- Fort Defiance
- Ganado
- Hard Rock
- Houck
- Indian Wells
- Inscription House
- Iyanbito
- Kaibeto
- Kayenta
- Leupp
- Littlewater
- Low Mountain
- Lukachukai
- Lupton
- Manuelito
- Many Farms
- Mexican Springs
- Mexican Water
- Nahodishgish
- Naschitti
- Newcomb
- Pinedale
- Pinon
- Ramah
- Red Valley
- Red Rock
- Rock Point
- Rock Springs
- Round Rock
- Sheepsprings
- Shiprock
- Shonto
- Smith Lake
- St. Michaels
- Standing Rock
- Tachee/Blue Gap
- Teecnospos
- Teesto
- Thoreau
- Tohatchi
- Tonalea
- Tsai/Weatfields
- Tsaibayoh
- Tselani/Cottonwood
- Tuba City
- Twin Lakes
- Two Grey Hills
- Upper Fruitland
- Whippoorwill

*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>
</tr>
<tr>
<td>• Immunocompromised state</td>
<td>• Neurologic conditions, such as dementia</td>
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<tr>
<td>• Obesity and severe obesity</td>
<td>• Liver disease</td>
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<tr>
<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>
</tr>
<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.