



The Navajo Nation
Office of the President and Vice President

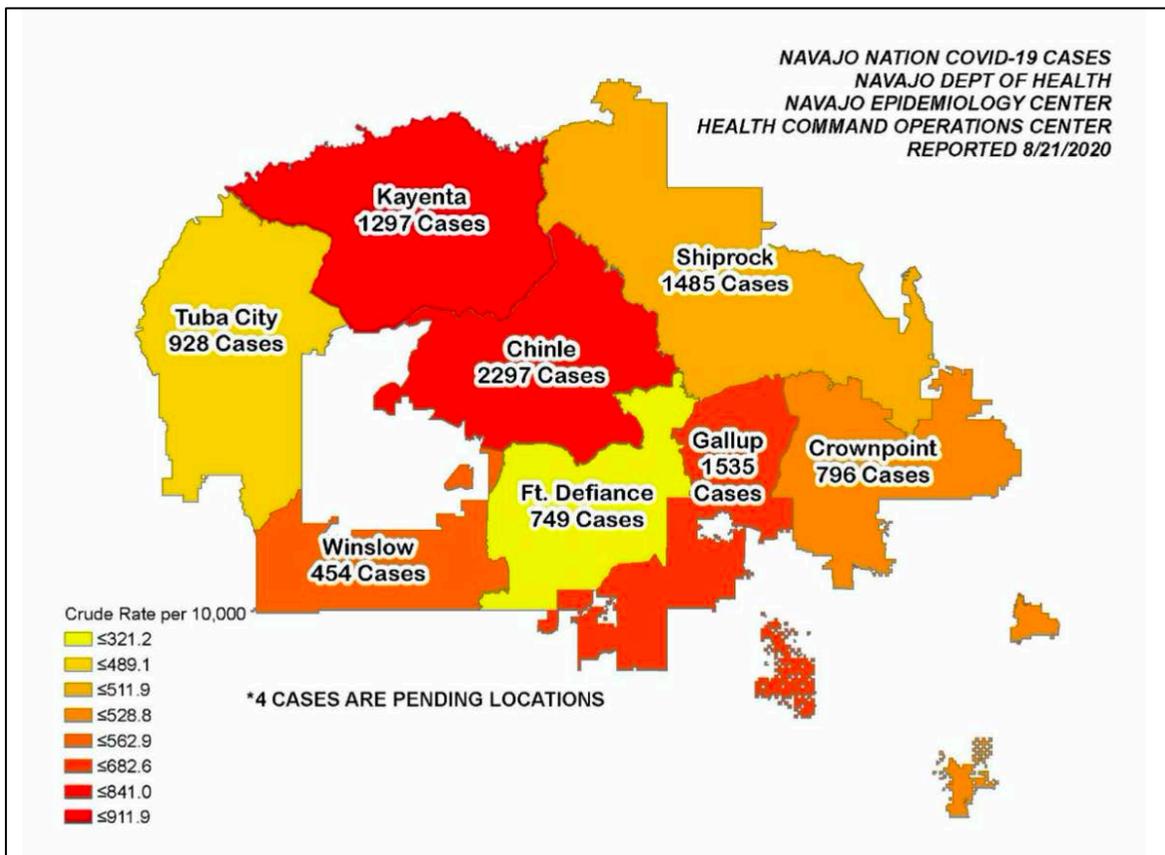
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FOR IMMEDIATE RELEASE

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**14 new cases, 7,060 recoveries, and four new deaths
related to COVID-19 as the 32-hour weekend lockdown begins**



WINDOW ROCK, Ariz. – On Saturday, the Navajo Department of Health, in coordination with the Navajo Epidemiology Center and the Navajo Area Indian Health Service, reported 14 new COVID-19 positive cases for the Navajo Nation and four recent deaths. The total number of deaths has reached 493 as of Saturday. Reports indicate that 7,060 individuals have recovered from COVID-19. 91,856 COVID-19 tests have been administered. The total number of COVID-19 positive cases is 9,545.

Navajo Nation COVID-19 positive cases by Service Unit:

- Chinle Service Unit: 2,297
- Crownpoint Service Unit: 796
- Ft. Defiance Service Unit: 749
- Gallup Service Unit: 1,535
- Kayenta Service Unit: 1,297
- Shiprock Service Unit: 1,485
- Tuba City Service Unit: 928
- Winslow Service Unit: 454

* Four residences with COVID-19 positive cases are not specific enough to place them accurately in a Service Unit.

The Navajo Nation will have another 32-hour weekend lockdown beginning on Saturday, Aug. 22, at 9:00 p.m. (MDT) until Monday, Aug. 24, at 5:00 a.m. All businesses and tribal parks will be closed for the duration of the weekend lockdown.

"Here on the Navajo Nation, we have gone 23 consecutive days with less than 50 new daily cases, but we have to remain diligent. As we enter the weekend lockdown, we urge Navajo residents to stay home and avoid nonessential travels. Our contact tracers find that more of our Navajo Nation residents are contracting COVID-19 when they travel to cities such as Phoenix, Albuquerque, and others. The safest place to be is home," said Navajo Nation President Jonathan Nez.

Health officials state that individuals who eat a well-balanced diet tend to be healthier with more durable immune systems and lower risk of chronic illnesses and infectious diseases. Eating a variety of fresh and unprocessed foods to get the vitamins, minerals, dietary fiber, protein, and antioxidants are vital for maintaining your overall health.

"During the lockdown, take the time to learn new recipes or begin daily exercises with your family. Our health experts recommend that we eat healthy so our bodies can be strong to beat the virus. Eat fresh fruits and vegetables, eat whole grains and healthy proteins, eat moderate amounts of fats and oils, eat less sugar and salt, and, most importantly, drink enough water," said Vice President Myron Lizer.

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.

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