



The Navajo Nation Office of the President and Vice President

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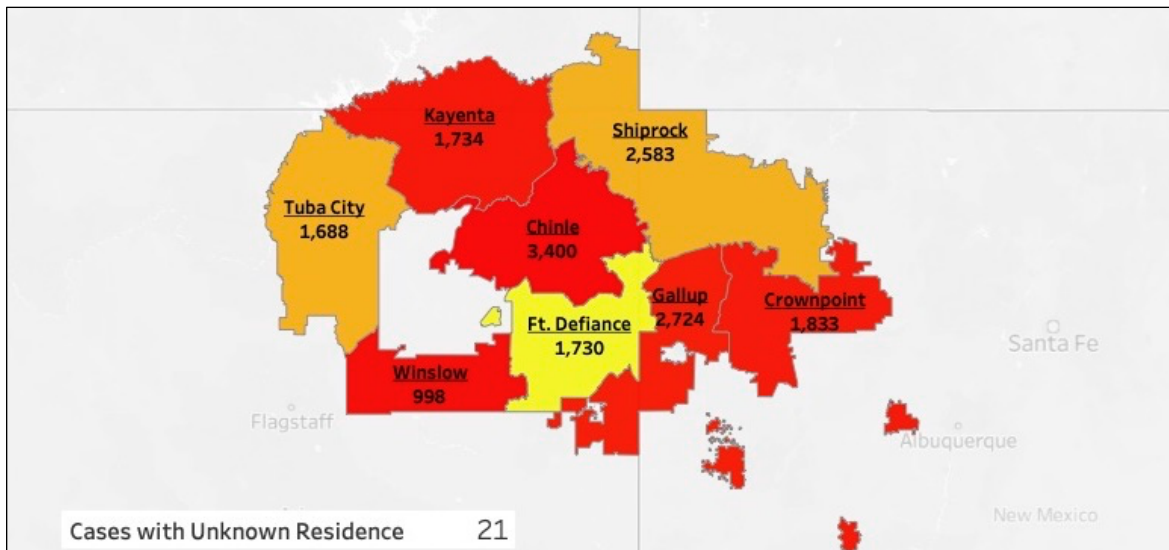
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FOR IMMEDIATE RELEASE

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104 new cases, 9,425 recoveries, and three more deaths related COVID-19 as Department of Health identifies 75 communities with uncontrolled spread



WINDOW ROCK, Ariz. – On Tuesday, the Navajo Department of Health, in coordination with the Navajo Epidemiology Center and the Navajo Area Indian Health Service, reported 104 new COVID-19 positive cases for the Navajo Nation and three more deaths. The total number of deaths is now 656 as of Tuesday. Reports indicate that 9,425 individuals have recovered from COVID-19, and 160,369 COVID-19 tests have been administered. The total number of positive COVID-19 cases is now 16,711, including 12 delayed reported cases.

Navajo Nation COVID-19 positive cases by Service Unit:

- Chinle Service Unit: 3,400
- Crownpoint Service Unit: 1,833
- Ft. Defiance Service Unit: 1,730
- Gallup Service Unit: 2,724
- Kayenta Service Unit: 1,734
- Shiprock Service Unit: 2,583
- Tuba City Service Unit: 1,688

· Winslow Service Unit: 998

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

On Tuesday, the state of New Mexico reported 2,330 new cases of COVID-19, the state of Utah reported 2,510 cases, and Arizona reported 10,322, which includes a large number of delayed reported cases due to the Thanksgiving Day holiday weekend, according to the Arizona Department of Health.

On Tuesday, the Navajo Department of Health identified the following 75 communities with uncontrolled spread of COVID-19 from Nov. 13 to Nov. 26:

Alamo	Lake Valley*	Round Rock
Aneth	Leupp	San Juan*
Baca/Prewitt	Lukachukai	Sanostee
Bird Springs	Lupton	Sheepsprings
Bodaway/Gap	Manuelito*	Shiprock
Bread Springs	Many Farms	Smith Lake
Cameron	Mexican Springs*	St. Michaels
Casamero Lake	Nageezi*	Standing Rock
Chichiltah	Nahatadziil	Tachee/Blue Gap
Chinle	Naschitti	Teec Nos Pos
Churchrock	Nazlini*	Teesto
Coalmine Mesa*	Nenahnezad*	Thoreau
Coppermine*	Newcomb*	Tohajiilee
Coyote Canyon	Oak Springs	Tohatchi
Crownpoint	Ojo Encino*	Tolani Lake
Dennehotso*	Oljato*	Tonalea
Dilkon	Pinedale	Tsaile/Wheatfields
Ganado	Pinon	Tsayatoh
Hogback*	Pueblo Pintado	Tselani/Cottonwood
Houck	Ramah*	Tuba City
Indian Wells	Red Lake*	Twin Lakes
Iyanbito	Red Valley*	Two Grey Hills*
Jeddito	Rock Point	Upper Fruitland
Kaibeto	Rock Springs	White Cone
Kayenta	Rough Rock	White Horse Lake*

* Chapters added in the new 14-day period (compared to the previous 14-day period Nov. 6 to Nov. 19)

“The country had a record-high number of hospitalizations today, with nearly 100,000 people being hospitalized for COVID-19. This virus should not be taken lightly by anyone of any age or health background. COVID-19 is very unpredictable and it affects everyone differently. This invisible monster has taken the lives of 656 of our people so far. This virus is not a hoax, just ask anyone or any family that has been devastated by COVID-19. It’s possible that we could be seeing a slight flattening of the curve, in terms of new cases, but we will have to wait and see how the

Thanksgiving holiday impacts our numbers of cases in the coming weeks. Please take every precaution, stay home as much as possible, wear a mask, avoid crowds and gatherings, practice social distancing, and wash your hands often,” said Navajo Nation President Jonathan Nez.

The Navajo Nation’s three-week stay-at-home lockdown is in effect 24-hours a day, seven days a week with the exception of essential workers, cases of emergencies, and to purchase essential items such as food and medication when essential businesses are open from 7:00 a.m. to 3:00 p.m. daily.

“Please be aware of your surroundings at all times and be very careful if you have to purchase essential items such as groceries, medication, or hygiene items. Send only one family member to the store and please do not take children into stores. 75 of our communities here on the Navajo Nation have been identified as having uncontrolled spread of COVID-19, which means there is a high level of community spread. Please be safe and continue to pray for our first responders, those who are recovering, and those who have lost a loved one to this terrible virus,” 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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For the latest news from the Office of the President and Vice President, please visit <http://www.opvp.navajo-nsn.gov/> or find us on Facebook, Twitter, and Instagram.

THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 05 —Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for several communities. The cases reflect dates from November 13, 2020 to November 26, 2020. The advisory will be in effect until the risk and cases decline.

The following communities are identified as uncontrolled spread of COVID-19:

Alamo	Lake Valley*	Round Rock
Aneth	Leupp	San Juan*
Baca/Prewitt	Lukachukai	Sanostee
Bird Springs	Lupton	Sheepsprings
Bodaway/Gap	Manuelito*	Shiprock
Bread Springs	Many Farms	Smith Lake
Cameron	Mexican Springs*	St. Michaels
Casamero Lake	Nageezi*	Standing Rock
Chichiltah	Nahatadziil	Tachee/Blue Gap
Chinle	Naschitti	Teec Nos Pos
Churchrock	Nazlini*	Teesto
Coalmine Mesa*	Nenahnezad*	Thoreau
Coppermine*	Newcomb*	Tohajiilee
Coyote Canyon	Oak Springs	Tohatchi
Crownpoint	Ojo Encino*	Tolani Lake
Dennehotso*	Oljato*	Tonalea
Dilkon	Pinedale	Tsaile/Wheatfields
Ganado	Pinon	Tsayatoh
Hogback*	Pueblo Pintado	Tselani/Cottonwood
Houck	Ramah*	Tuba City
Indian Wells	Red Lake*	Twin Lakes
Iyanbito	Red Valley*	Two Grey Hills*
Jeddito	Rock Point	Upper Fruitland
Kaibeto	Rock Springs	White Cone
Kayenta	Rough Rock	White Horse Lake*

* Chapters added in the new 14-day period (compared to the previous 14-day period Nov. 6 to Nov. 19)

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

- Older Adults
- Cancer
- Chronic kidney disease
- Chronic obstructive pulmonary disease
- Heart conditions
- Immunocompromised state
- Obesity and severe obesity
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

Might be at Increased Risk for Severe Illness

- Asthma
- Cerebrovascular disease
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state
- Neurologic conditions, such as dementia
- Liver disease
- Overweight
- Pulmonary fibrosis
- Thalassemia
- Type 1 diabetes mellitus

All residents should practice health and safety measures:

- 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.