



The Navajo Nation  
Office of the President and Vice President

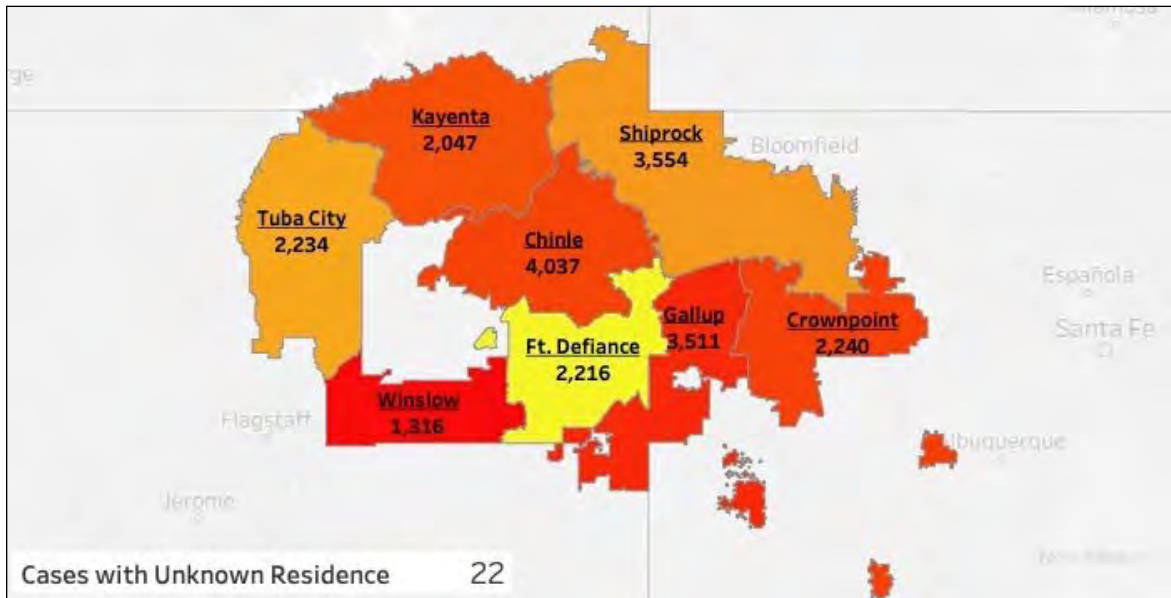
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FOR IMMEDIATE RELEASE

December 21, 2020

**158 new cases, 11,149 recoveries, and two more deaths related  
to COVID-19 as 75 communities identified with uncontrolled spread**



**WINDOW ROCK, Ariz.** – On Monday, the Navajo Department of Health, in coordination with the Navajo Epidemiology Center and the Navajo Area Indian Health Service, reported 158 new COVID-19 positive cases for the Navajo Nation and two more deaths. The total number of deaths is now 748 as of Monday. Reports indicate that 11,149 individuals have recovered from COVID-19, and 192,048 COVID-19 tests have been administered. The total number of positive COVID-19 cases is now 21,177.

Navajo Nation COVID-19 positive cases by Service Unit:

- Chinle Service Unit: 4,037
- Crownpoint Service Unit: 2,240
- Ft. Defiance Service Unit: 2,216
- Gallup Service Unit: 3,511
- Kayenta Service Unit: 2,047
- Shiprock Service Unit: 3,554

· Tuba City Service Unit: 2,234

· Winslow Service Unit: 1,316

\* 22 residences with COVID-19 positive cases are not specific enough to place them accurately in a Service Unit.

On Monday, the state of Arizona reported 7,748 new cases, Utah reported 1,819, and New Mexico reported 826 new cases. The Navajo Nation remains in a three-week lockdown that requires all residents to remain home at all times with the exception of essential workers that are required to report to work, cases of emergencies, and to obtain essential items such as food, water, and medication.

The Navajo Department of Health on Monday identified the following 75 communities with uncontrolled spread of COVID-19 from Dec. 4 to Dec. 17, 2020:

Alamo	Iyanbito	Rough Rock
Aneth	Jeddito	Round Rock
Baca/Prewitt	Kaibeto	Sanostee
Becenti	Kayenta	Sheepsprings
Beclabito	Lake Valley	Shiprock
Bird Springs	Lechee	Shonto*
Black Mesa	Leupp	Smith Lake
Bodaway/Gap	Lukachukai	St. Michaels
Bread Springs	Lupton	Tachee/Blue Gap
Cameron	Manuelito	Teec Nos Pos
Chichiltah	Many Farms	Teesto
Chilchinbeto*	Mariano Lake*	Thoreau
Chinle	Mexican Springs	Tohajiilee
Churchrock	Nageezi	Tohatchi
Coppermine*	Nahatadzil	Tonalea
Coyote Canyon	Nahodishgish	Torreon*
Crownpoint	Navajo Mountain*	Tsaile/Wheatfields
Dennehotso	Newcomb*	Tsayatoh
Gadiiahi*	Pinedale	Tselani/Cottonwood
Ganado	Pinon	Tuba City
Hard Rock	Red Lake	Twin Lakes
Hogback	Red Mesa	Two Grey Hills
Houck	Red Rock*	Upper Fruitland
Huerfano*	Rock Point	Whippoorwill
Indian Wells	Rock Springs	White Cone

\*Chapters added recently

“The COVID-19 vaccines and federal medical personnel are providing some relief for our health care system, but all of us have to keep fighting and making good decisions to lower the spread of the coronavirus in our homes and communities. The virus only spreads when we move about and travel, so we need to stay home more often to isolate the virus and prevent it from spreading even further than it has. This is not the time to let down our guard, especially with the Christmas

holiday approaching. Stay home as much as possible, wear your masks, avoid gatherings, practice social distancing, and wash your hands often,” said Navajo Nation President Jonathan Nez.

On Tuesday, Dec. 22 at 10:00 a.m. (MST), the Nez-Lizer Administration will host an online town hall on the Nez-Lizer Facebook page to provide additional updates.

“We cannot say enough to thank all of our health care workers and first responders for their commitment and long hours of hard work every day. We have the power to bring down the numbers of new COVID-19 cases and it starts with each of us and the decisions we make each day. Please remain diligent and please be safe and continue to pray for all of our people,” 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.navajonnsn.gov/COVID-19>. For COVID-19 related questions and information, call [\(928\) 871-7014](tel:9288717014).

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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. 08 —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 December 4, 2020 to December 17, 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	Iyanbito	Rough Rock
Aneth	Jedito	Round Rock
Baca/Prewitt	Kaibeto	Sanostee
Becenti	Kayenta	Sheepsprings
Beclabito	Lake Valley	Shiprock
Bird Springs	Lechee	Shonto*
Black Mesa	Leupp	Smith Lake
Bodaway/Gap	Lukachukai	St. Michaels
Bread Springs	Lupton	Tachee/Blue Gap
Cameron	Manuelito	Teec Nos Pos
Chichiltah	Many Farms	Teesto
Chilchinbeto*	Mariano Lake*	Thoreau
Chinle	Mexican Springs	Tohajiilee
Churchrock	Nageezi	Tohatchi
Coppermine*	Nahatadziil	Tonalea
Coyote Canyon	Nahodishgish	Torreon*
Crownpoint	Navajo Mountain*	Tsaile/Wheatfields
Dennehotso	Newcomb*	Tsayatoh
Gadiiahi*	Pinedale	Tselani/Cottonwood
Ganado	Pinon	Tuba City
Hard Rock	Red Lake	Twin Lakes
Hogback	Red Mesa	Two Grey Hills
Houck	Red Rock*	Upper Fruitland
Huerfano*	Rock Point	Whippoowill
Indian Wells	Rock Springs	White Cone

\* Chapters added in the new 14-day period (December 4 to December 17, 2020).

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.