FOR IMMEDIATE RELEASE
December 7, 2020

77 Navajo Nation communities identified as having uncontrolled spread of COVID-19 by Navajo Department of Health

WINDOW ROCK, Ariz. – On Monday, the Navajo Department of Health identified the following 77 communities with uncontrolled spread of COVID-19 from Nov. 20 to Dec. 3, 2020:

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

* Chapters added in the new 14-day period (November 20 to December 3, 2020).
The Centers for Disease Control recently announced that the United States is experiencing very high levels of transmission of COVID-19. Some reports indicate that as least 120 American citizens are becoming infected with the virus every single minute. This is a very widespread surge, larger than what we experienced in April and May during the first wave. Due to the high rise in cases and hospitalizations in the states of Arizona, New Mexico, and Utah, hospitals on or near the Navajo Nation are no longer able to transport patients to other regional hospitals because they are also reaching full capacity. Hospitals are also having to compete with many others to obtain oxygen resources to help patients and are short on medical personnel. We must stay home more to reduce the spread,” said Navajo Nation President Jonathan Nez.

As of Monday, the Navajo Nation’s latest public health emergency order is in into effect for the next three weeks, which include the following provisions:

- Extends the Stay-At-Home Lockdown which requires all residents to remain at home 24-hours, seven days a week, with the exceptions of essential workers that must report to work, emergency situations, to obtain essential food, medication, and supplies, tend to livestock, outdoor exercising within the immediate vicinity of your home, wood gathering and hauling with a permit.
- Re-implements full 57-hour weekend lockdowns for three additional weekends that include: 8:00 P.M. MST through 5:00 A.M. MST on December 11, 2020 through December 14, 2020, and for the same hours on December 18, 2020 through December 21, 2020 and December 25, 2020 through December 28, 2020.
- Essential businesses including gas stations, grocery stores, laundromats, restaurants and food establishments that provide drive-thru and curbside services, and hay vendors can operate from 7:00 a.m. (MST) to 7:00 p.m., Monday through Friday only.
- Refrain from gathering with individuals from outside your immediate household and requiring all residents to wear a mask in public, avoid public gatherings, maintain social (physical) distancing, remain in your vehicle for curb-side and drive-through services.

“All of our hospital beds on the Navajo Nation are nearly full, which means our health care providers will have to begin to make very tough decisions about who can receive certain treatments and medical attention with their limited resources. We have to remember that we all have the ability to change the situation we are in simply by staying home as much as possible. Please be safe and continue to pray,” 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.
Navajo Department of Health
Health Advisory Notice (HAN)
COVID-19 Community Advisory No. 06 — 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 20, 2020 to December 3, 2020. The advisory will be in effect until the risk and cases decline.

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

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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.

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