



The Navajo Nation  
Office of the President and Vice President

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**FOR IMMEDIATE RELEASE**

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**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	Nahatadzil	Teesto
Churchrock	Nahodishgish*	Thoreau
Coalmine Mesa	Naschitti	Tohajiilee
Coppermine	Nazlini	Tohatchi
Coyote Canyon	Nenahnezad	Tolani Lake
Crownpoint	Newcomb	Tonalea
Dennehotso	Oak Springs	Tsaile/Wheatfields
Dilkon	Oljato	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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# THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

**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:

Alamo	Kayenta	Round Rock
Aneth	Lake Valley	San Juan
Baca/Prewitt	Leupp	Sanostee
Becenti*	Littlewater*	Sheepsprings
Bird Springs	Lukachukai	Shiprock
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Bodayway/Gap	Manuelito	St. Michaels
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\* Chapters added in the new 14-day period (November 20 to December 3, 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.