



The Navajo Nation
Office of the President and Vice President

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FOR IMMEDIATE RELEASE

December 28, 2020

**Navajo Department of Health identifies 68
communities with uncontrolled spread of COVID-19**

WINDOW ROCK, Ariz. – On Monday, the Navajo Department of Health identified the following 68 communities with uncontrolled spread of COVID-19 from Dec. 11 to Dec. 24, 2020:

Aneth	Kaibeto	Rock Springs
Baca/Prewitt	Kayenta	Rough Rock
Beclabito	Lake Valley	Round Rock
Bird Springs	Lechee	Sanostee
Black Mesa	Leupp	Sheepsprings
Bodaway/Gap	Littlewater*	Shiprock
Bread Springs	Lukachukai	Shonto
Cameron	Lupton	Smith Lake
Casamero Lake*	Mariano Lake	St. Michaels
Chichiltah	Mexican Springs	Standing Rock*
Chinle	Nageezi	Tachee/Blue Gap
Churchrock	Nahatadzil	Teec Nos Pos
Cove*	Nahodishgish	Thoreau
Coyote Canyon	Navajo Mountain	Tohajiilee
Crownpoint	Newcomb	Tohatchi
Dennehotso	Oaksprings*	Tonalea
Ganado	Oljato*	Tsaile/Wheatfields
Hard Rock	Pinedale	Tsayatoh
Hogback	Pinon	Tuba City
Houck	Red Lake	Twin Lakes
Indian Wells	Red Rock	Two Grey Hills
Iyanbito	Red Valley*	Upper Fruitland
Jeddito	Rock Point	

* Chapters recently added to the list

“This week, we see a very slight reduction in the number of communities with uncontrolled spread of COVID-19, but that does not mean that we let up our guard. We won’t know the impact of the Christmas holiday for several more days, so we don’t know the full extent of exposure and new infections. Keep your guard up and continue to follow the recommendations of our public health experts. The Navajo Department of Health has extended the stay-at-home lockdown that

requires everyone to remain home unless you are an essential worker who has to report to work, for cases of emergencies, to pick-up medication, to get food and water, and other essential activities. Please be safe and keep praying for our people and our communities,” said Navajo Nation President Jonathan Nez.

The Navajo Department of Health issued Public Health Emergency Order No. 2020-032, which went into effect on Monday until Jan. 11, 2021 with 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 two additional weekends that include: 8:00 P.M. MST through 5:00 A.M. MST on Jan. 1, 2021 through Jan. 4, 2021, and for the same hours on Jan. 8, 2021 through Jan. 11, 2021.
- 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.

President Nez and Vice President Lizer have also extended the limitation of Navajo Nation government services through Sunday, Jan. 10, 2021, due to rise in COVID-19 cases.

“Our health care workers have never given up on fighting for us, so let’s do our very best to help them by staying home more often. The coronavirus only moves when we move, so let’s stay home as much as possible to help isolate COVID-19. Thank you to all of the first responders and health care workers who are working through the holidays for us,” 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. 09 —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 11, 2020 to December 24, 2020. The advisory will be in effect until the risk and cases decline.

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

Aneth	Kaibeto	Rock Springs
Baca/Prewitt	Kayenta	Rough Rock
Beclabito	Lake Valley	Round Rock
Bird Springs	Lechee	Sanostee
Black Mesa	Leupp	Sheepsprings
Bodaway/Gap	Littlewater*	Shiprock
Bread Springs	Lukachukai	Shonto
Cameron	Lupton	Smith Lake
Casamero Lake*	Mariano Lake	St. Michaels
Chichiltah	Mexican Springs	Standing Rock*
Chinle	Nageezi	Tachee/Blue Gap
Churchrock	Nahatadziil	Teec Nos Pos
Cove*	Nahodishgish	Thoreau
Coyote Canyon	Navajo Mountain	Tohajiilee
Crownpoint	Newcomb	Tohatchi
Dennehotso	Oaksprings*	Tonalea
Ganado	Oljato*	Tsaile/Wheatfields
Hard Rock	Pinedale	Tsayatoh
Hogback	Pinon	Tuba City
Houck	Red Lake	Twin Lakes
Indian Wells	Red Rock	Two Grey Hills
Iyanbito	Red Valley*	Upper Fruitland
Jeddito	Rock Point	

* Chapters added in the new 14-day period (December 11 to December 24, 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.