



The Navajo Nation
Office of the President and Vice President

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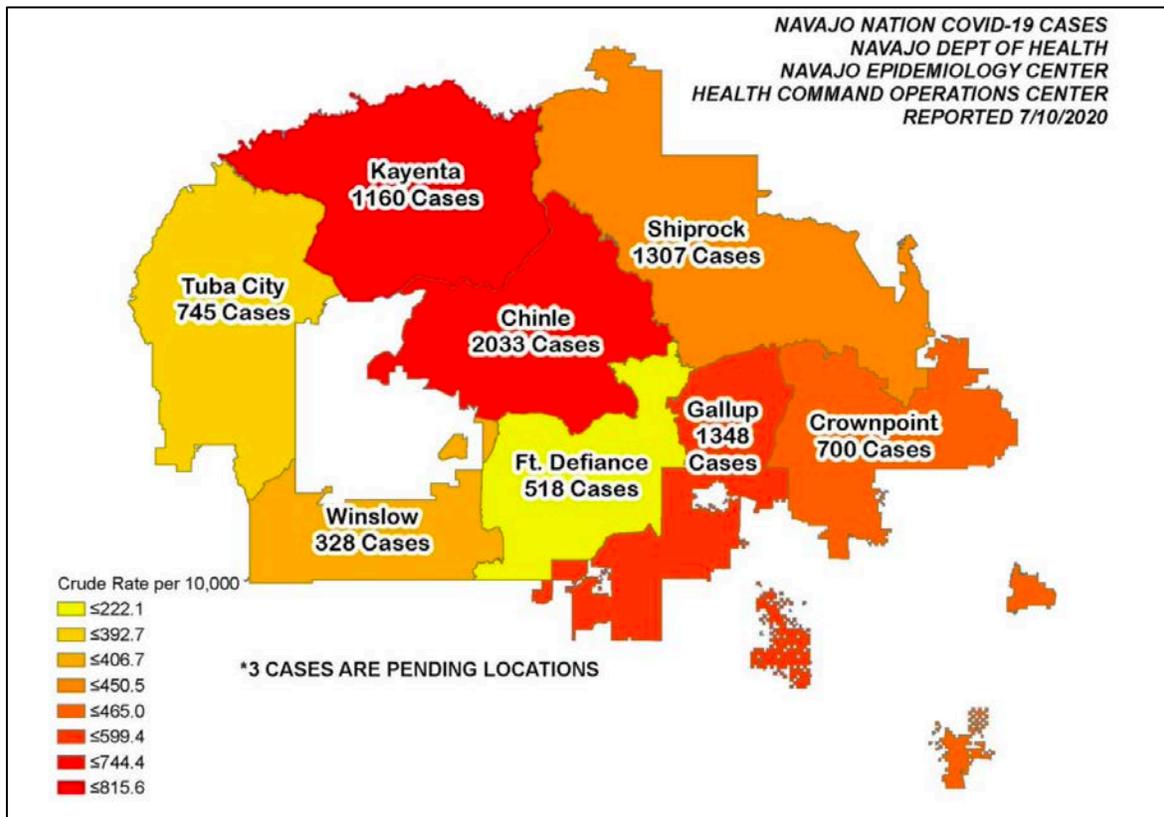
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FOR IMMEDIATE RELEASE

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5,835 recoveries, 44 new cases, no new deaths
related to COVID-19 reported for the Navajo Nation



WINDOW ROCK, Ariz. – On Saturday, the Navajo Department of Health, in coordination with the Navajo Epidemiology Center and the Navajo Area Indian Health Service, reported 44 new COVID-19 positive cases for the Navajo Nation and no new deaths. The total number of deaths has reached 396 as of Saturday.

Reports from all 12 health care facilities on and near the Navajo Nation indicate that approximately 5,835 individuals have recovered from COVID-19. 63,933 people have been tested for COVID-19. The total number of COVID-19 positive cases for the Navajo Nation is 8,142.

Navajo Nation COVID-19 positive cases by Service Unit:

- Chinle Service Unit: 2,033
- Crownpoint Service Unit: 700
- Ft. Defiance Service Unit: 518
- Gallup Service Unit: 1,348
- Kayenta Service Unit: 1,160
- Shiprock Service Unit: 1,307
- Tuba City Service Unit: 745
- Winslow Service Unit: 328

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

The Navajo Nation's 57-hour weekend lockdown remains in effect, which began on Friday, July 10 at 8:00 p.m. and end on Monday, July 13 at 5:00 a.m. All businesses on the Navajo Nation are also required to close for the lockdown to help prevent travel among residents and visitors.

"We appreciate our citizens who have listened to the public health orders. We must each realize that we have to protect our elders and our vulnerable family members. Thank you for thinking of them first. Our number of cases is going down slowly each day and we must continue to be safe and alert. Continue to stay home, wash your hands, eat healthy, and stay physically active. We will beat this virus together, because we are strong and resilient people," said President Jonathan Nez.

Health officials state that individuals who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases. Eating a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fiber, protein, and antioxidants is important for maintaining your overall health.

"During the lockdown, take the time to learn new recipes with your family. Our health experts recommend that we eat healthy so our bodies can be strong to beat the virus. Eat fresh fruits and vegetables, eat whole grains and healthy proteins, eat moderate amounts of fats and oils, eat less sugar and salt, and most importantly, drink enough water," 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 at <http://www.ndoh.navajo-nsn.gov/COVID-19>. For COVID-19 related questions and information, call (928) 871-7014.

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