



The Navajo Nation
Office of the President and Vice President

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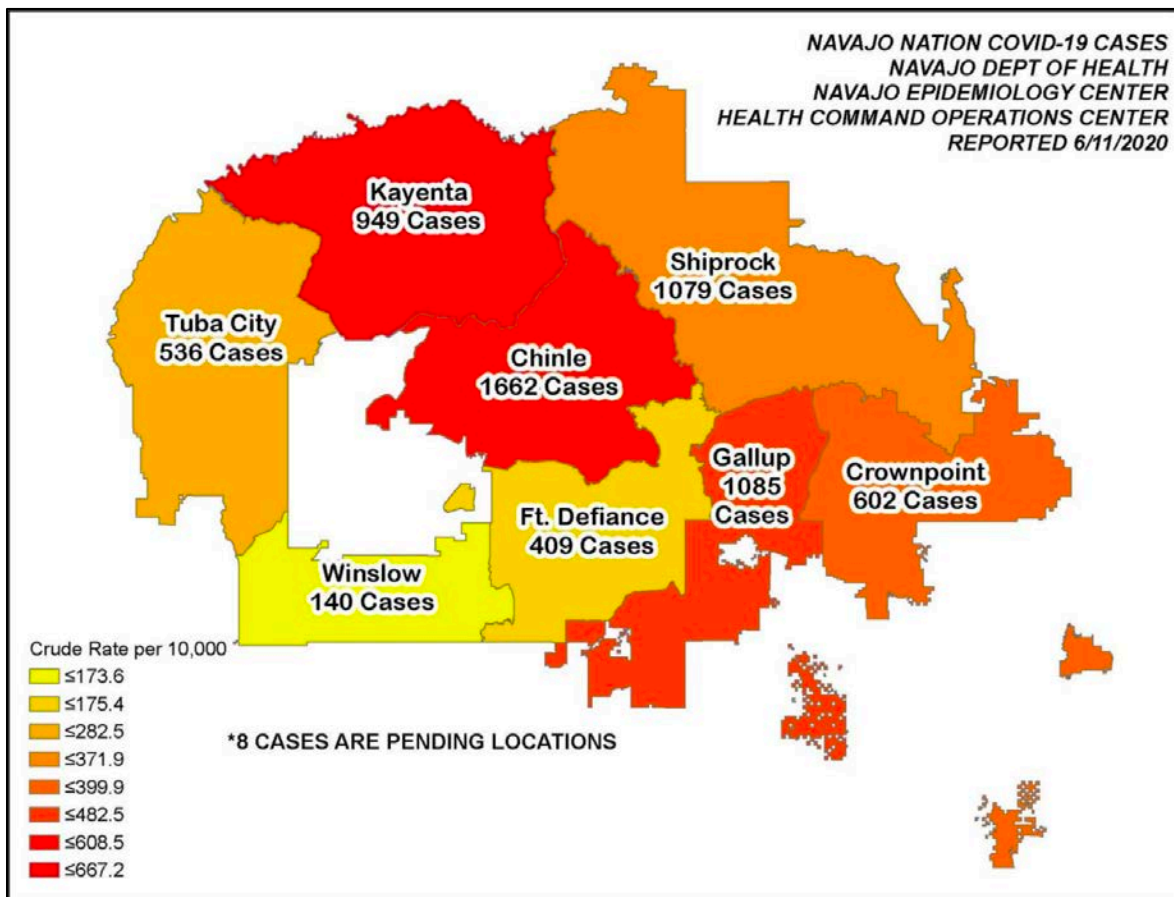
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FOR IMMEDIATE RELEASE

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**3,094 new recoveries, 92 new cases, and
five more deaths related to COVID-19 reported**



WINDOW ROCK, Ariz. – On Friday, the Navajo Department of Health, in coordination with the Navajo Epidemiology Center and the Navajo Area Indian Health Service, reported 92 new cases of COVID-19 for the Navajo Nation and five more deaths. The total number of deaths has reached 303 as of Friday. Reports from 11 health care facilities indicate that approximately 3,094 individuals have recovered from COVID-19, with one health care facility report still pending.

Approximately 43,197 people have been tested for COVID-19, which represents %-percent of the Navajo Nation's population. The total number of positive COVID-19 cases for the Navajo Nation has reached 6,470.

Navajo Nation cases by Service Unit:

- Chinle Service Unit: 1,662
- Crownpoint Service Unit: 602
- Ft. Defiance Service Unit: 409
- Gallup Service Unit: 1,085
- Kayenta Service Unit: 949
- Shiprock Service Unit: 1,079
- Tuba City Service Unit: 536
- Winslow Service Unit: 140

* Eight residences are not specific enough to place them accurately in a Service Unit

Navajo Nation President Jonathan Nez and Vice President Myron Lizer continue to urge Navajo citizens to remain home as much as possible to avoid another spike in new cases, especially as other areas in the state of Arizona continue to see daily increases in new cases.

"Please do not let your guard down against the coronavirus. We cannot go back to the way things were before the virus until the daily numbers decrease consistently and we have a vaccine. We must accept all of the preventative measures to keep our families and communities safe. It may be hard to accept the changes, but we have to create a new normal. Listening and encouraging each other will slow the spread," said Navajo Nation President Jonathan Nez.

The Navajo Nation's public health emergency orders including requiring the use of protective masks in public and the daily curfews from 8:00 p.m. to 5:00 a.m. are still in effect throughout the Navajo Nation.

"Staying home, washing our hands, cleaning and disinfecting high-touched surfaces, wearing a face mask, and staying six feet away from others can protect us, including people over the age of 65-years, individuals with diabetes, chronic lung disease, asthma, serious heart conditions, kidney disease, and liver disease. Protect your family and monitor your health for symptoms of COVID-19," said Vice President Myron Lizer.

COVID-19 symptoms may include coughing, fever, chills, muscle pain, shortness of breath, sore throat, and new loss of taste or smell. Symptoms can range from mild to severe illness and appear 2-14 days after COVID-19 exposure. Seek medical care immediately if someone has emergency warning signs of COVID-19, such as trouble breathing, persistent pain or pressure in the chest, new confusion, unexpected inability to wake up or stay awake, and bluish lips or face.

For more information, including reports, helpful prevention tips, and more resources, please visit the Navajo Department of Health's COVID-19 website at <http://www.ndoh.navajo->

nsn.gov/COVID-19. To contact the primary Navajo Health Command Operations Center, please call (928) 871-7014.

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