



The Navajo Nation
Office of the President and Vice President

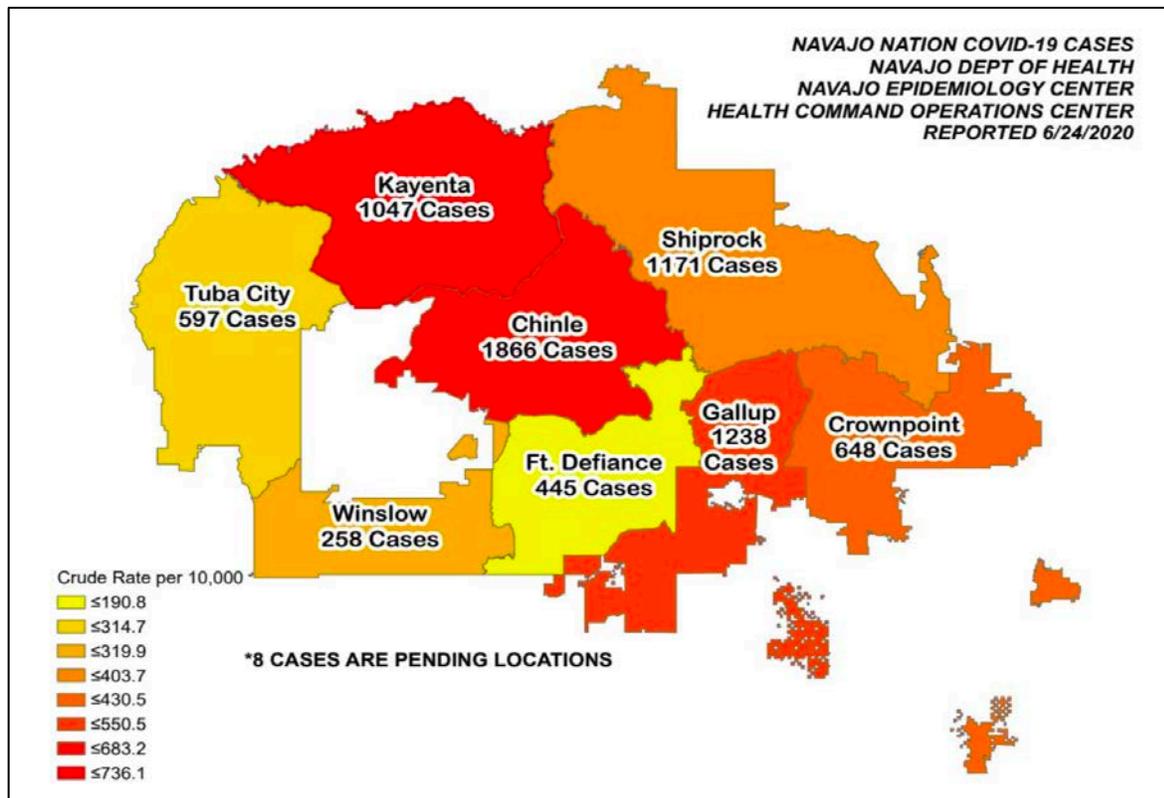
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FOR IMMEDIATE RELEASE

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3,859 recoveries, 121 new cases, one new death related to COVID-19 reported as health care officials push for COVID-19 patients to report to isolation sites



WINDOW ROCK, Ariz. – On Thursday, the Navajo Department of Health, in coordination with the Navajo Epidemiology Center and the Navajo Area Indian Health Service, reported 121 new COVID-19 positive cases for the Navajo Nation and one new death. The total number of deaths is 348 as of Thursday. Reports from 11 health care facilities on and near the Navajo Nation indicate that approximately 3,859 individuals recovered from COVID-19, with one health care facility report still pending. 52,458 people have been tested for COVID-19. The total number of COVID-19 positive cases for the Navajo Nation is 7,278.

Navajo Nation COVID-19 positive cases by Service Unit:

- Chinle Service Unit: 1,866
- Crownpoint Service Unit: 648
- Ft. Defiance Service Unit: 445
- Gallup Service Unit: 1,238
- Kayenta Service Unit: 1,047
- Shiprock Service Unit: 1,171
- Tuba City Service Unit: 597
- Winslow Service Unit: 258

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

Following a positive diagnosis for COVID-19, health care providers may refer patients to an isolation site for two weeks to prevent the spread of the virus. Most patients who test positive will have mild illness and should be able to recover at home, but if they are not able to stay in a separate room at home or do not have safe and stable housing, they may be eligible for care at an isolation site.

"Today, we have seen an increase in COVID-19 cases of over 100, which is alarming. However, the increase of COVID-19 blitz testing within the Nation is a factor. Traveling, not wearing a face mask, not cleaning and disinfecting, and not practicing social distancing increases your chances of getting infected and spreading COVID-19. Staying home or staying at an isolation site is the best way to protect yourself and others from getting sick. We cannot let our guard down against this modern day monster we call the coronavirus," said Navajo Nation President Jonathan Nez.

Isolation sites are designed for short term isolation, and patients are expected to leave once they test negative or have completed the recommended duration of self-isolation. If patients choose to leave for personal reasons before recovery, they must acknowledge that they may be contagious and may infect other people.

"Many Navajo families have experienced the impact of COVID-19. Many were separated and isolated from family members for more than 10 days to recover, which may have been stressful and emotional. We may experience mixed emotions, including relief, fear, and worry about our loved ones' health. Some of us may feel sadness, anger, or frustration, but we must be supportive, caring, and loving. We are in this together," said Vice President Myron Lizer.

If you or someone you know needs help dealing with stress or the emotional effects of COVID-19, call the Navajo Regional Behavioral Health Center at [\(505\) 368-1438](tel:5053681438) or [\(505\) 368-1467](tel:5053681467), 8 a.m. to 5 p.m. Monday-Friday (MDT).

For more information, including isolation sites 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](tel:9288717014).

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