



The Navajo Nation
Office of the President and Vice President

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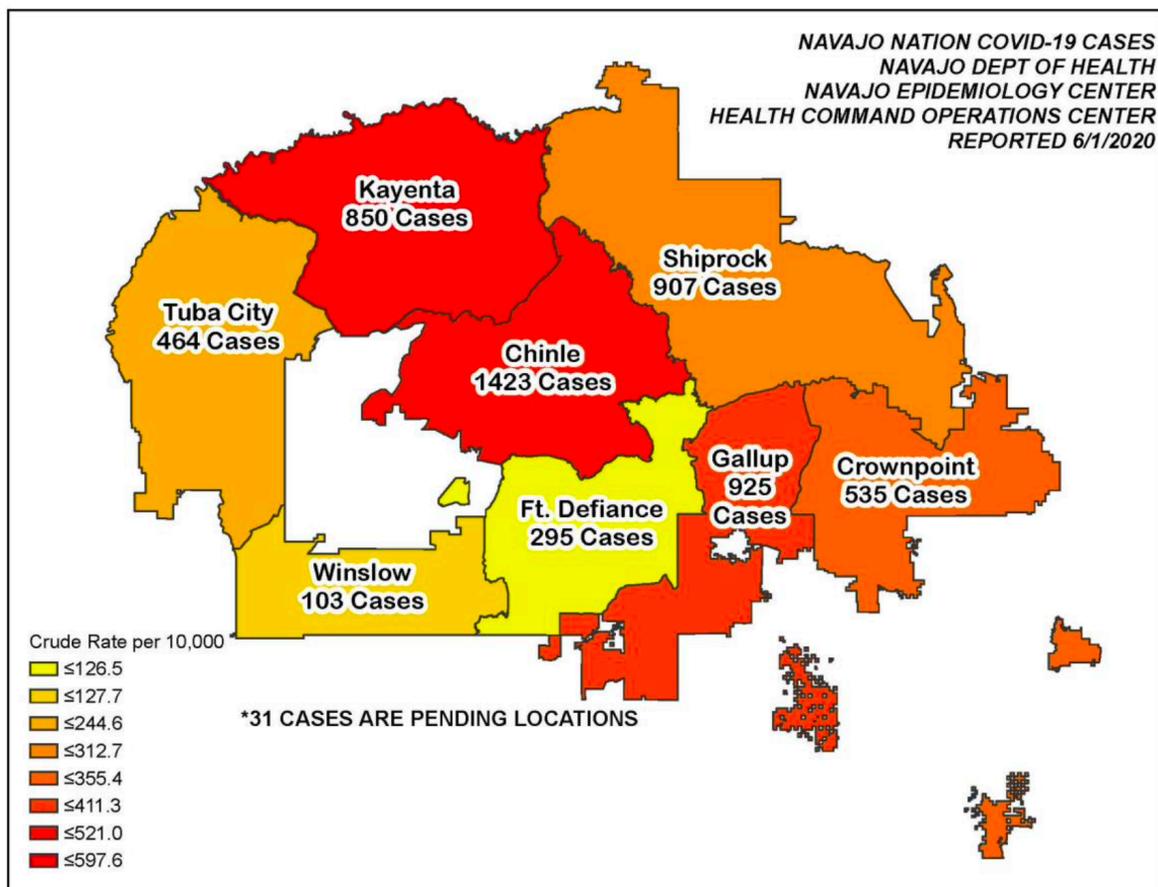
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FOR IMMEDIATE RELEASE

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54 new cases of COVID-19, four more deaths and 1,960 recoveries reported



WINDOW ROCK, Ariz. – The Navajo Department of Health, in coordination with the Navajo Epidemiology Center and the Navajo Area Indian Health Service, reported 54 new cases of COVID-19 for the Navajo Nation and four more deaths. The total number of deaths has reached 252 as of Tuesday. Preliminary reports from nine health care facilities indicate that approximately 1,960 individuals have recovered from COVID-19, with more reports still pending. The total number of positive COVID-19 cases for the Navajo Nation has reached 5,533.

Navajo Nation cases by Service Unit:

- Chinle Service Unit: 1,423
- Crownpoint Service Unit: 535
- Ft. Defiance Service Unit: 295
- Gallup Service Unit: 925
- Kayenta Service Unit: 850
- Shiprock Service Unit: 907
- Tuba City Service Unit: 464
- Winslow Service Unit: 103

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

"The Navajo Nation health care facilities continue to test our citizens at a greater rate per capita than any state in the country. We are capturing the data for recoveries, and it gives us hope to keep fighting for our families and communities by staying home, staying six feet away from others, washing our hands, and cleaning and disinfecting our homes and items that we bring home from the store. We must practice all preventive measures to minimize COVID-19 exposure," said Navajo Nation President Jonathan Nez.

President Nez added that Public Health Emergency Order 2020-007 is still active, requiring all individuals on the Navajo Nation to wear protective masks in public to help prevent the further spread of COVID-19.

"During this difficult time, we also ask our citizens to take care of their body and mind. People who have a well-balanced diet tend to have healthier immune systems and have a lower risk of chronic illnesses and infectious diseases. We recommend that our people begin eating fresh and unprocessed foods every day to get the vitamins, minerals, dietary fiber, protein, and antioxidants your body needs to fight off any sickness, including the coronavirus. If you are feeling stress or anxious, take the time to take a deep breath, stretch, or pray. Exercise by working out or by doing household chores. We can overcome the virus together," said Vice President Myron Lizer.

On Tuesday, the Nez-Lizer Administration delivered food, water, clothing, protective masks, and more essential items to approximately 722 Navajo families in the communities of Ganado, Many Farms, Rough Rock, Round Rock, and Tsaile/Wheatfields.

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

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