



The Navajo Nation
Office of the President and Vice President

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FOR IMMEDIATE RELEASE

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**Navajo Department of Health issues a Health Advisory Notice
for the uncontrolled spread of COVID-19 in certain communities**

WINDOW ROCK, Ariz. – The Navajo Department of Health issued a Health Advisory Notice to warn Navajo Nation residents of the “uncontrolled spread” of COVID-19 in certain communities. The cases reflect dates from October 16 – 29, 2020. The advisory will be in effect until the risk and cases decline. The following communities are identified as areas with uncontrolled spread of COVID-19 as of Wednesday:

Alamo	Dilkon	Sanostee
Aneth	Ganado	Sheepsprings
Bird Springs	Indian Wells	Shiprock
Bodaway/Gap	Iyanbito	Teesto
Cameron	Jeddito	Tohajiilee
Casamero Lake	Kaibeto	Tolani Lake
Churchrock	Leupp	Tonalea
Counselor	Nahatadziil	Torreon
Coyote Canyon	Red Mesa	Two Grey Hills
Crownpoint	Round Rock	

The Navajo Department of Health recommends that residents take precautions to protect their health from the spread of COVID-19. Adults 65 and older and individuals with underlying health conditions such as diabetes, pregnant women, asthma, heart disease and stroke, cancer, chronic kidney disease, HIV/AIDS and young children are at higher risk of being affected from COVID-19. The Navajo Nation’s daily curfew remains in effect from 9:00 p.m. to 5:00 a.m. (MST).

“The uncontrolled spread of COVID-19 means that people who are testing positive in these areas likely do not know where or how they contracted the virus. We are back to the point of community spread in certain parts of the Navajo Nation. We strongly urge everyone to take precautions and to keep their guard up. Stay home as much as possible, always wear a mask in public, practice social distancing, avoid large crowds including family gatherings, and wash your hands often and use hand sanitizer in public,” said Navajo Nation President Jonathan Nez.

On Thursday, Nov. 5, 2020 at 6:00 p.m. (MST), the Nez-Lizer Administration will host an online town hall on the Nez-Lizer Facebook page to provide additional updates regarding COVID-19.

“Protect yourselves and continue to be strong as we move forward through this pandemic. Please think of your children, elders, and those with underlying health conditions. We have to remain optimistic and never lose hope because eventually we will overcome this pandemic. Keep praying for our first responders, our leaders, and all of our Navajo people as we move forward together,” 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.navajonnsn.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—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 October 16 – 29, 2020. The advisory will be in effect until the risk and cases decline.

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

Alamo	Dilkon	Sanostee
Aneth	Ganado	Sheepsprings
Bird Springs	Indian Wells	Shiprock
Bodaway/Gap	Iyanbito	Teesto
Cameron	Jeddito	Tohajiilee
Casamero Lake	Kaibeto	Tolani Lake
Churchrock	Leupp	Tonalea
Counselor	Nahatadziil	Torreon
Coyote Canyon	Red Mesa	Two Grey Hills
Crownpoint	Round Rock	

All residents should take precautions to protect their health from the spread of COVID-19. Adults 65 and older and individuals with underlying health conditions such as diabetes, pregnant women, asthma, heart disease and stroke, cancer, chronic kidney disease, HIV/AIDS and young children are at higher risk of being affected from COVID-19.

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 gathering of 5 persons or less.

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.