



The Navajo Nation  
Office of the President and Vice President

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**Navajo Department of Health identifies 25 communities with uncontrolled spread of COVID-19 in latest Health Advisory Notice**

**WINDOW ROCK, Ariz.** – On Tuesday, the Navajo Department of Health identified the following 25 communities in the latest Health Advisory Notice, with uncontrolled spread of COVID-19 from Jan. 29, 2021 to Feb. 11, 2021:

Baca/Prewitt	Ganado	Standing Rock*
Birdsprings	Iyanbito	Tachee/Blue Gap
Cameron	Leupp	Tohatchi
Chichiltah*	Nahatadziil	Tsaile/Wheatfields
Chinle	Oak Springs	Tuba City
Churchrock	Rock Springs	Twin Lakes
Coyote Canyon	Round Rock*	Upper Fruitland
Crownpoint	Shiprock	
Dennehotso	St. Michaels	

\* Chapters recently added to the list

“We’ve gone from 44 communities last week to 25 communities this week, identified as having uncontrolled spread of COVID-19. This is good news, but the risks of COVID-19 are still prevalent especially when people travel to border towns and hold in-person gatherings. We got to a point last September where we had zero new cases reported one day, and that was a great accomplishment, but then we let up. People began traveling over the Labor Day holiday and people started holding in-person family gatherings and we had a large surge in new COVID-19 cases. We cannot repeat those mistakes again. Keep taking all COVID-19 precautions and please do not travel or hold in-person family gatherings. Stay home as much as possible, wear a mask or two in public, avoid crowds and gatherings, practice social distancing, and wash your hands often,” said Navajo Nation President Jonathan Nez.

Public Health Emergency Order No. 2021-002 remains in effect with the following provisions:

- Extends the Stay-At-Home order requiring all residents to remain at home 24-hours, seven days a week, with the exceptions of essential workers that must report to work, emergency situations, to obtain essential food, medication, and supplies, tend to

livestock, outdoor exercising within the immediate vicinity of your home, wood gathering and hauling with a permit.

- Daily curfew from 9:00 p.m. (MST) until 5:00 a.m. (MST) seven days a week.
- Essential businesses may operate between the hours of 7:00 a.m. (MST) and 8:00 p.m. (MST) daily, including gas stations, grocery stores, convenience stores, hardware stores, laundromats, restaurants, food establishments, banks and similar financial institutions, and hay vendors, provided they comply with provisions outline in the order to help protect employees and the public from COVID-19.
- Refrain from gathering with individuals from outside your immediate household and requiring all residents to wear a mask in public, avoid public gatherings, maintain social (physical) distancing, remain in your vehicle for curbside and drive-through services.

“Let’s keep helping our health care workers by continuing to take all COVID-19 precautions. Informing our elders is very important and while we do our best to inform the public through town halls, radio forums, newsletters, and other means, we need everyone’s help to inform and educate our elders about the virus and now the new variants that are being reported. We ask our people to talk with your parents and grandparents and share information in a safe manner, either by phone or with practicing social distancing. Be safe and make good decisions that keep you and your loved ones safe and healthy,” 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.navajo-nsn.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 No. 16 —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 January 29, 2021 – February 11, 2021. The advisory will be in effect until the risk and cases decline.

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

Baca/Prewitt	Ganado	Standing Rock*
Birdsprings	Iyanbito	Tachee/Blue Gap
Cameron	Leupp	Tohatchi
Chichiltah*	Nahatadziil	Tsaile/Wheatfields
Chinle	Oak Springs	Tuba City
Churchrock	Rock Springs	Twin Lakes
Coyote Canyon	Round Rock*	Upper Fruitland
Crownpoint	Shiprock	
Dennehotso	St. Michaels	

\* Chapters added in the new 14-day period (January 29, 2021 – February 11, 2021).

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

<b>People at Increased Risk for Severe Illness</b>	<b>Might be at Increased Risk for Severe Illness</b>
<ul style="list-style-type: none"><li>• Older Adults</li><li>• Cancer</li><li>• Chronic kidney disease</li><li>• Chronic obstructive pulmonary disease</li><li>• Heart conditions</li><li>• Immunocompromised state</li><li>• Obesity and severe obesity</li><li>• Pregnancy</li><li>• Sickle cell disease</li><li>• Smoking</li><li>• Type 2 diabetes mellitus</li></ul>	<ul style="list-style-type: none"><li>• Asthma</li><li>• Cerebrovascular disease</li><li>• Cystic fibrosis</li><li>• Hypertension or high blood pressure</li><li>• Immunocompromised state</li><li>• Neurologic conditions, such as dementia</li><li>• Liver disease</li><li>• Overweight</li><li>• Pulmonary fibrosis</li><li>• Thalassemia</li><li>• Type 1 diabetes mellitus</li></ul>

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 gatherings with individuals outside your immediate household.

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.

# COVID-19 Community Advisory No. 16

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Baca/Prewitt	Iyanbito	Tohatchi
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Crownpoint	St. Michaels	
Dennehotso	Standing Rock*	
Ganado	Tachee/Blue Gap	

\* Chapters added in the new 14-day period

**Uncontrollable Spread:** A large amount of community spread with high risk of COVID-19 and high potential for rapid increase in cases.

**Community Spread:** Community spread means someone who has become infected from the virus but the infected does not know where, or how they were infected.