



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 identifies 44 communities with uncontrolled spread of COVID-19 in latest Health Advisory Notice

WINDOW ROCK, Ariz. – On Monday, the Navajo Department of Health identified the following 44 communities in the latest Health Advisory Notice, with uncontrolled spread of COVID-19 from Jan. 22, 2021 to Feb. 4, 2021:

Aneth	Leupp	Shonto*
Baca/Prewitt	Many Farms	Smith Lake
Birdsprings*	Mariano Lake	St. Michaels
Cameron	Nahatadziil	Tachee/Blue Gap
Chinle	Nahodishgish	Teec Nos Pos
Churchrock	Nazlini	Thoreau
Coyote Canyon	Newcomb	Tohatchi
Crownpoint	Oak Springs*	Tsaile/Wheatfields
Dennehotso	Ramah*	Tsayatoh
Ganado	Red Lake	Tselani/Cottonwood
Indian Wells	Rock Springs	Tuba City
Iyanbito	Rough Rock	Twin Lakes
Jeddito	Sanostee*	Upper Fruitland
Kaibeto	Sheepsprings	Whitehorse Lake*
Kayenta	Shiprock	

* Chapters recently added to the list

“This week we have a slight reduction in the number of communities identified with uncontrolled spread of COVID-19, but we cannot let up now. This is a good indication that the number of new daily cases is flattening, but it doesn’t take much to see a large surge as we’ve seen in the past. The variants being detected in several states are very concerning and all the more reason to continue to take all precautions to stay safe and healthy. Keep staying home as much as possible and always wear a mask or two in public,” 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 curb-side and drive-through services.

“Keep fighting this virus together and remain strong. We are making good progress against COVID-19, but we have to stay focused and keep listening to our public health experts. Last week, we had 56 communities identified in the health advisory and this week we have 44. Let’s stay focused and keep doing our part to reduce the spread of COVID-19 in our homes and communities,” 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 No. 15 —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 22, 2021 – February 4, 2021. The advisory will be in effect until the risk and cases decline.

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

Aneth	Leupp	Shonto*
Baca/Prewitt	Many Farms	Smith Lake
Birdsprings*	Mariano Lake	St. Michaels
Cameron	Nahatadziil	Tachee/Blue Gap
Chinle	Nahodishgish	Teec Nos Pos
Churchrock	Nazlini	Thoreau
Coyote Canyon	Newcomb	Tohatchi
Crownpoint	Oak Springs*	Tsaile/Wheatfields
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Ganado	Red Lake	Tselani/Cottonwood
Indian Wells	Rock Springs	Tuba City
Iyanbito	Rough Rock	Twin Lakes
Jeddito	Sanostee*	Upper Fruitland
Kaibeto	Sheepsprings	Whitehorse Lake*
Kayenta	Shiprock	

* Chapters added in the new 14-day period (January 22, 2021 – February 4, 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.

People at Increased Risk for Severe Illness

- Older Adults
- Cancer
- Chronic kidney disease
- Chronic obstructive pulmonary disease
- Heart conditions
- Immunocompromised state
- Obesity and severe obesity
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

Might be at Increased Risk for Severe Illness

- Asthma
- Cerebrovascular disease
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state
- Neurologic conditions, such as dementia
- Liver disease
- Overweight
- Pulmonary fibrosis
- Thalassemia
- Type 1 diabetes mellitus

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.