



The Navajo Nation  
Office of the President and Vice President

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FOR IMMEDIATE RELEASE

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**President Nez urges public to take all precautions as Navajo Department of Health identifies 56 communities with uncontrolled spread of COVID-19**

**WINDOW ROCK, Ariz.** – The Navajo Department of Health has identified the following 56 communities in the latest Health Advisory Notice, with uncontrolled spread of COVID-19 from Jan. 15, 2021 to Jan. 28, 2021:

Alamo	Kaibeto	Shiprock
Aneth*	Kayenta	Smith Lake
Baca/Prewitt	Leupp*	St. Michaels
Black Mesa	Many Farms	Tachee/Blue Gap
Bodaway/Gap*	Mariano Lake	Teec Nos Pos
Cameron	Nageezi	Teesto
Casamero Lake	Nahatadziil	Thoreau
Chinle	Nahodishgish	Tohajiilee
Churchrock	Nazlini	Tohatchi
Coyote Canyon	Newcomb	Tolani Lake*
Crownpoint	Oljato*	Tonalea
Dennehotso	Pinedale	Tsaile/Wheatfields
Dilkon*	Pinon	Tsayatoh
Fort Defiance*	Red Lake*	Tselani/Cottonwood
Ganado	Red Rock*	Tuba City
Houck*	Rock Point	Twin Lakes
Indian Wells	Rock Springs	Two Grey Hills*
Iyanbito	Rough Rock*	Upper Fruitland
Jeddito	Sheepsprings	

\* Chapters recently added to the list

“Last week, we had 53 communities identified in the Health Advisory Notice and this week we have 56 identified. We had one day last year with no new cases of COVID-19 reported, but then came Labor Day weekend and our numbers gradually increased from that point on. We cannot let that happen again. We have to keep taking all precautions to protect ourselves from the virus, even if you receive the first and second doses of the vaccine. Variants of the COVID-19 virus are spreading in areas around the Navajo Nation and reports indicate that the variants spread more easily and quickly than the current strand. Do not travel to border towns and cities off the Navajo

Nation where COVID-19 is more prevalent and do not hold family gatherings in person. To our Navajo people, please keep your guard up and hold your loved ones accountable,” 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.

“Our health care workers are working as quickly as they can with the resources available to vaccinate as many people as possible, but we all have to do our part by continuing to wear masks, to stay home as much as possible, avoid crowds and in-person gatherings, practice social distancing, and wash your hands often. We will overcome the pandemic, but we all have to help and continue listening to our health care experts,” 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

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JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

## Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 14 —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 15, 2021 – January 28, 2021. The advisory will be in effect until the risk and cases decline.

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

Alamo	Kaibeto	Shiprock
Aneth*	Kayenta	Smith Lake
Baca/Prewitt	Leupp*	St. Michaels
Black Mesa	Many Farms	Tachee/Blue Gap
Bodayay/Gap*	Mariano Lake	Teec Nos Pos
Cameron	Nageezi	Teesto
Casamero Lake	Nahatadziil	Thoreau
Chinle	Nahodishgish	Tohajiilee
Churchrock	Nazlini	Tohatchi
Coyote Canyon	Newcomb	Tolani Lake*
Crownpoint	Oljato*	Tonalea
Dennehotso	Pinedale	Tsaile/Wheatfields
Dilkon*	Pinon	Tsayatoh
Fort Defiance*	Red Lake*	Tselani/Cottonwood
Ganado	Red Rock*	Tuba City
Houck*	Rock Point	Twin Lakes
Indian Wells	Rock Springs	Two Grey Hills*
Iyanbito	Rough Rock*	Upper Fruitland
Jeddito	Sheepsprings	

\* Chapters added in the new 14-day period (January 15, 2021 – January 28, 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.