



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

WINDOW ROCK, Ariz. – The Navajo Department of Health has identified the following 53 communities in the latest Health Advisory Notice, with uncontrolled spread of COVID-19 from Jan. 8, 2021 to Jan. 21, 2021:

Alamo*	Kayenta	Smith Lake
Baca/Prewitt	Lukachukai	St. Michaels
Bird Springs	Many Farms	Standing Rock
Black Mesa	Mariano Lake	Tachee/Blue Gap
Bread Springs	Nahatadziil	Teec Nos Pos
Cameron	Nahodishgish	Teesto
Casamero Lake	Naschitti	Thoreau
Chichiltah	Nazlini	Tohajiilee*
Chinle	Newcomb*	Tohatchi
Churchrock	Pinedale	Tonalea
Coyote Canyon	Pinon	Tsaile/Wheatfields
Crownpoint	Red Rock*	Tsayatoh
Dennehotso	Red Valley	Tselani/Cottonwood*
Ganado	Rock Point	Tuba City
Indian Wells	Rock Springs	Twin Lakes
Iyanbito	Sheepsprings	Upper Fruitland
Jeddito	Shiprock	Whippoorwill
Kaibeto	Shonto	

* Chapters recently added to the list

“The Navajo people have once again brought down the numbers of new COVID-19 cases and we are seeing a flattening of the curve, but we are very concerned that we could see another surge in new cases due to the ongoing disbursement of Hardship Assistance checks. We’ve heard reports of people traveling to border towns and crowding stores. This is what our administration cautioned our people of. The more people travel and move about, the more the virus spreads. Please use the Hardship Assistance funds for essential items and services that help your family during this pandemic and please continue to stay home as much as possible,” said Navajo Nation President Jonathan Nez.

On Monday, a new Public Health Emergency Order took 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.
- Implements a 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.

“We strongly encourage all of our Navajo Nation residents to stay local and stay safe and that means shopping locally for essential items and services. Our administration has always promoted buy Navajo, buy local and during this pandemic it serves to help protect our people from COVID-19 in addition to supporting Navajo businesses. Please do everything you can to protect yourselves and one another, especially our elders and those with underlying health conditions. We are in this fight together and we will overcome,” 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. 13 — 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 8, 2021 – January 21, 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*	Kayenta	Smith Lake
Baca/Prewitt	Lukachukai	St. Michaels
Bird Springs	Many Farms	Standing Rock
Black Mesa	Mariano Lake	Tachee/Blue Gap
Bread Springs	Nahatadziil	Teec Nos Pos
Cameron	Nahodishgish	Teesto
Casamero Lake	Naschitti	Thoreau
Chichiltah	Nazlini	Tohajiilee*
Chinle	Newcomb*	Tohatchi
Churchrock	Pinedale	Tonalea
Coyote Canyon	Pinon	Tsaile/Wheatfields
Crownpoint	Red Rock*	Tsayatoh
Dennehotso	Red Valley	Tselani/Cottonwood*
Ganado	Rock Point	Tuba City
Indian Wells	Rock Springs	Twin Lakes
Iyanbito	Sheepsprings	Upper Fruitland
Jeddito	Shiprock	Whippoowill
Kaibeto	Shonto	

* Chapters added in the new 14-day period (January 8, 2021 – January 21, 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

Might be at Increased Risk for Severe Illness

- Asthma
- Cerebrovascular disease
- Cystic fibrosis

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