



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 75 communities
with uncontrolled spread of COVID-19 in latest update**

WINDOW ROCK, Ariz. – On Tuesday, the Navajo Department of Health identified the following 75 communities with uncontrolled spread of COVID-19 from Jan. 1, 2021 to Jan. 14, 2021:

Aneth	Jeddito	Rock Springs
Baca/Prewitt	Kaibeto	Rough Rock
Bird Springs	Kayenta	Round Rock
Black Mesa	Lechee	San Juan
Bodaway/Gap	Leupp	Sanostee
Bread Springs*	Lukachukai	Sheepsprings
Cameron	Lupton	Shiprock
Casamero Lake	Many Farms	Shonto
Chichiltah	Mariano Lake	Smith Lake
Chinle	Mexican Springs*	St. Michaels
Churchrock	Nageezi	Standing Rock
Coppermine	Nahatadzil	Tachee/Blue Gap
Cornfields	Nahodishgish	Teec Nos Pos
Cove*	Naschitti	Teesto*
Coyote Canyon	Nazlini	Thoreau
Crownpoint	Nenahnezad	Tohatchi
Dennehotso	Oak Springs	Tonalea
Gadiiahi*	Oljato	Torreón
Ganado	Pinedale	Tsaile/Wheatfields
Hard Rock*	Pinon	Tsayatoh
Hogback	Ramah	Tuba City
Houck	Red Lake	Twin Lakes
Indian Wells	Red Mesa	Two Grey Hills
Inscription House	Red Valley	Upper Fruitland
Iyanbito	Rock Point	Whippoorwill

* Chapters recently added to the list

“With more and more reports of the COVID-19 variant being reported in various regions, we must continue to take all precautions. The variant is reported to be much more contagious, making it easier for the virus to infect from person to person. I am hopeful that we are beginning to see a

downward trend, but that depends on the actions of all of us. We all have a part to play in bringing down the numbers of new COVID-19 cases. Stay strong and keep fighting. We are in this together,” said Navajo Nation President Jonathan Nez.

Public Health Emergency Order No. 2021-001 remains in effect through Jan. 25, 2021 with the following provisions:

- Extends the Stay-At-Home Lockdown which requires 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.
- Re-implements full 57-hour weekend lockdowns, including Friday, Jan. 22 beginning at 8:00 p.m. until Monday, Jan. 25 at 5:00 a.m. MST.
- Essential businesses including gas stations, grocery stores, laundromats, restaurants and food establishments that provide drive-thru and curbside services, and hay vendors can operate from 7:00 a.m. (MST) to 7:00 p.m., Monday through Friday only.
- 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.

“The strength and resilience of our ancestors remains within all of us to this day. Please remain strong and keep praying for our people. Our health care workers are fighting for us, so let’s fight for them by taking all precautions to prevent the further spread of COVID-19 in our 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.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. 12 —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 1, 2021 – January 14, 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	Jeddito	Rock Springs
Baca/Prewitt	Kaibeto	Rough Rock
Bird Springs	Kayenta	Round Rock
Black Mesa	Lechee	San Juan
Bodaway/Gap	Leupp	Sanostee
Bread Springs*	Lukachukai	Sheepsprings
Cameron	Lupton	Shiprock
Casamero Lake	Many Farms	Shonto
Chichiltah	Mariano Lake	Smith Lake
Chinle	Mexican Springs*	St. Michaels
Churchrock	Nageezi	Standing Rock
Coppermine	Nahatadziil	Tachee/Blue Gap
Cornfields	Nahodishgish	Teec Nos Pos
Cove*	Naschitti	Teesto*
Coyote Canyon	Nazlini	Thoreau
Crownpoint	Nenahnezad	Tohatchi
Dennehotso	Oak Springs	Tonalea
Gadiiahi*	Oljato	Torreon
Ganado	Pinedale	Tsaile/Wheatfields
Hard Rock*	Pinon	Tsayatoh
Hogback	Ramah	Tuba City
Houck	Red Lake	Twin Lakes
Indian Wells	Red Mesa	Two Grey Hills
Inscription House	Red Valley	Upper Fruitland
Iyanbito	Rock Point	Whippoowill

* Chapters added in the new 14-day period (January 1, 2021 – January 14, 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.