



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 73
communities with uncontrolled spread of COVID-19**

WINDOW ROCK, Ariz. – On Monday, the Navajo Department of Health identified the following 73 communities with uncontrolled spread of COVID-19 from Dec. 18 to Dec. 31, 2020:

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

* Chapters recently added to the list

“We have the ability to bring down the numbers through our actions each day. When we choose to travel or to hold in-person gatherings, we put ourselves and others at risk of contracting the coronavirus. Our administration is working with Navajo Area IHS to follow the CDC’s Advisory

Committee on Immunization Practices vaccine prioritization. The health care facilities on the Navajo Nation have been vaccinating individuals in Phase I, which include health care workers, first responders, high-risk patients, and others. The next vaccination priority will be elders 65 and older. If more people receive the vaccine and now that the holidays have past, I am hopeful that we will begin to see consistent declines in new cases, but we still are awaiting to see the full impact of the recent holidays. Please be safe and make good decisions for you and your loved ones,” said Navajo Nation President Jonathan Nez.

Navajo Area IHS informed President Nez that individuals who received the first dose of the Pfizer vaccine will begin receiving the second dose this week. Last Thursday, President Nez, Speaker Seth Damon, several members of the 24th Navajo Nation Council, and Navajo Area IHS Chief Medical Officer Dr. Loretta Christensen received the first dose of the Pfizer vaccine to help boost public confidence in the vaccines.

Public Health Emergency Order No. 2020-032 remains in effect through Jan. 11, 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 for two additional weekends that include: 8:00 P.M. MST through 5:00 A.M. MST on Jan. 1, 2021 through Jan. 4, 2021, and for the same hours on Jan. 8, 2021 through Jan. 11, 2021.
- 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.

“We appreciate everything that our health care workers are doing to fight for us and to save lives. We all have a part to play in overcoming this COVID-19 pandemic and it starts with staying home as much as possible to reduce the spread of the virus. Please be safe and continue to pray for all of our people and frontline warriors,” 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. 10 —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 December 18-31, 2020. The advisory will be in effect until the risk and cases decline.

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

Aneth	Kayenta	Rock Springs
Baca/Prewitt	Lake Valley	Rough Rock
Beclabito	Lechee	Round Rock
Bird Springs	Leupp	San Juan*
Black Mesa	Littlewater	Sanostee
Bodaway/Gap	Lukachukai	Sheepsprings
Cameron	Lupton	Shiprock
Casamero Lake	Mariano Lake	Shonto
Chichiltah	Mexican Springs	Smith Lake
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Churchrock	Nahatadziil	Standing Rock
Coppermine*	Nahodishgish	Sweetwater*
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Hard Rock	Oljato	Torreon*
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Houck	Pinon	Tsayatoh
Indian Wells	Ramah*	Tuba City
Inscription House*	Red Lake	Twin Lakes
Iyanbito	Red Rock	Upper Fruitland
Jeddito	Red Valley	
Kaibeto	Rock Point	

* Chapters added in the new 14-day period (December 18-31, 2020).

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:

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