



The Navajo Nation  
Office of the President and Vice President

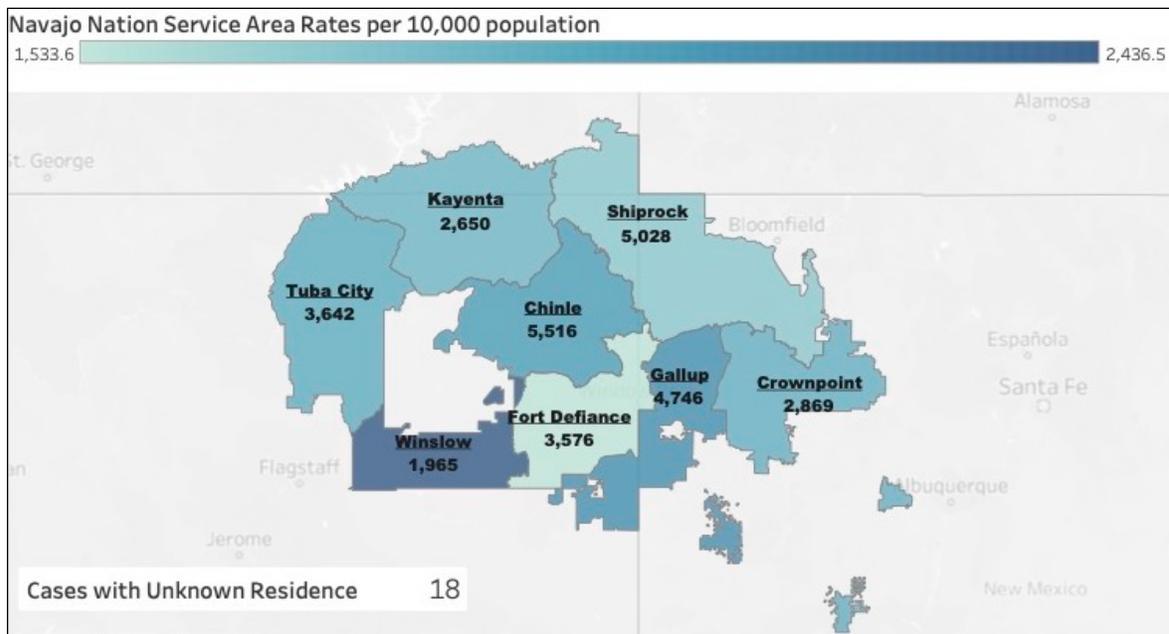
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**FOR IMMEDIATE RELEASE**

March 23, 2021

**3 new cases and no recent deaths related to COVID-19 as leaders  
and health officials urge all residents to continue taking all precautions**



**WINDOW ROCK, Ariz.** – On Tuesday, the Navajo Department of Health, in coordination with the Navajo Epidemiology Center and the Navajo Area Indian Health Service, reported three new COVID-19 positive cases for the Navajo Nation and no recent deaths. The total number of deaths remains 1,233 as previously reported on March 20. Reports indicate that 16,334 individuals have recovered from COVID-19, and 251,688 COVID-19 tests have been administered. The total number of positive COVID-19 cases is now 30,010.

Navajo Nation COVID-19 positive cases by Service Unit:

- Chinle Service Unit: 5,516
- Crownpoint Service Unit: 2,869
- Ft. Defiance Service Unit: 3,576
- Gallup Service Unit: 4,746
- Kayenta Service Unit: 2,650
- Shiprock Service Unit: 5,028

- Tuba City Service Unit: 3,642
  - Winslow Service Unit: 1,965
- \* 18 residences with COVID-19 positive cases are not specific enough to place them accurately in a Service Unit.

On Tuesday, the state of Arizona reported 507 new cases, Utah reported 383, and New Mexico reported 174 new cases. The Navajo Department of Health identified three communities including, Cameron, Leupp, and Tolani Lake, in the latest Health Advisory Notice with “uncontrolled spread” of COVID-19 from March 5, 2021 to March 18, 2021.

“The Navajo Nation had no new cases of COVID-19 reported on Monday, but we anticipated more cases today. Having a few more cases reported today should not discourage us. We have to stay strong and keep pushing back on this virus together. If you have elderly parents or grandparents, please do your part to keep them informed and to caution them about the variants that continue to spread across the country. We all know how quickly COVID-19 infections can spread and lead to another surge, so please continue to listen to our public health experts. Limit your travel to essential activities only and keep wearing one or two masks in public. Our hospitals on the Navajo Nation cannot afford to have another large surge in new cases of COVID-19. Keep staying home as much as possible, wear a mask, avoid large gatherings and crowds, practice social distancing, and wash your hands often with soap and warm water,” said Navajo Nation President Jonathan Nez.

Health care facilities across the Navajo Nation continue to administer COVID-19 vaccines during drive-thru events or by appointment. If you would like to receive the vaccine, please contact your health care provider for more information for your Service Unit.

“Keep your guard up and remain vigilant. We are making good progress, but the fight against COVID-19 continues and it takes all of us working together to overcome it. We are blessed to have many health care workers working around the clock to save lives and administer the vaccines as quickly as possible. Please continue to take all precautions and keep praying for our people 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.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. 21 —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 March 5, 2021 – March 18, 2021. The advisory will be in effect until the risk and cases decline.

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

Cameron  
Leupp  
Tolani Lake

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.