



The Navajo Nation  
Office of the President and Vice President

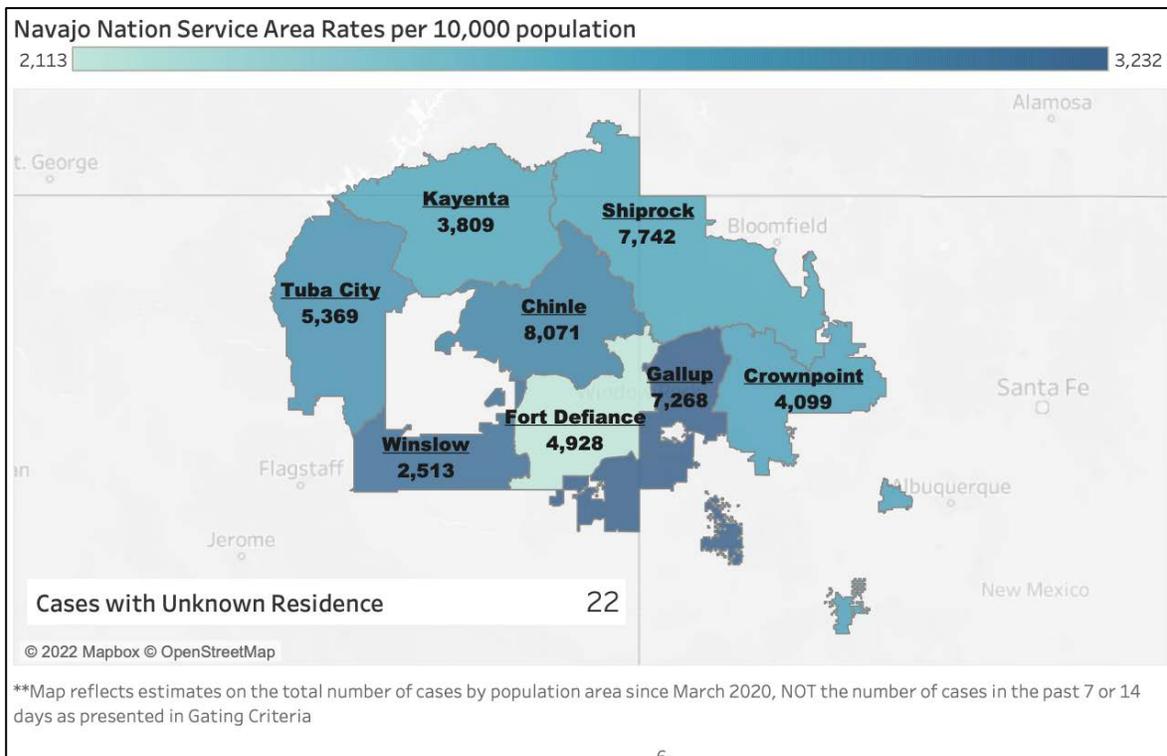
CONTACTS:  
Jared Touchin, Communications Director  
(928) 274-4275  
Crystalayne Curley, Sr. Public Information Officer  
(928) 274-2758

[nnopvp.communications@gmail.com](mailto:nnopvp.communications@gmail.com)

**FOR IMMEDIATE RELEASE**

January 12, 2022

**245 new cases, 40,227 recoveries, and four deaths  
related to COVID-19, new isolation and quarantine guidelines**



**WINDOW ROCK, Ariz.** – On Wednesday, the Navajo Department of Health, in coordination with the Navajo Epidemiology Center and the Navajo Area Indian Health Service, reported 245 new COVID-19 cases for the Navajo Nation and four deaths. The total number of deaths is 1,598. The report indicates that 40,227 individuals have recovered from COVID-19. 435,811 COVID-19 tests have been administered. The overall total number of positive COVID-19 cases is now 43,821, including 35 delayed reported cases.

Navajo Nation COVID-19 positive cases by Service Unit:

- Chinle Service Unit: 8,071
- Crownpoint Service Unit: 4,099
- Ft. Defiance Service Unit: 4,928

- Gallup Service Unit: 7,268
- Kayenta Service Unit: 3,809
- Shiprock Service Unit: 7,742
- Tuba City Service Unit: 5,369
- Winslow Service Unit: 2,513

\* 22 residences with COVID-19 positive cases are not specific enough to place them accurately in a Service Unit.

On Wednesday, the state of Arizona reported 18,783 new cases, the state of Utah reported 10,220 new cases, and New Mexico reported 6,919. The Department of Health also issued a health advisory notice regarding the Navajo Nation's COVID-19 isolation and quarantine guidelines on Tuesday, which is posted online at: <https://www.ndoh.navajo-nsn.gov/COVID-19/Isolation-and-Quarantine>.

The health advisory notice advises individuals who are COVID-19 positive to stay at home for ten days since symptoms began. Isolation can be shortened to five days only if a COVID-19 test on the fifth day is negative and with no symptoms. Quarantine is not required for exposed individuals who are fully vaccinated, boosted, and have no symptoms. Stay at home for ten days if you are exposed and unvaccinated. Quarantine may be shortened for unvaccinated individuals to five days only if a COVID-19 test is negative on the fifth day with no symptoms.

"The Omicron variant is within our communities on the Navajo Nation, and we all need to be extra cautious. It's been nearly two years since the first case of COVID-19 was detected in the Navajo Nation. Our health care officials have gone above and beyond to provide guidance and recommendations to prepare and protect ourselves from the virus. The COVID-19 vaccines are highly effective, and the data shows that most people who are being hospitalized are unvaccinated. Please be very cautious, wear two masks in public, and get vaccinated and a booster shot," said Navajo Nation President Jonathan Nez.

Health care facilities in the Navajo Nation continue to administer COVID-19 vaccines. If you would like to receive one of the COVID-19 vaccines, please contact your health care provider and schedule an appointment.

"As the Omicron variant continues to spread, we strongly urge our people to practice the safety measures put forth by our health experts. We are in this together, and we must remain strong for another. Please be safe and continue to pray for our people and our frontline workers," 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)  
Navajo Nation COVID-19 Isolation and Quarantine Guideline  
for the General Public and Schools  
January 12, 2022**

**WINDOW ROCK, AZ** – The Navajo Department of Health and the Navajo Nation Health Command Operations Center are issuing a guideline for Navajo citizens and residents who need to isolate or quarantine related to COVID-19. The Navajo Health Command Operations Center **did not entirely adopt** the recent CDC’s *Isolation and Quarantine Recommendations* for the general public dated December 27, 2021 and the *Updated CDC Isolation and Quarantine Recommendations for Schools* dated January 6, 2022. This advisory is to inform Navajo citizen and residents of guideline for COVID-19 isolation and quarantine. The Navajo Nation isolation and quarantine guideline can be accessed on the Navajo Department of Health at <https://www.ndoh.navajo-nsn.gov/COVID-19/Isolation-and-Quarantine>.

We recommend Indian Health Service federal and Tribal health providers serving Navajo citizens and residents to follow the COVID-19 guideline for patients to safely isolate and quarantine. These guidelines do not apply to healthcare personnel and other congregate settings. In such settings, institutional policies should be followed. In addition, individuals with immunocompromised conditions should check with their healthcare team as general guidelines may not apply.

**Navajo Nation Guideline for FULLY VACCINATED/BOOSTED individuals**

COVID Status	Self Care Action Plan
<b>Cases-Anyone who tests positive for COVID</b>	<ol style="list-style-type: none"><li>1. <b>Isolate:</b> Stay at home away from others for 10 days since symptoms began (or from test date if no symptoms). Isolation can be <b>shortened</b> to 5 days <b>only if</b> a test on day 5 is negative AND no symptoms or resolving symptoms.</li><li>2. <b>Mask around others:</b> All cases should mask for the full 10 days, both in and outside of home.</li></ol>
<b>Contacts-Anyone who has been exposed to someone with COVID</b>	<ol style="list-style-type: none"><li>1. <b>Quarantine:</b> Staying at home (quarantine) is not required for people who are fully vaccinated and boosted who have no symptoms.</li><li>2. <b>Mask around others:</b> Wear a mask around others at all times (including at home) for 10 days after last exposure.</li><li>3. <b>Testing</b> is important to prevent silent spread:<ul style="list-style-type: none"><li>• <b>Get tested five days after your last exposure</b>, regardless of symptoms.</li><li>• Test right away <b>if COVID symptoms develop</b>, any time in the 10 day period and isolate away from others while awaiting the test result.</li></ul></li></ol>

**Navajo Nation Guideline for individuals  
who are **NOT FULLY VACCINATED AND BOOSTED****

COVID Status	Self Care Action Plan
<b>Cases-Anyone who tests positive for COVID</b>	<ol style="list-style-type: none"> <li>1. <b>Isolate:</b> Stay at home away from others for 10 days since symptoms began (or from test date if no symptoms). Isolation can be <b>shortened</b> to 5 days only if a test on day 5 is negative AND no symptoms or resolving symptoms.</li> <li>2. <b>Mask around others:</b> All cases should mask for the full 10 days, both in and outside of home.</li> </ol>
<b>Contacts-anyone who has been exposed to someone with COVID</b>	<ol style="list-style-type: none"> <li>1. <b>Quarantine:</b> Stay at home away from others <b>for 10 days</b> after last exposure. Quarantine may be <b>shortened to 5 days</b> only if a test on day 5 is negative AND no symptoms.</li> <li>2. <b>Mask around others:</b> Wear a mask around others at all times (including at home) for 10 days after last exposure.</li> <li>3. <b>Testing</b> is important to prevent silent spread: <ul style="list-style-type: none"> <li>• <b>Get tested five days after your last exposure</b>, regardless of symptoms.</li> <li>• Test right away <b>if COVID symptoms develop</b> any time in the 10 day period and isolate away from others while awaiting the test result.</li> </ul> </li> </ol>

**FULLY VACCINATED AND BOOSTED MEANS YOU:**

- Have been boosted
- OR
- Completed the primary series of Pfizer vaccine within the last 5 months
- OR
- Completed the primary series of Moderna vaccine within the last 5 months
- OR
- Completed the primary series of J&J vaccine within the last 2 months

For all testing recommendations, **home testing** is an acceptable form of testing. If the test is positive, self report to the <https://www.ndoh.navajo-nsn.gov/COVID-19/Local-Hospital> where you receive your primary care.

For more information 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.