

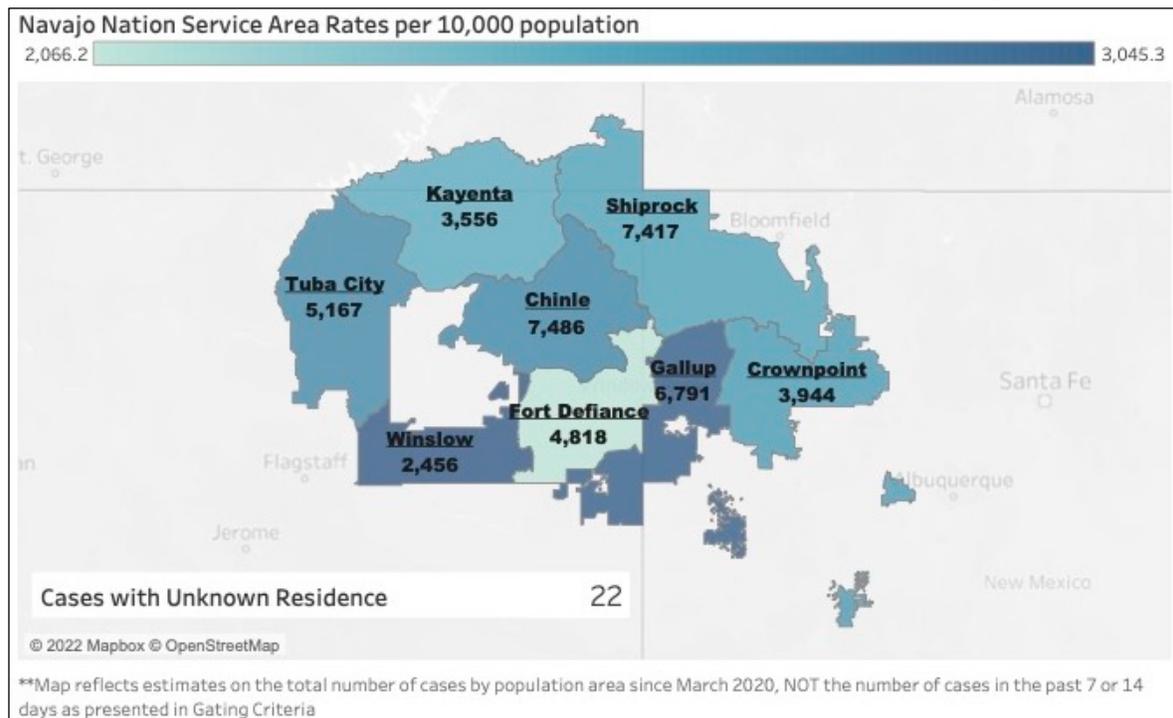


The Navajo Nation Office of the President and Vice President

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FOR IMMEDIATE RELEASE
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10 new cases, 39,499 recoveries, and no deaths related to COVID-19, first case of Omicron variant detected on the Navajo Nation



WINDOW ROCK, Ariz. – On Monday, the Navajo Department of Health, in coordination with the Navajo Epidemiology Center and the Navajo Area Indian Health Service, reported 10 new COVID-19 cases for the Navajo Nation and no deaths. The total number of deaths remains 1,590. The report indicates that 39,499 individuals have recovered from COVID-19. 418,619 COVID-19 tests have been administered. The overall total number of positive COVID-19 cases is now 41,657, including 56 delayed reported cases.

Navajo Nation COVID-19 positive cases by Service Unit:

- Chinle Service Unit: 7,486
- Crownpoint Service Unit: 3,944
- Ft. Defiance Service Unit: 4,818
- Gallup Service Unit: 6,791
- Kayenta Service Unit: 3,556
- Shiprock Service Unit: 7,417
- Tuba City Service Unit: 5,167
- Winslow Service Unit: 2,456

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

On Monday, the state of Arizona reported 14,192 new cases, which includes some delayed reported cases due to the recent New Year holiday. The state of Utah reported 14,754 new cases, and New Mexico reported 7,313, which also includes cases from over the holiday weekend. Based on cases from Dec. 17 to Dec. 30, 2021, the Navajo Department of Health issued a Health Advisory Notice for the following 42 communities due to uncontrolled spread of COVID-19:

Bird Springs	Ganado	Manuelito	Sheepsprings	Tohatchi
Black Mesa	Houck	Many Farms	Shiprock	Tsaile/Wheatfields
Bread Springs	Indian Wells	Mexican Springs	Shonto	Tselani/Cottonwood
Cameron	Iyanbito	Naschitti	Smith Lake	Tuba City
Casamero Lake	Kaibeto	Pinedale	St. Michaels	Twin Lakes
Chichiltah	Kayenta	Pinon	Tachee/Blue Gap	Two Grey Hills
Chinle	Leupp	Rock Point	Thoreau	Upper Fruitland
Churchrock	Low Mountain	Rock Springs	Tohajiilee	White Cone
Crownpoint	Lukachukai			

The Navajo Epidemiology Center, under the Navajo Department of Health, has confirmed the first known case of the Omicron variant from a sample collected from mid-December 2021 from the Utah Navajo Health System. Additional information will be forthcoming as more is learned.

“The first known case of the Omicron variant has been found here on the Navajo Nation. This is not a time to panic, but we must step up our efforts to take the necessary precautions to limit the spread of this new variant in our communities. Health officials recommend wearing two masks in public due to how quickly the Omicron variant has spread in other parts of the world. In many parts of the country, more and more health care workers are having to isolate due to the spread of the Omicron variant. This is creating many challenges for hospital facilities, which also impacts hospitals on the Navajo Nation. Our best defense against the Omicron variant is to get fully vaccinated and get a booster shot. Please be very cautious in public, get vaccinated, and isolate if you are experiencing symptoms that are similar to those related to COVID-19,” said Navajo Nation President Jonathan Nez.

Health care facilities on 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.

“With the New Year upon us, we pray that our people have a renewed determination to do everything possible to reduce the spread of COVID-19 and the Omicron variant and that we take big strides to overcome this pandemic together. Please be safe, think of health care workers, and continue to pray for all of our people and 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

January 3, 2022

Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 59 —Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for the following communities. The cases reflect dates December 17, 2021 – December 30, 2021. The advisory will be in effect until the risk and cases decline.

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

Bird Springs	Ganado	Manuelito	Sheepsprings	Tohatchi
Black Mesa	Houck	Many Farms	Shiprock	Tsaile/Wheatfields
Bread Springs	Indian Wells	Mexican Springs	Shonto	Tselani/Cottonwood
Cameron	Iyanbito	Naschitti	Smith Lake	Tuba City
Casamero Lake	Kaibeto	Pinedale	St. Michaels	Twin Lakes
Chichiltah	Kayenta	Pinon	Tachee/Blue Gap	Two Grey Hills
Chinle	Leupp	Rock Point	Thoreau	Upper Fruitland
Churchrock	Low Mountain	Rock Springs	Tohajiilee	White Cone
Crownpoint	Lukachukai			

****Schools serving these communities need to implement layers of mitigation to meet the high level of COVID-19 community transmission.***

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 <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• 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
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All residents should practice health and safety measures:

- Get vaccinated.
- 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.navajonnsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.