

THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

November 22, 2021

**Navajo Department of Health
Health Advisory Notice (HAN)
COVID-19 Community Advisory No. 53 —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 November 5, 2021 – November 18, 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:

Aneth	Crownpoint	Littlewater	Rock Point	Tohatchi
Baca/Prewitt	Gadiiahi	Many Farms	Rock Springs	Tonalea
Becenti	Ganado	Mexican Springs	Round Rock	Torreón
Bird Springs	Hard Rock	Mexican Water	Sanostee	Tsaile/Wheatfields
Black Mesa	Hogback	Nageezi	Sheepsprings	Tsayatoh
Bodaway/Gap	Houck	Nahodishgish	Shiprock	Tselani/Cottonwood
Cameron	Indian Wells	Naschitti	Shonto	Tuba City
Casamero Lake	Inscription House	Nenahnezad	St. Michaels	Twin Lakes
Chichiltah	Iyanbito	Newcomb	Tachee/Blue Gap	Two Grey Hills
Chilchinbeto	Jeddito	Oak Springs	Teecnospos	Upper Fruitland
Chinle	Kaibeto	Pinedale	Teesto	Whippoorwill
Churchrock	Kayenta	Pinon	Thoreau	White Horse Lake
Counselor	Lechee	Red Valley	Tohajiilee	White Rock
Coyote Canyon	Leupp			

****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.