

THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

January 19, 2022

**Navajo Department of Health
Health Advisory Notice (HAN)
COVID-19 Community Advisory No. 61 —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 31, 2021 – January 13, 2022. 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	Forest Lake	Lupton	Pueblo Pintado	Sweetwater
Baca/Prewitt	Gadiiahi	Manuelito	Ramah	Tachee/Blue Gap
Becenti	Ganado	Many Farms	Red Mesa	Teecnospos
Bird Springs	Hard Rock	Mexican Springs	Red Rock	Teesto
Black Mesa	Hogback	Mexican Water	Red Valley	Thoreau
Bread Springs	Houck	Nageezi	Rock Point	Tohatchi
Cameron	Indian Wells	Nahatadziil	Rock Springs	Tonalea
Casamero Lake	Inscription House	Nahodishgish	Rough Rock	Torreón
Chichiltah	Iyanbito	Naschitti	Round Rock	Tsaile/Wheatfields
Chilchinbeto	Kaibeto	Navajo Mountain	Sanostee	Tsayatoh
Chinle	Kayenta	Nazlini	Sheepsprings	Tselani/Cottonwood
Churchrock	Klagetoh	Nenahnezad	Shiprock	Tuba City
Cornfields	Lake Valley	Newcomb	Shonto	Twin Lakes
Coyote Canyon	Leupp	Oaksprings	Smith Lake	Two Grey Hills
Crownpoint	Littlewater	Oljato	St. Michaels	Upper Fruitland
Crystal	Low Mountain	Pinedale	Standing Rock	Whippoorwill
Dennehotso	Lukachukai	Pinon	Steamboat	White Rock
Dilkon				

****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 	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
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<ul style="list-style-type: none"> • Obesity and severe obesity • Pregnancy • Sickle cell disease • Smoking • Type 2 diabetes mellitus 	<ul style="list-style-type: none"> • 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.