

# THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

January 10, 2022

**Navajo Department of Health  
Health Advisory Notice (HAN)  
COVID-19 Community Advisory No. 60 —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 24, 2021 – January 6, 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:

Baca/Prewitt	Ganado	Lupton	Red Valley	Teesto
Bird Springs	Hard Rock	Manuelito	Rock Point	Thoreau
Black Mesa	Houck	Many Farms	Rock Springs	Tohatchi
Bread Springs	Indian Wells	Mexican Springs	Round Rock	Tonalea
Cameron	Inscription House	Mexican Water	Sheepsprings	Tsaile/Wheatfields
Casamero Lake	Iyanbito	Nahodishgish	Shiprock	Tsayatoh
Chichiltah	Kaibeto	Naschitti	Shonto	Tselani/Cottonwood
Chinle	Kayenta	Newcomb	Smith Lake	Tuba City
Churchrock	Leupp	Pinedale	St. Michaels	Twin Lakes
Crownpoint	Littlewater	Pinon	Standing Rock	Two Grey Hills
Dennehotso	Low Mountain	Ramah	Tachee/Blue Gap	Upper Fruitland
Forest Lake	Lukachukai	Red Rock	Tecnospos	Whippoorwill
Fort Defiance				

***\*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"> <li>• Older Adults</li> <li>• Cancer</li> <li>• Chronic kidney disease</li> <li>• Chronic obstructive pulmonary disease</li> <li>• Heart conditions</li> <li>• Immunocompromised state</li> <li>• Obesity and severe obesity</li> <li>• Pregnancy</li> <li>• Sickle cell disease</li> <li>• Smoking</li> <li>• Type 2 diabetes mellitus</li> </ul>	Might be at Increased Risk for Severe Illness <ul style="list-style-type: none"> <li>• Asthma</li> <li>• Cerebrovascular disease</li> <li>• Cystic fibrosis</li> <li>• Hypertension or high blood pressure</li> <li>• Immunocompromised state</li> <li>• Neurologic conditions, such as dementia</li> <li>• Liver disease</li> <li>• Overweight</li> <li>• Pulmonary fibrosis</li> <li>• Thalassemia</li> <li>• Type 1 diabetes mellitus</li> </ul>
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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.