

THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

January 24, 2022

Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 62 —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 January 7-20, 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	Dilkon	Lupton	Pueblo Pintado	Tachee/Blue Gap
Baca/Prewitt	Forest Lake	Manuelito	Ramah	Teecnospos
Becenti	Gadiiahi	Many Farms	Red Mesa	Teesto
Beclabito	Ganado	Mariano Lake	Red Rock	Thoreau
Bird Springs	Hard Rock	Mexican Springs	Red Valley	Tohajiilee
Black Mesa	Hogback	Mexican Water	Rock Point	Tohatchi
Bread Springs	Houck	Nageezi	Rock Springs	Tonali Lake
Burnham	Indian Wells	Nahodishgish	Rough Rock	Tonalea
Cameron	Inscription House	Naschitti	Round Rock	Torreon
Casamero Lake	Iyanbito	Navajo Mountain	Sanostee	Tsaile/Wheatfields
Chichiltah	Jeddito	Nazlini	Sheepsprings	Tsayatoh
Chilchinbeto	Kaibeto	Nenahnezad	Shiprock	Tselani/Cottonwood
Chinle	Kayenta	Newcomb	Shonto	Tuba City
Churchrock	Klagetoh	Oaksprings	Smith Lake	Twin Lakes
Cove	Leupp	Ojo Encino	St. Michaels	Two Grey Hills
Coyote Canyon	Littlewater	Oljato	Standing Rock	Upper Fruitland
Crownpoint	Low Mountain	Pinedale	Steamboat	Whippoorwill
Crystal	Lukachukai	Pinon	Sweetwater	White Rock
Dennehotso				

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