



The Navajo Nation Office of the President and Vice President

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Navajo Nation confirms three additional cases of Monkeypox

WINDOW ROCK, Ariz. – On Monday, the Navajo Department of Health and the Navajo Epidemiology Center issued a Health Advisory Notice to inform the Navajo people of three new confirmed cases of Monkeypox, which brings the total number of cases to four on the Navajo Nation. The three recent cases involve individuals that reside in the eastern, central, and western Navajo agencies – in each case, it appears that the virus was contracted off of the Navajo Nation. The first Monkeypox case on the Navajo Nation was confirmed in August.

In July, Navajo Nation President Jonathan Nez established a Monkeypox Preparedness Team tasked with monitoring, planning, and coordinating precautionary efforts to address Monkeypox, which was spreading across the country at the time. In August, President Nez and Vice President Myron Lizer issued a letter through the Navajo Nation Washington Office to U.S. President Joe Biden and U.S. Secretary of Health and Human Services Xavier Becerra, requesting that Monkeypox vaccines be prioritized for tribal communities. At the end of August, vaccines were received at each of the Navajo health facilities.

“We have been taking a proactive approach to prevent the spread of Monkeypox on the Navajo Nation. We recently secured doses of the Monkeypox vaccines and they are now available to the Navajo people at each of our healthcare facilities. As cases of Monkeypox continue to gradually spread across the country, our public health officials continue to push back and urge our people to be very cautious,” said President Nez.

According to the Health Advisory Notice, a person may take five to 21 days to develop symptoms after exposure to Monkeypox which may include a fever, malaise or general feeling of illness, headache, sometimes a sore throat and cough, and lymphadenopathy or enlarged/swollen lymph glands/nodes. Individuals often experience rashes on the face, inside the mouth, and other parts of the body including the genitals in the later stages – this is also when a person is most contagious.

Monkeypox is spread through skin-to-skin contact with infectious rashes, scabs, or bodily fluids, through contact with respiratory secretions, or by touching objects, fabrics, and surfaces that have been used by someone with Monkeypox. It also spread through sexual activity/intercourse, hugging, massaging, kissing, or prolonged face-to-face contact.

The Health Advisory Notice states that if you are sick with Monkeypox, to isolate at home, stay away from other people and pets, and to contact your health care provider for testing, care, and treatment. Vaccinations are recommended for people with close personal contacts of someone with Monkeypox. Contact your primary care physician for further vaccine recommendations.

For more information regarding Monkeypox contact your local health provider and visit the Centers for Disease Control and Prevention webpage <https://www.cdc.gov/poxvirus/monkeypox/> and Navajo Department of Health webpage <https://ndoh.navajo-nsn.gov/>.

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THE NAVAJO NATION

JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT



Navajo Department of Health Health Advisory Notice (HAN)

Navajo Nation Confirms Three New Monkeypox Cases of 2022 September 19, 2022

WINDOW ROCK, AZ – The Navajo Department of Health and the Navajo Epidemiology Center is issuing a notice of three new Monkeypox cases on the Navajo Nation. The individuals reside on the Navajo Nation, in the eastern, central, and western Navajo agencies, and acquired Monkeypox during travel outside of the Navajo Nation.

Signs and Symptoms of Monkeypox Disease

- It may take 5 to 21 days to develop symptoms after exposure
- Symptoms:
 - Early set of symptoms:
 - Fever
 - Malaise or general feeling of illness
 - Headache
 - Sometimes sore throat and cough
 - Lymphadenopathy – enlarged/swollen lymph glands/nodes
 - Rash on the face, inside the mouth, and other parts of the body, e.g. hands, feet, chest, genitals, or anus is a later symptom and the person is most contagious at this stage through the scab stage.

Risk Factors – persons or activities with increased risk of infection

- Recent exposure to a known case
- Anyone can get monkeypox with prolonged respiratory contact

How it spreads

- Direct skin-to-skin contact with infectious rash, scabs, or body fluids
- Respiratory secretions during prolonged face-to-face contact, or during intimate physical contact, such as kissing, hugging, massage, cuddling, or having oral, anal and vaginal sex, or touching the genitals (penis, testicles, labia and vagina), or anus of a person with monkeypox.
- Touching items, such as clothing or linens, that previously touched the infectious rash or body fluids
- Pregnant people can spread the virus to their fetus through the placenta

- Monkeypox can spread from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically last 2-4 weeks
- People who do not have monkeypox symptoms cannot spread the virus to others.
- At this time, it is not known if monkeypox can spread through semen or vaginal fluids

Prevention

- Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.
 - Do not touch the rash or scabs of a person with monkeypox.
 - Do not kiss, hug, cuddle, have sex or share sex toys with someone with monkeypox.
 - Avoid sharing bathrooms with a person with monkeypox. Avoid sharing eating utensils, or cups.
 - Do not handle or touch objects, such as bedding, towels, or clothing of a person with monkeypox. Do not share towels or bedding used in ceremonies and sweat lodges.
- Use an alcohol-based hand sanitizer or soap and water, if there is no hand sanitizer available.
- Avoid using portable fans, vacuuming, sweeping, dusting or any other dry cleaning methods.
- Recommended wet cleaning methods are disinfectant wipes, sprays, mopping, and steam cleaning. Use disinfectants according to the manufacturer’s instructions for disinfecting surfaces

If you are sick with monkeypox or suspect you have monkey pox:

- Isolate at home
- If you have an active rash or other symptoms described above, stay in a separate room or area away from people or pets you live with, when possible.
- Transportation outside of the isolation room should be limited, and if required, the patient should wear a well-fitting surgical mask and have all lesions covered
- Contact your primary care physician for testing, care and additional isolation information.

Vaccinations are only recommended for people with close personal contacts of someone with monkeypox. Contact your primary care physician for further vaccine recommendations.

For more information regarding Monkeypox contact your local health provider and visit the Centers for Disease Control and Prevention webpage <https://www.cdc.gov/poxvirus/monkeypox/> and Navajo Department of Health webpage <https://ndoh.navajo-nsn.gov/> .