

# THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

September 13, 2021

## Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 43 —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 August 27, 2021 – September 9, 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:

Baca/Prewitt	Crownpoint	Lukachukai	Rock Springs	Thoreau
Black Mesa	Ganado	Manuelito	Sheepsprings	Tonalea
Cameron	Hard Rock	Many Farms	Shiprock	Tsayatoh
Casamero Lake	Indian Wells	Mariano Lake	Shonto	Tselani/Cottonwood
Chichiltah	Jeddito	Mexican Springs	Smith Lake	Tuba City
Chinle	Kaibeto	Pinedale	Sweetwater	Upper Fruitland
Churchrock	Leupp	Pinon	Teecnospos	Whitehorse Lake

***\*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.

<b>People at Increased Risk for Severe Illness</b> <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>	<b>Might be at Increased Risk for Severe Illness</b> <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.