

THE NAVAJO NATION

JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT



Navajo Department of Health Health Advisory Notice (HAN) College Students and Workers Returning to the Navajo Nation Thanksgiving and Christmas Safety Guidelines

WINDOW ROCK, AZ – The Navajo Department of Health and the Health Command Operations Center is advising college students and individuals working or studying off the Navajo Nation to get tested for COVID-19 before coming home for Thanksgiving and Christmas. It is critical to get a COVID-19 test to ensure the safety of families and communities and minimize the potential spread of COVID-19 within households.

If college students and workers cannot access testing off the reservation, please visit a health facility in your community to get tested. While waiting for test results, you should quarantine before returning home or safely quarantine when you get home in a room separate from others. Take extra precaution prior to intermingling with household members.

All individuals coming home for the holidays should practice the following safety precautions:

- Avoid social activities and unnecessary travels
- Always wear a mask in public and indoors, even around family indoors
- Social distance six (6) feet from others
- Wash your hands for 20 seconds or use a hand sanitizer
- Quarantine for 14-days before returning home
- Do not travel if you are feeling sick

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.navajo-nsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.