



## Getting a COVID Test

Get tested if any symptoms or exposures.

Home antigen tests may be available at the same locations as supplies last!

### *LeChee Health Facility*

3 Miles South Coppermine Road  
LeChee, AZ

By Appointment Only  
To Schedule: (928) 689-4900

Monday - Thursday  
1:00 PM - 3:00 PM

### *Sacred Peaks Health Center*

6300 US-89, Flagstaff, AZ 86004

Walk-in  
To Schedule: 1-866-976-5941

Monday - Friday  
8:00 AM - 12:00 PM  
1:00 PM - 5 PM

### *Tuba City Regional Health Care*

#### *Drive-Thru Tent*

167 N Main Street  
Tuba City, AZ 86045

No Appointment Needed  
Drive-thru Tent

Monday - Friday  
8:00 AM - 4:00 PM PM

**Upcoming Weekend Testing:**  
**January 15, 16, 17**  
**10:00am - 4:00 pm**

## Getting a COVID-19 Vaccine, including **boosters!**

TCRHCC highly recommends COVID vaccination for those 5 and older. Booster doses are now recommended for those 12 and older who received Pfizer or Moderna 5 months or longer ago or Johnson and Johnson 2 months or longer ago. Those 18 and older can choose which vaccine to receive for booster, Pfizer or Moderna are highly recommended. Those 18 and under can only receive Pfizer. You can also receive your booster during your regular primary care or same-day appointment. For more information, call 928-283-1505.

**Boosters now approved for ages 12 and up!**

**Parent/legal guardian consent required if under 18 years of age.**

### • *Tuba City Regional Health Care*

Vaccine Clinic has moved to the Health Promotion/Diabetes Center  
No Appointment Needed  
Monday- Friday  
8:00 AM - 4:00 PM  
Pfizer Vaccine | Age 5+  
Moderna Vaccine | Age 18+  
Booster Shot | Age 12+

### • *Sacred Peaks Health Center*

Walk-in  
Monday - Friday  
8:30 AM - 12:00 PM  
1:00 PM - 4:00 PM  
Pfizer Vaccine | Age 5+  
Ages 5-11 by Appointment  
Moderna Vaccine | Age 18+  
Booster Shot | Age 12+

### • *LeChee Health Facility*

By Appointment Only  
To Schedule: (928) 698-4900  
Adults (12 and older)  
Wednesdays and Thursdays  
2:00 PM - 5:00 PM DST  
Pfizer Vaccine | Age 12+  
Moderna Vaccine | Age 18+  
Booster Shot | Age 16+

Pediatrics (5-11 yrs)  
Monday and Tuesday  
1:00 PM - 4:00 PM

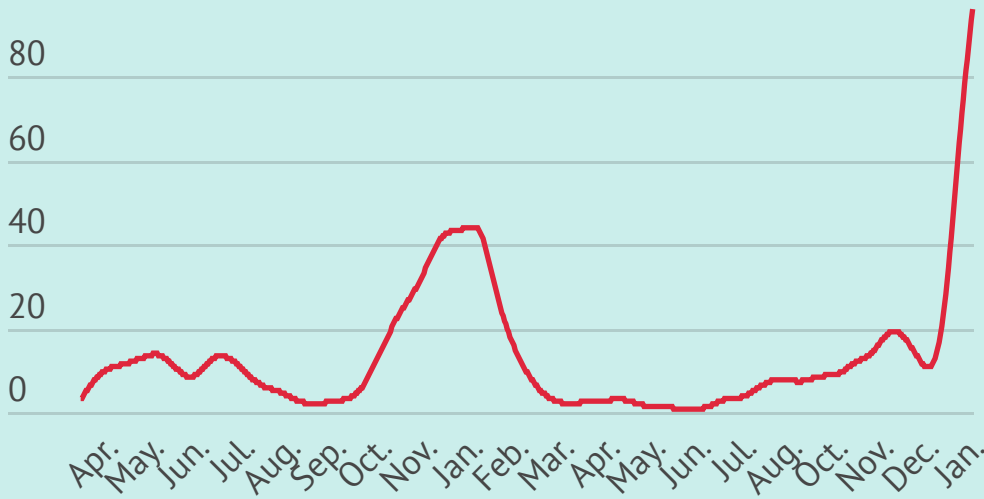
Pfizer Vaccine | Ages 5-11

# Pandemic Status

The risk of disease and the severity of the COVID-19 pandemic in our community is defined by the Navajo Nation and TCRHCC according to the five color coded risk levels below.

Risk Level Community Spread Disease Risk	Level Purple: Severe Outbreak Critical	Level Red: Extensive Very High	Level Orange: Substantial High	Level Yellow: Moderate Moderate	Level Green: Zero to Minimal Low
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## Daily New Cases



## Tests in Last Week



2484

Tests Performed



644

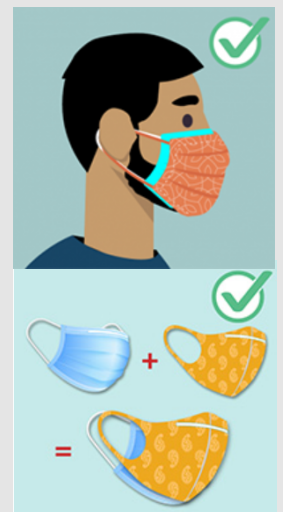
Positive Tests

Tuba City Service Area is currently at **Risk Level Purple**, based on the highest number of COVID-19 cases during the entire pandemic for the last two weeks in a row. For the first week of January, 26% of all tests at TCRHCC were positive. People who are fully vaccinated, had COVID before, and even boosted are testing positive and able to spread the infection to others, even with mild or no symptoms. TCRHCC does not have adequate public health capacity for this level of surge, but we continue to ensure that every positive test is notified as quickly as possible. TCRHCC has started to see a much smaller increase in hospitalizations over the last week, mostly in unvaccinated people, but a few in those who were vaccinated in early 2021, but have not gotten boosters. Getting a vaccine booster offers better protection, especially against serious illness!



## Public Health Recommendations:

- Avoid visiting and gathering. If you must, get tested first.
- Double mask in public, at work, and around people you do not live with.
- If you are unvaccinated, older than 65, OR have underlying health conditions, get tested EARLY if symptoms or exposures. Treatments to prevent severe illness may be available early in infection.
- To report a positive home test or for questions about your TCRHCC test, isolation, or quarantine, call the TCRHCC Hotline at 928-606-4647 or 928-707-4865, 7 days a week, 8 AM- 7 PM.



(images courtesy of the CDC)

# Navajo Nation Isolation and Quarantine Guidelines:

## Navajo Nation Guideline for **FULLY VACCINATED/BOOSTED** individuals

COVID Status	Self Care Action Plan
<b>Cases-Anyone who tests positive for COVID</b>	<ol style="list-style-type: none"><li>1. <b>Isolate:</b> Stay at home away from others for 10 days since symptoms began (or from test date if no symptoms). Isolation can be shortened to 5 days only if a test on day 5 is negative AND no symptoms or resolving symptoms</li><li>2. <b>Mask around others:</b> All cases should mask for the full 10 days, both in and outside of home.</li></ol>
<b>Contacts-Anyone who has been exposed to someone with COVID</b>	<ol style="list-style-type: none"><li>1. <b>Quarantine:</b> Staying at home (quarantine) is not required for people who are fully vaccinated and boosted who have no symptoms.</li><li>2. <b>Mask around others:</b> Wear a mask around others at all times (including at home) for 10 days after last exposure.</li><li>3. <b>Testing</b> is important to prevent silent spread:<ul style="list-style-type: none"><li>▪ <b>Get tested five days after your last exposure</b> regardless of symptoms.</li><li>▪ Test right away <b>if COVID symptoms develop</b> any time in the 10 day period and isolate away from others while awaiting the test result.</li></ul></li></ol>

## Navajo Nation Guideline for individuals who are **NOT FULLY VACCINATED AND BOOSTED**

COVID Status	Self Care Action Plan
<b>Cases-Anyone who tests positive for COVID</b>	<ol style="list-style-type: none"><li>1. <b>Isolate:</b> Stay at home away from others for 10 days since symptoms began (or from test date if no symptoms). Isolation can be shortened to 5 days only if a test on day 5 is negative AND no symptoms or resolving symptoms.</li><li>2. <b>Mask around others:</b> All cases should mask for the full 10 days, both in and outside of home.</li></ol>
<b>Contacts-anyone who has been exposed to someone with COVID</b>	<ol style="list-style-type: none"><li>1. <b>Quarantine:</b> Stay at home away from others for 10 days after last exposure. Quarantine may be shortened to 5 days only if a test on day 5 is negative AND no symptoms.</li><li>2. <b>Mask around others:</b> Wear a mask around others at all times (including at home) for 10 days after last exposure.</li><li>3. <b>Testing</b> is important to prevent silent spread:<ul style="list-style-type: none"><li>▪ <b>Get tested five days after your last exposure</b>, regardless of symptoms.</li><li>▪ Test right away <b>if COVID symptoms develop</b> any time in the 10 day period and isolate away from others while awaiting the test result.</li></ul></li></ol>

*Use a home antigen test to get out of isolation on day 5 after testing positive, not a hospital PCR test. A hospital test is very likely to be positive!*

### **FULLY VACCINATED AND BOOSTED MEANS YOU:**

- Have been boosted OR
- Completed the primary series of Pfizer or Moderna vaccine within the last 5 months OR
- Complete the primary series of J&J vaccines within the last 2 months

<https://www.ndoh.navajo-nsn.gov/COVID-19/Isolation-and-Quarantine>

## Vaccination Update

Of those 12 and older who live in the following chapters/communities Tuba City, Coalmine, Cameron, Dinnebito, Lechee, Bodaway-Gap, Coppermine, Kaibeto, Tonalea, and Moencopi Villages and have been seen at least once at any TCRHCC location in the last three years, 68% have received at least one dose, 65% are fully vaccinated, and 31% are boosted. For those 65 and older 84% have had at least 1 dose, 83% are fully vaccinated, and 57% are boosted. 99.9% of TCRHCC employees are fully vaccinated.