



# NAVAJO NATION

## Division of Health

### Bio-Terrorism Preparedness Program



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**FOR IMMEDIATE RELEASE**  
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### **Prayer for Emotional Health**

**Window Rock, AZ** – Prayer is a way to calm fears and instill hope when challenges face us. This was a message during a briefing on the H1N1 Influenza at the Navajo Division of Health Incident Command Post.

From a Navajo traditional perspective, there are signs of impending events through changes in the environment and celestial events. Navajo Traditionalists are asking people to pray in their respective faiths at this time especially with concerns about the H1N1 Influenza virus.

Currently, the Navajo Area Indian Health Service and Navajo Division of Health are reporting that there are NO confirmed cases of H1N1 Influenza cases or hospitalization for H1N1 in the Navajo area. Public events are not discouraged.

The Navajo Division of Health Programs and Indian Health Service are continuing to promote public education.

The Centers for Disease Control (CDC) today issued guidelines recommending that closure of schools NOT be based entirely on suspected or confirmed cases of H1N1 Influenza. CDC also recommends that public activities NOT be cancelled and does not recommend social distancing practices such as staying away from social activities.

People who are considered to be at high risk of serious complications are the same for the seasonal flu. These are people who are 65 years and older, children younger than 5 years old, pregnant women, people of any age with chronic medical conditions such as asthma, diabetes, heart disease or dialysis patients.

The H1N1 Influenza is showing basically the same symptoms as the seasonal flu, except that it has more serious effects such as:

- Difficulty in breathing with pain or pressure in the chest area or abdomen
- A loss of appetite
- Fever with high temperature
- Flu like symptoms improve but then return with fever and worse cough.
- Diarrhea
- Persistent Vomiting

- Dizziness/Confusion
- Children with H1N1 will also have a bluish or gray skin color.
- Children may be lethargic and may not wake up or interact with others, they will breathe fast and have difficulty breathing, be irritable and have a rash and not drink enough fluids.

You can help yourself and others from catching colds, seasonal flu or the H1N1 Influenza by practicing the following tips:

- Wash hands often with warm water and lots of soap for 20 seconds.
- Do not touch your nose, mouth or eye area after touching objects where someone coughed or sneezed.
- Cover your cough or sneeze with tissue and dispose of the used tissue immediately. If you don't have a tissue, cough or sneeze into your elbow or upper arm, to keep from spreading colds, flu or the influenza.
- Stay home from work or school if you are sick.
- Wipe surfaces with disinfectant. People who sneeze or cough can spew germs up to 6 feet.

If you have these symptoms call the local hospital and follow through with a hospital visit. The Fort Defiance Hospital hotline is (928)729-3565. In New Mexico call H1N1 Influenza Hotline 1-866-850-5893; Nurse Advice Line 1-877-725-2552. For more information you can also call Navajo Health Education at (928) 871-6258 and 871-6612; Navajo Community Health Representative at (928) 871-6782; or the Navajo Veterinary and Livestock Program at (928) 871-6615.

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