MEDIA RELEASE

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UCHealth Yampa Valley Medical Center is Prepared for COVID-19 Patients

STEAMBOAT SPRINGS, March 18, 2020 — The U.S. health care system is projected to be challenged by an influx of patients infected with the novel coronavirus and the pressure on hospitals will vary dramatically across the country. Hospitals prepare staff, supplies and equipment for pandemics and mass casualty incidents. "Flattening the curve" or slowing the spread of the coronavirus is one way to reduce demands upon the nation's and Routt County's health care system. You can slow the spread of the coronavirus with:

- Practice social distancing, maintaining at least six feet between you and others. Do not shake hands.
- Do not attend public gatherings.
- Protect the most vulnerable in our Routt County community, such as those who are immunocompromised, with pre-existing respiratory and heart disease by minimizing personal contact.
- Frequent and thorough and washing – Washing your hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash, or use your inner elbow or sleeve.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Stay home if you are sick, and keep your children home if they are sick.
- Clean surfaces in your home, and personal items such as cell phones, using regular household products.

Healthy residents of Routt County play a critical role in protecting the health of those most at risk of the coronavirus.

"UCHealth Yampa Valley Medical Center continues to work with Routt County Public Health, Routt County Emergency Management and the Colorado Department of Public Health and Environment as we all respond to COVID-19," said Eli Nykamp, director of operations and emergency management at UCHealth Yampa Valley Medical Center. "As partners in health,

UCHealth routinely drills and exercise situations such as a pandemic to ensure that if and when one might occur, our plans are in place and ready to execute. Our preparations address everything from staffing and supplies to how we would handle a surge of patients from the community. As part of the UCHealth family, Yampa Valley Medical Center is fortunate to have the support of and access to even more experts and resources during a time like this."

If you live or work in Routt County and you're not already registered to receive emergency alerts, visit www.RouttCountyAlerts.com or call 970-870-5532 for assistance.

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