

# Letter: Please, shelter in place Yampa Valley

News [FOLLOW NEWS](#) | March 24, 2020

## Letter to the editor

### Steamboat Pilot & Today



My family and I have lived and worked in the Yampa Valley for the last five years. We love our friends and our church, our neighbors, our librarians, our ski coaches, our grocery store checkers and baggers, our Starbucks barista and Scottie at downtown Conoco.

As a family doctor, I see possible COVID-19 cases every day. We have evidence that COVID-19 is in our community now. All of the data shows that this infection is and will continue spreading like crazy.

Recent evidence shows that severe interventions, such as sheltering in place, are the only way we can truly “flatten the curve” and stop the spread of COVID-19. The death toll in the U.S. has doubled in the last two days and will continue to grow at this rate if new interventions do not occur.

Sheltering in place means staying home and leaving it only for critical activities, such as grocery shopping and going to the doctor. It means socializing using social media and technology (such as Skype) and not in person. It means having no playdates ... and trust me, I have two children, and I know the tragedy of having no playdates.

It means nonessential businesses should be closed, and nonessential workers should be home. My family has already been sheltering in place for the last week out of the love we have for our community. I urge our community, state and nation to do the same out of the true love you have for others.

I recognize that the economic and social disruption of such measures will be severe, but the death of tens to hundreds of community members, thousands of Coloradans and hundreds of thousands of Americans will be just as disruptive. Please, Yampa Valley, stay home and stop the spread of the coronavirus and COVID-19 in our community.

Respectfully,

Barbara Novotny, MD  
South Routt

**Connect with needs and opportunities from**  **STEAMBOAT PILOT & TODAY**

Get immediate access to organizations and people in our area that need your help or can provide help during the Coronavirus crisis.



I NEED VOLUNTEERS



I CAN VOLUNTEER

## Conversation

FOLLOW



Join the conversation

[LOG IN](#) | [SIGN UP](#)

ALL COMMENTS 4

Newest



**Meaghan Hanson-Peters** 3 HRS AGO

Dr. Novotny, When you say "shelter in place" are you still getting outside for exercise and allowing your kids to do the same or are you staying completely indoors except for groceries and medical?

[REPLY](#) 1 [REPLY](#) 0

BN

**Barbara Novotny** 3 HRS AGO

Reply to **Meaghan Hanson-Peters**

We live on 35 acres, so yes, we are out on our own land exercising and playing together as a family. I realize that most families do not have that luxury of a large lot. If you live in a neighborhood, I would recommend getting out to walk, bike, play basketball in your driveway, soccer in your yard. But I would not recommend going to join another family even to play soccer in the street or sledding with a whole bunch of other kids on a community sledding hill. Going to x-c ski with your child at howelsen or going on a 20 mile bike ride with your partner would also be fine, as long as you keep your distance from others and don't stop to socialize!

[REPLY](#) 0



Add your reply



**Nancy Spillane** 6 HRS AGO

Thank you, Dr. Novotny. We also have been practicing shelter-in-place since last Thursday, and we plan to continue.

[REPLY](#) 1 [REPLY](#) 0

BN

**Barbara Novotny** 3 HRS AGO

Reply to **Nancy Spillane**

Awesome Nancy!

[REPLY](#) 0



Add your reply

### ACTIVE CONVERSATIONS



**Routt County restricts visitors, sets gathering limit amid coronavirus pandemic**

12



**Letter: Please, shelter in place Yampa Valley**

4