

COVID-19 SOCIAL BUBBLES



WHAT IS A SOCIAL BUBBLE?

A social bubble is a small group of people who socialize only with each other and gather only when sticking to the same prevention measures. While a social bubble can give you more in-person interactions, it doesn't mean socializing with everyone you know. Even with steps to stay safe, meeting with others in your social bubble does increase your risk for getting COVID-19, so it's important that everyone in your small group stays at least 6 feet apart, wears a mask (even when outdoors) and practices good hand hygiene.

It's important to practice physical distancing, wear a mask and wash our hands often to help prevent the spread of COVID-19. This can be challenging, especially at social gatherings. Our mental and emotional health are also important during the pandemic, which adds to everyone's stress and anxiety. Depending on your medical condition and risk of exposure, a tight circle of contacts within a social bubble, in addition to staying connected virtually, can help.

Here are some things to keep in mind to decide if extending your bubble of contact to close friends, family members, neighbors or coworkers is right for you.

IS IT SAFE?

- Know your medical situation, including risk factors
- Be up front about expectations and only interact with those whom you trust will follow the guidelines
- Don't include anyone who doesn't take precautions seriously

WHAT HAPPENS IF SOMEONE IN MY BUBBLE GETS SICK?

- Being part of a bubble means that everyone is willing to quarantine or isolate as a group should one or more members of the bubble become exposed to someone with COVID-19 or develop symptoms of illness themselves.
- If one person in the group tests positive for COVID-19, that person will need to be isolated from the remainder of the bubble and everyone else will need to remain quarantined for 14 days, including missing work and being separated from each other.

HOW DO I EXPAND MY SOCIAL BUBBLE?

- Keep your bubble small and consistent, continue to keep a physical distance
- Set the ground rules that anyone in your bubble wears a face mask, stays home whenever possible, and practices good hand hygiene
- Keep your bubble to the same people; every additional person adds more risk
- Follow any additional guidelines set by your local health department

