

## Creating a Social Bubble

Natalie Symons, Milestone HCQU West

This presentation provides information about creating social bubbles during COVID-19. Information is provided about what a social bubble is, how to create one, rules to follow when participating in a social bubble, and special concerns that may not make social bubbles a healthy option for certain individuals.

- <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/bubble.aspx>
- <http://dhss.alaska.gov/dph/Epi/id/SiteAssets/Pages/HumanCoV/whoisinyourbubble.pdf>

### KEY TAKEAWAYS

- Everyone in the group must wear a mask, keep six feet apart, hand wash and follow all protocols with anyone that is not in their social bubble.
- If anyone in the bubble develops symptoms of COVID-19, all members of the group must isolate.
- Social Bubbles are a way for people to help each other during this stressful time and provide a way to decrease loneliness and isolation

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Visit [AIDinPA.org](http://AIDinPA.org) or email us at  
[AIDinPennsylvania@gmail.com](mailto:AIDinPennsylvania@gmail.com)

