

# CHOOSING YOUR COVID-19 BUBBLE



## Evidence informed advice

Your 'COVID-19 Bubble' includes people with whom you have close contact. As COVID-19 cases and deaths reduce, your bubble can expand by 6 or fewer people at each stage of the pandemic response. If a bubble mate is sick, meet them only after symptoms subside.

## How to choose your bubble

### RISK

#### Is your risk the same as a potential bubble-mate's

- What is their risk of exposure at work?
- Who else is in their COVID-19 Bubble?
- How risky are their social activities?
- How well do they practice prevention?

### COMMUNICATION

#### Do you communicate well?

- Do you share similar expectations with bubble-mates?
- Do you agree on similar activities and frequencies?
- Can you agree on what you will communicate and how often?
- How does someone enter or leave the bubble?

### TRUST

#### Do you trust them?

- Do you trust them to keep bubble-mates safe?
- Do they do what they say they will?
- Can you be honest?
- Be honest yet non-judgmental when a bubble-mate no longer appears to have safety in mind. Your risk tolerance may no longer match.

### TRIAL PERIOD

#### Can you agree on a trial period?

- Bubbles won't last forever.
- Best friends may not be ideal bubble mates.
- Agree on a trial period to troubleshoot.
- Commit to remaining friends regardless of if they remain in your COVID-19 bubble.

### DIFFERENCES

#### Do you respect your differences?

- Risk tolerance can change. If a friend feels excluded when not invited into your bubble, consider ways of being more sensitive to them.
- Others may not have the means to enjoy all the activities that you do (eating out, spending money).
- People may have different mental health needs than you do.