



WAYS TO BE SAFER WHEN SOCIALIZING DURING A PANDEMIC

BEFORE HEADING OUT

- Have a small, consistent group of people (~10) that you socialize with- your "social bubble".
- Stay home if you feel at all sick.
- Prep your PPE- mask/face covering, hand sanitizer, travel wipes.



WHILE THERE

- Wear a face covering whenever you're with others: in the DD vehicle, walking in groups, at the gathering, etc.
- Practice physical distancing (6 ft. apart).
- It's safest to spend time with others outside. When outside, be mindful of your neighbors & keep the volume down.
- When inside, keep windows open & fans on to circulate air.
- Wash hands frequently for >20 seconds with soap and water or an alcohol based hand sanitizer.
- Sanitize hands after touching communal spots like door knobs, fridge handles, bathroom appliances, railings, game pieces, car doors, seat belts, etc.
- Bring your own drinks so you don't have to touch shared containers.
- Keep your own cup & avoid drinking games that include sharing cups.
- Limit the number of people serving drinks & food.

AFTER THE FUN



- Change your clothes when you get home.
- Wash hands for at least 20 seconds, as well as your face.
- If you attend functions frequently, get tested frequently.



SMOKING

Don't share vapes, cigarettes, e-cigarettes, joints, bong, pipes, etc. with others.

COVID-19 spreads through respiratory droplets released when people speak, cough or sneeze. You can pick it up if you put items contaminated by droplets, like vapes, in your mouth or touch them and then touch your eyes, nose or mouth.

Wash your hands before using any substance.

Be aware that smoking and vaping damages lungs and weakens the immune system.

Smokers are at higher risk of developing severe COVID-19 outcomes and death. Limit cannabis smoking or vaping to once a week. Avoid smoking or vaping cannabis if you feel sick. Take shallow inhalations and don't hold breath. Use products that contain no more than 100 mg/g (10%) THC content.

DRINKING

- Eat before and/or during drinking
- Use a DD or ride share
- Stick with friends when you go out
- Trust friends when they tell you you've had enough, and tell friends the same
- Don't mix alcohol and other drugs
- Decline drinks from strangers
- Alternate alcoholic and nonalcoholic drinks to hydrate
- Pace drinks to 1/hour
- Consider skipping drinking games and shots
- Pick a safe number of drinks for the night and keep track of it
- Have a plan if you get separated from friends
- Know what's in your drink and how much

FOR MORE INFO

For COVID-19 testing:

covid19screening.health.ny.gov

For UAlbany current information:

albany.edu/covid-19

For NYS current information:

<https://coronavirus.health.ny.gov/home>



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