



WAYS TO BE SAFER WHEN SOCIALIZING DURING A PANDEMIC



BEFORE HEADING OUT

Stay home as much as possible.

If you do choose to go out, use these tips to stay safer.

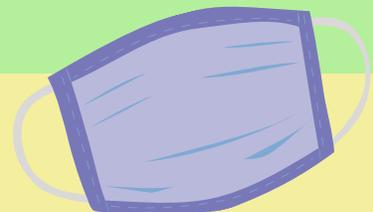
- Have a small, consistent group of people (~10) that you socialize with- your "social bubble".
- Stay home if you feel at all sick.
- Prep your PPE- mask/face covering, hand sanitizer, travel wipes.

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, dress for the weather and 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, game pieces, car doors...
- Bring your own drinks so you don't have to touch shared containers.
- Keep your own cup & avoid drinking games where you share cups.

AFTER THE FUN

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





SMOKING



Wash your hands before using any substance.

Don't share vapes, cigarettes, e-cigarettes, joints, bongs, 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.

Be aware: smoking and vaping damages lungs and weakens the immune system. Smokers are at higher risk of developing severe COVID-19 outcomes & death. Limit cannabis smoking or vaping to once a week. Avoid smoking or vaping cannabis if you feel sick. Take shallow inhalations & don't hold breath. Use products that contain <10% THC content.

DRINKING

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

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>

