

CREATE A SOCIAL BUBBLE* TO SAFELY SOCIALIZE



*A **social bubble** or pandemic pod is a small group of 10 people or less. Together the bubble chooses safety guidelines they will follow.

Considerations as you return to campus

SOCIAL

Who do you want to socialize with regularly?

Who else might they want to interact with?

TRUST

Who will carefully maintain the same safety precautions as you?

Who do you trust to respect the bubble?

COMMUNICATION

Who can you have open & clear conversations with about boundaries and risk management?

Who will follow the latest health and safety recommendations?



Student Affairs

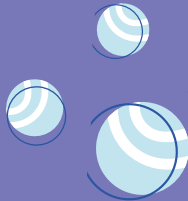
Center for Behavioral Health Promotion
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UALBANY SOCIAL BUBBLE RECS



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03

Plan: What activities are okay?

01

Keep your social bubble to 10 people or less

04

Discuss safety precautions before hanging out and when you are apart

02

Set ground rules that everyone can commit to



05

What to do when things happen: How will you navigate conflict?