



GBCA SAFETY TOOLBOX TALK

COVID-19: SOCIAL BUBBLES

A social bubble is a small group of people who commit to limiting their social circle to one another, and who follow the same COVID-19 prevention measures. Social bubbles allow you to socialize with some people, such as family members. These interactions can improve mental health by reducing loneliness and social isolation.

Social bubbles help limit the risk of catching COVID-19, but they do not eliminate the risk. This toolbox talk provides tips for creating social bubbles, and reminders of their limits.

TIPS FOR FORMING A SOCIAL BUBBLE

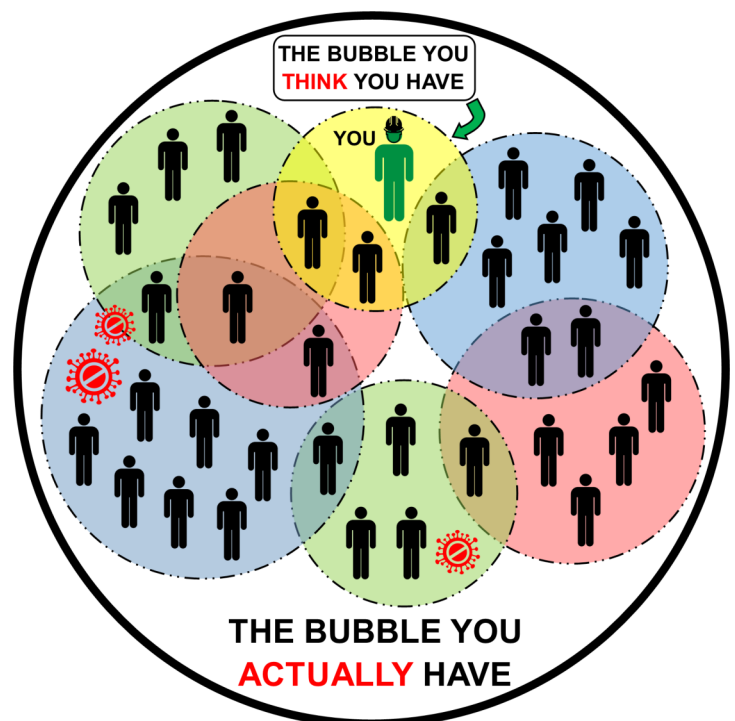
- Keep your bubble small and consistent. Adding people adds more risk.
- Set ground rules for your bubble:
 - Wear a face mask
 - Maintain social distance when in public
 - Stay home whenever possible
 - Practices good hand hygiene
- Everyone should be willing to quarantine as a group should another member of the bubble be exposed to or test positive for COVID-19.
- Don't include people who don't take precautions seriously.

DON'T BLINDLY TRUST A SOCIAL BUBBLE

- Social bubbles still put you at risk for getting sick, including with COVID-19.
- Some people may be part of more than one social bubble, or may have close contact with others such as their co-workers.
- Be willing to remove someone from a social bubble. If someone does not take precautions seriously, they put your bubble at risk.
- Social bubbles do not prevent asymptomatic spread of COVID-19.

Social bubbles do not replace isolation or quarantine. If one person in the group tests positive for COVID-19, follow these steps:

- The COVID-19 positive person should isolate for at least 10 days and stay away from the rest of the bubble for at least 14 days.
- Everyone else in the bubble should quarantine for at least 14 days, stay at home, and separate from each other.





GBCA SAFETY TOOLBOX TALK ■ SIGN-IN SHEET

TOOLBOX TALK TOPIC:

EMPLOYER: _____ **PROJECT:** _____

PRESENTER: _____ **DATE:** _____

NAME (PRINTED)	SIGNATURE	COMPANY (IF APPLICABLE)
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NOTES AND QUESTIONS:

<p>PRESENTER SIGNATURE (TO VERIFY ABOVE INFO):</p>
