

SOCIAL BUBBLE INFO SHEET



You are amazing. Your willingness to step up and give someone a second chance to lead a long and healthy life are the best gifts that anyone could ever give. Keeping YOU healthy before and after your donation is so important! To keep your donation and the patient's transplant on track, consider a strict social bubble for the time leading up to and after your donation. While a social bubble greatly reduces the risk, it is important to note that exposure to COVID-19 still exists even with a bubble.



WHAT IS A SOCIAL BUBBLE?

A social bubble is a small network of friends and/or family that agree to abide by a shared set of rules to reduce exposure to COVID-19. While it isn't possible to assure zero risk of exposure, creating a social bubble will greatly minimize your risk. The more people in your bubble, the more risk of exposure to contacts outside of your agreed upon group.



HOW DO YOU START YOUR BUBBLE? *

For this to work, you and your bubble partners must agree upon strict rules and keep the bubble to no more than 10 people (or two to three households). Have conversations about what each household is doing to stay safe from COVID and know what your personal limits are to feel safe in the situation. Get ready to be uncomfortable because these questions might be difficult as you get into the details.

Understanding that your goal is to gain agreement around them, consider including the following questions when you have these conversations:

- Is everyone able and willing to stay six feet away from others?
- Is everyone wearing masks in public?
- Will everyone limit their social in-person interactions to this social bubble?
- Will everyone agree and abide by the shared rules?
- How will everyday tasks be handled like grocery shopping, work, etc.?

After you've had the difficult conversations and laid the ground rules, limit your contacts that are outside of your new social bubble. Be proud of doing your part to keep yourself, your bubble partners, and your patient safe!



WHAT ARE THE GROUND RULES?

These can be unique to your group. Keep in mind your idea of common sense might not be the same as someone else's. Consider the following items:

- Does this include meeting people outdoors that aren't in the bubble?
- What are the protocols to follow when someone breaks the bubble?
- What will you do if someone in the group gets sick?
- What should I do if I start to worry someone isn't following the rules of the bubble?
- What is the exit plan if this setup isn't working?

Remember, the safest way to protect yourself and your patient is to limit your in-person interactions in the timeline leading up to your donation and stick to the safe plans established within your bubble. Stay safe, stay well, and stay healthy.

THANK YOU!

* Please follow CDC and local guidelines.