



SAFE SOCIAL "PODS"

What is a pod?

A social pod is a core group of friends or family who agree to limit their in-person social activities to only each other, and practice physical distancing with anyone outside the group. Being part of a pod allows members to continue seeing people outside their household while reducing the risk of spreading COVID-19.

Do

- ✔ **Agree up front exactly who is in the pod.** Keep your pod to under 10 people, and no more than one other household.*
- ✔ **Discuss how vulnerable to COVID members of the pod are** (underlying medical conditions, over age 65).
- ✔ **Agree on how all members of the pod will limit risk** (e.g., not seeing people outside the pod other than masked outdoors, not working or attending school in person). *The whole pod takes on the risk of each member's exposure.*
- ✔ **Pledge to be truthful with one another about activities.**
- ✔ **Stay outdoors as much as possible, even within the pod.**
- ✔ **Communicate immediately if anyone has symptoms or exposure to COVID-19.** The entire pod needs to stop getting together immediately, and the person with COVID-19 symptoms should get tested *immediately*.

Don't

- ✘ **Socialize with other people outside your pod,** except masked, outdoors, with at least 6 feet physical distance.
- ✘ **Pod with more than 10 people or two households.**
- ✘ **Be a part of more than one pod/social circle.**
- ✘ **Include people in your pod who have recently engaged in risky behaviors.**
- ✘ **Stop following essential public health guidance** (frequent handwashing, social distancing, wearing a mask).
- ✘ **Permit members of a household to be in different pods.**
- ✘ **Engage in activity that has not been agreed upon with your pod,** such as travel.
- ✘ **Stay in a pod if others are engaging in unsafe behavior** (e.g., going to large parties or gatherings).

* Households means a group of people living together in a shared dwelling with common kitchen or bathroom facilities.