

# Insulate Your Household Support Bubble

*We recognize the importance of family members and others who provide essential physical, mental, and emotional health support. Insulate your household and social-support bubble by:*



**L**

Limit size of bubble.

**E**

Ensure bubble members are “mutually exclusive”. Don’t gather with other bubbles or individuals.

**A**

Always mask and minimize contact with people outside your bubble.

**N**

Notify other bubble members if anyone has symptoms.