Insulate Your Household Support Bubble

San Mateo County distinguishes the importance of social "support" as different than a social gathering. California Regional Stay at Home Order: All gatherings with members of other households are prohibited in the Region. "Gatherings" are defined by CDPH as social situations that bring together people from different households.

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.