Step 1

Write it down: Write down everyone in your current bubble. This includes everyone in your household or social circle that you have consistently had contact with while hunkering down.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Step 2

Expand your bubble: Start by adding one family to your bubble. If your current household is yourself or you and a spouse or roommate, select a few (1-3) friends or family members. Write down everyone you add to your bubble.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Who *is in* *your* Bubble?

Alaska is reopening, but what does that mean for your social circle? You can now expand your bubble to include other individuals outside your household. Use this worksheet to help make sure you are expanding your bubble in a way that will keep you and your household safe.

Step 4

Follow some guidelines: Follow these guidelines to make sure you and your bubble stay healthy and safe:

- **Stay with your new bubble:** Continue to wear face coverings and keep at least 6 feet of distance when interacting with people outside your bubble.

- **Write down contacts:** If you interact with individuals outside your bubble, write down their names, location and date. This can help track the spread of infection if someone in your bubble contracts COVID-19.

- **Make your bubble work for your circumstances:** Not every bubble will look the same. Be considerate of people inside your bubble. If you include a high-risk person, go out in public less often and keep your bubble small to protect everyone inside it.

Step 3

New bubble: Once your bubbles are linked you can visit each other's homes, share meals, and go on outings together. To continue to prevent the spread of COVID-19, members of the new bubble need to agree that they will continue staying at least 6 feet away from others outside the bubble. Everyone in the new bubble can sign this worksheet to confirm they are on board.

Sign here

Contact Sheet

Writing down your interactions can help track the spread of infection if someone in your bubble contracts COVID-19.
Try to be as specific as possible, but remember it is better to write down some information than no information.

Who did I interact with	Date	Time	Location
EX: Dwight Schrute	5/5/20	10am - 5pm	Schrute farms