

Keep your social bubble small to prevent the spread of COVID-19

The smaller your social bubble, the more you and your family can be protected from COVID-19

Who is in your social bubble?

- Your household (people who eat and sleep in the same home every day).
- Possibly 1 – 2 other trusted families who are practicing prevention when outside the bubble.
- Keep this group small and consistent.

When outside your bubble, remain 6 ft apart and wear a face covering:

- Work or school
- Shopping
- Business and medical appointments
- Church
- Dining out
- Public transportation
- Exercise and recreation
- Any public areas

Overall goal:

- Minimize the spread of COVID-19.
- Allow small amounts of social interactions between trusted families.



Stay informed: <https://health.hawaii.gov/coronavirusdisease2019>