All About COVID Bubbles

Our Campus Bubble

Household Bubble

Social Bubble

The bubble you think you have

The bubble you actually have
• COVID Bubbles are “bubbles” of social contacts.
• This concept provides us with guidelines for in-person contact with students, faculty, and staff on campus and others in the community.
• Bubbles help us avoid isolation/quarantine AND prevent COVID-19 spread!
3 Types of COVID Bubbles

- **Your Household Bubble** → You and your roommate (if you have one) when you’re inside your room. If you live in a single, you are your own household bubble.

- **Your Social Bubble** → Friends you like to hang out with.

- **IC Campus Bubble** → Our entire physical campus space!
Your Household Bubble

- You can **take off** your face covering here when **with your roommate, in your room**. Ahhh….

- Communicate! Have **shared expectations** with your roommate about your **social interactions**, especially **within your room**.

- Keep your household bubble **safe**!
Your Social Bubble

- We all have **friends**, outside of our roommate, who we want to hang out with.

- Unfortunately, this is the **most challenging bubble type** for COVID spread.

- It **can be done**, though!
Your Social Bubble Can Be Tricky… Think About It

- You think you’re seeing only the people in your bubble…

- … but if they each have other contacts, you are exposed to many more people

- That’s why face coverings and physical distancing are still important!
What does an IC COVID-Safe Social Bubble look like?

- Each student has only one social bubble.
- The bubble contains 6 or fewer people. (This size will fit safely in most lounges and other spaces on campus.)
- The students stay 6 feet away from each other, and wear a face covering at all times except briefly when eating and drinking.
- The bubble gathers outside as often as possible!
Our Campus Bubble
The IC Campus Bubble

• We can keep the spread of COVID low for Ithaca College if we all stay within our IC Campus Bubble whenever possible!
• Study and play on our lovely campus as much as possible.
• Test two times per week (Monday/Thursday OR Tuesday/Friday).
• Respect signage helping to remind you to stay six feet apart.
• Wear your face covering.
• Avoid traveling outside of Tompkins County.
• Ask guests to postpone their visits to Ithaca for now.
Activities on a Spectrum of COVID Risk:

Check it out!

<table>
<thead>
<tr>
<th>Low Risk</th>
<th>Low-Moderate Risk</th>
<th>Moderate Risk</th>
<th>Moderate-High Risk</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opening mall</td>
<td>Walk</td>
<td>Dinner at a friend's house</td>
<td>Hair salon or barbershop</td>
<td>Eating at a buffet</td>
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<tr>
<td>Restaurant takeout</td>
<td>Run</td>
<td>Barbecue with others</td>
<td>Eating inside a restaurant</td>
<td>Working out at a gym</td>
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<tr>
<td>Refuelling</td>
<td>Bike</td>
<td>Going to a beach</td>
<td>Attending a wedding or funeral</td>
<td>Amusement park</td>
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<tr>
<td>Tennis</td>
<td>Staying at a hotel</td>
<td>Shopping at a mall</td>
<td>Travelling by plane</td>
<td>Movie theatre</td>
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<tr>
<td>Camping</td>
<td>Doctor's waiting room</td>
<td>School, camp, or daycare</td>
<td>Playing basketball</td>
<td>Playing football</td>
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<td></td>
<td>Library or museum</td>
<td>Working in a warehouse</td>
<td>Going to a stadium</td>
<td>Going to a bar</td>
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<td></td>
<td>Outdoor restaurant</td>
<td>Working in an office building</td>
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<td>Swimming in a public pool</td>
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<td>Hugging</td>
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<td>Shaking hands</td>
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Wait! Some of these are offered on campus – what's the difference?

It is true that some of these are offered on campus. We have significantly de-densified areas and have heightened disinfection and other safety protocols in place to reduce your risk!

Graphic credit: Texas Medical Association
Students have been doing a great job at keeping our COVID numbers low!

Keep up the good work!