

What CAN you do?

- You **can** visit the home of those in your support bubble and they can visit your home. You can also meet outdoors and in places other than home.
- There can be one and only one support bubble household for the duration of the restrictions.
- There are no restrictions on the **type or size** of household you **can** merge with.
- You **can** meet with one other household in an outdoor setting, which isn't a garden.
- You **can** travel beyond 5km for family reasons, including care, but not social visits unless it's to your support bubble household.
- You **can** form a support bubble with a household in your locality but can be outside the 5km limit (if only option available).
- You **can** only bubble with one household that isn't bubbling with another household.

Supporting yourself

Agree with the chosen household what you will do – say at the outset what your expectations are.

If anyone in the social support bubble develops symptoms – follow the public health guidelines. Check out gov.ie for further details at: <https://www.gov.ie/en/publication/3516d-support-bubbles/#who-can-form-a-support-bubble>

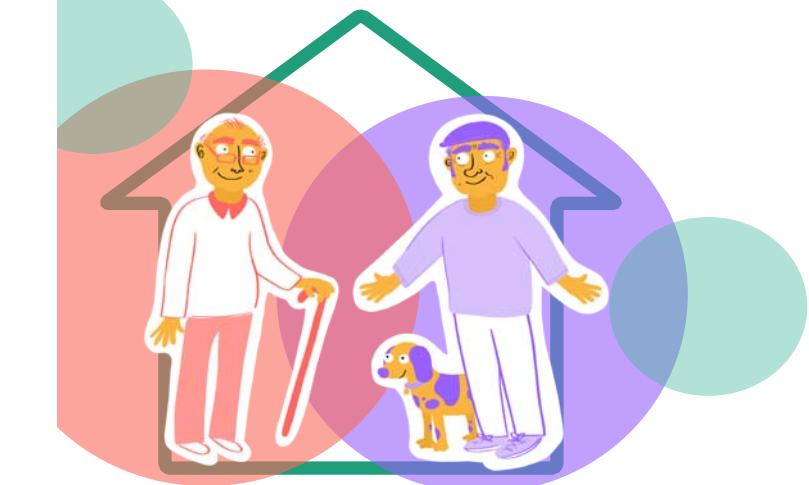
Check in with each other regularly and look after your mental and physical health - remember the 5 Ways to Wellbeing.

For support contact:

 covidsupport@corkcity.ie

 1800-222-226

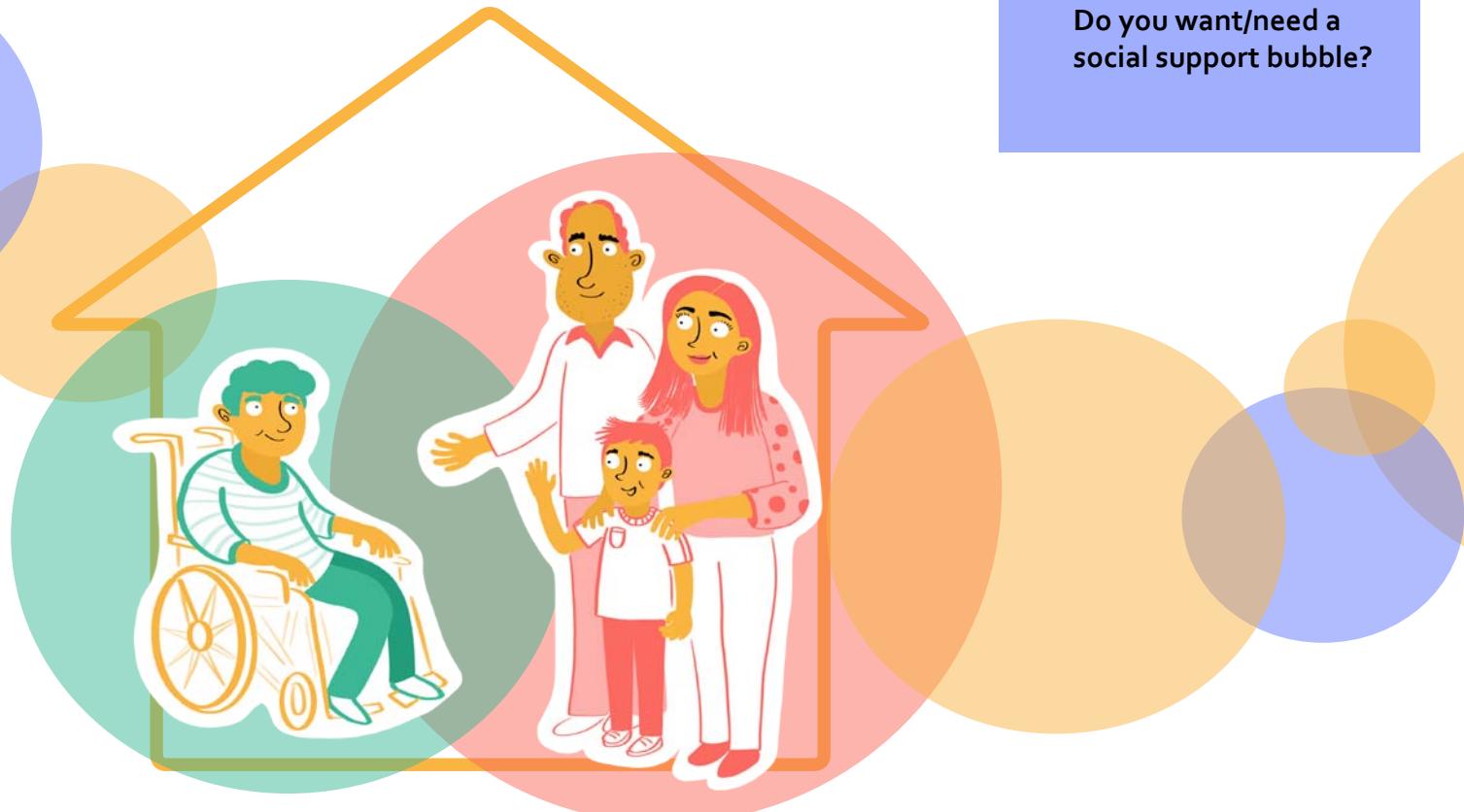
Social Support Bubbles and COVID-19



A Social Support bubble allows two households – one of which is a single-adult household – to merge together to become an extended family.

You can form a support bubble with another household:

- if you are living alone with children under the age of 18
- if you live alone
- if you share parenting or custody arrangements
- if you live with an adult you provide care for (for example a dependent adult relation or a partner with dementia)
- if you live by yourself and have a carer or carers who support you, including a live-in carer



Suggestions for choosing who you'd like to link with

Who do you trust to confide in, who is good at listening, non-judgmental.

Who do you feel comfortable with?

Who can give you time?

Do you want/need a social support bubble?

5 Ways to Wellbeing **COPING WITH COVID**

CONNECT



Lend an ear
Lend a hand
Talk instead of messaging
Share experience

BE ACTIVE



Move your body
Move your mood

TAKE NOTICE



Be curious & be aware
How are you feeling?
How are others feeling?
What can you change?

LEARN SOMETHING NEW



Surprise yourself
with what you can do!

GIVE



Your time Your effort
Your focus Your kindness



Connecting for Life
Cork & Kerry

SCAN FOR SUPPORTS
VIDEOS, ADVICE &
MINDFULNESS
EXERCISES

