



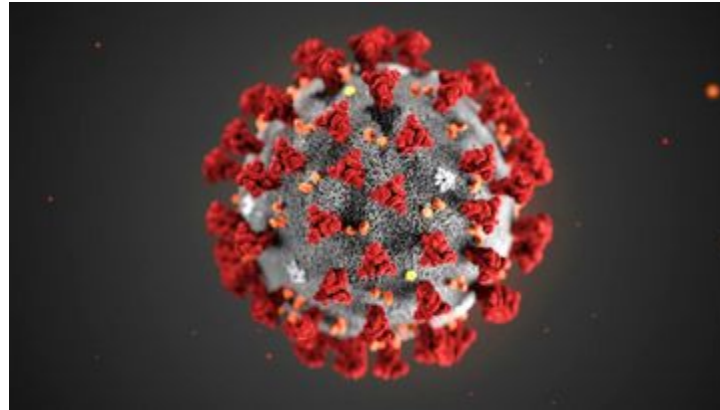
**STAY  
IN  
YOUR  
BUBBLE**



**DON'T BE  
SCARED.  
BE PREPARED.**

**A resource for adults during the COVID-19 self-isolation period.**

**There's a bad virus going around. It's called COVID-19.**



**It spreads from person to person. If many people are close together in the same place, that makes it easier for a virus to spread.**

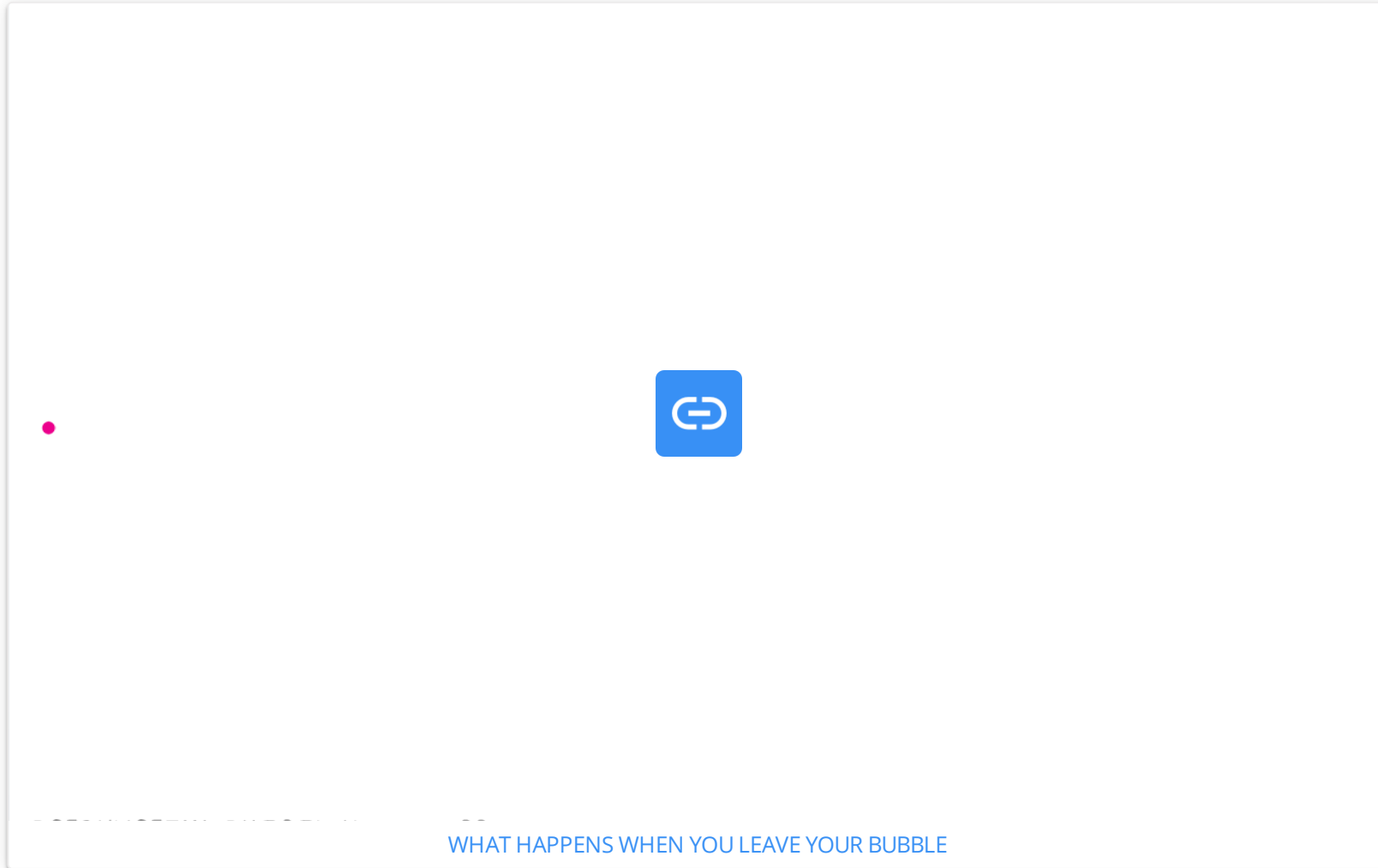


**People are smart. They are using healthy habits and working together to stop the virus from spreading.**



**Right now, I need to stay in my bubble.**

**I need to stay in my bubble to protect myself and do everything I can to stop the virus from spreading.**

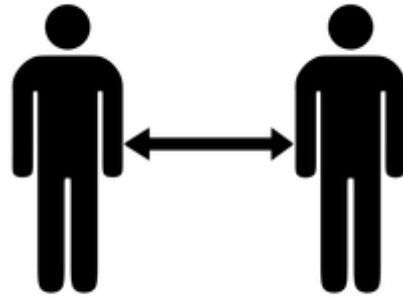


[WHAT HAPPENS WHEN YOU LEAVE YOUR BUBBLE](#)

**If everyone stays in their bubble, it will stop others from getting the virus and passing it onto others.**

**When going out in public, I should:**

- Be at least 2 metres from everyone



- Wash my hands before and after leaving the house



- Minimize time spent outside unless absolutely necessary

***My bubble is anyone who is in *my* home or anyone else who provides *me* with essential support, e.g. carers, nurses, doctors, etc.***

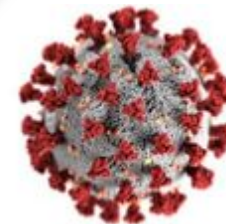
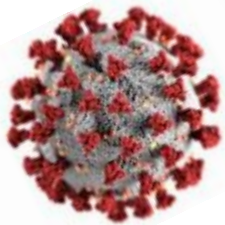
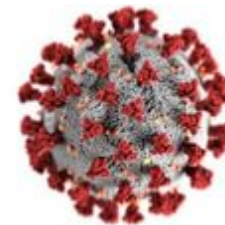
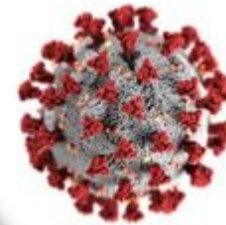
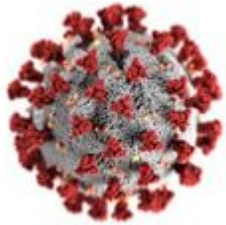


**Staying in my bubble means that I spend time with people in my bubble and no one else.**





**Staying in our bubbles will keep us safe.**



**Once the virus is gone, we don't have to stay in our bubble anymore.**

