



updated 2/26/2021

YOUR POD

and COVID-19

WHAT IS A POD?

A pod (or a **social bubble**) is a small group of people who agree to socialize in person only with each other and stick to the same COVID-19 prevention measures, both when the bubble is socializing together **AND** in daily life. Members of your pod include people you live with (e.g., housemates, family members) and can include people who you do not live with, but who agree to be part of your pod.



ADVANTAGES OF A POD

Our mental and emotional health are important during the pandemic. Feeling connected to others can help reduce stress and anxiety.

A small, tight circle of contacts within a pod, in addition to staying connected virtually with those outside a pod, can help.

Before joining a pod, consider if you are at risk for getting very sick—or getting others sick—from COVID-19.

While a pod can give you more in-person interactions, it doesn't mean socializing with everyone you know. Pods need to be kept small to be effective in protecting people inside the pod, especially if there is a lot of COVID-19 activity in your community.

Think carefully about each person who is in your pod. If one pod member has exposure to risk, the entire pod is then exposed to that risk. The more social, work, and academic situations your pod chooses to be in, the greater your chances are of exposure to COVID-19.

REMEMBER: Even with extra steps to try and stay safe, meeting with people who are not your housemates does increase your risk for getting and transmitting COVID-19.

HELP KEEP YOUR POD SAFE

- Adjust pod numbers accordingly and follow any updated **gathering guidelines** set by the [local health department](#) and [University of Virginia](#).
- Before you form a pod, talk openly about expectations, risks, and fears with other potential members. Once the pod is established, continue that open communication.
- Be upfront about expectations and only interact with those whom you trust will follow the guidelines.
- Don't include anyone who doesn't take precautions seriously.
- Keep your pod to the same people; every additional person adds more risk.



POD COVID-19 EXPOSURE

- Communicate openly with pod members if something happens that might put others at risk of exposure.
- If one person in the pod tests positive for COVID-19, that person will need to be isolated for at least 10 days and everyone who had close contact with that person will need to quarantine. Students should call the SHW Exposure Call Center at (434) 924-5362 to discuss all potential exposures to COVID-19.
- For more UVA-specific information about resources and protocols related to COVID-19, please visit:

studenthealth.virginia.edu/COVID-19

coronavirus.virginia.edu

