Single social bubbles
Hard words

This information has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book

You can get someone to help you

- read this book
- know what this book is about
- find more information.
About this book

This book is by the Department of Health and Human Services.

This book can help to answer your questions about your single social bubble.

You can make a single social bubble with one other person if you

- live alone

- are a single parent
  - with children under 18 years old

- who cares for a person with disability or illness over 18 years old.
There are restrictions in Victoria that say

- where you can go

and

- who you can see.

Restrictions are rules that mean

- we have to do less of some things

and

- we help people stay safe from coronavirus.

Coronavirus

- can make people very sick

and

- is spread when you are close to someone else.
About your social bubble

Your social bubble is a way to help you

● feel less alone

and

● stay safe from coronavirus.

You can only choose 1 person for your social bubble.

When you choose the person for your social bubble make sure

● they are an important person in your life

● you like to spend time with them

● you feel safe when you are with them.
You **cannot** change the person once you start your social bubble.

The person you choose for your social bubble **cannot** be in a social bubble with someone else.

If you live in metropolitan Melbourne you **must** choose a person for your social bubble who lives in metropolitan Melbourne.

If you live in regional Victoria you **must** choose a person for your social bubble who lives in regional Victoria.
How to choose who should be in your social bubble

If you need help to choose a person for your social bubble you can talk to your family or friends.

You can also get support from other groups.

Women’s Information and Referral Exchange

Support and help with relationships and friendships.

Call 1300 134 130

Mensline Australia

Help with relationships and how you feel.

Call 1300 789 978
What you can do in your social bubble

The person in your social bubble can visit you at your home.

You can visit the person in your social bubble at their home.

You can only visit them at their home when there are no other adults in the home.

It is ok to visit if there are children in the home.
Your carer or support worker can be with you when you visit the person in your social bubble if you have complex needs.

If you live in metropolitan Melbourne you **must** both wear a face mask when you visit each other in your social bubble.

You do **not** have to wear a face mask at your visit if you have a lawful reason **not** to.

You can travel more than 5 kilometres from your home to visit the person in your social bubble.

If you live in metropolitan Melbourne you **cannot** travel to regional Victoria.
Is the social bubble the same in regional Victoria?

The social bubble is different if you live in regional Victoria.

Any **household** in regional Victoria can make a social bubble with another household.

A household means a group of people who all live in the same house.

Up to 5 people from 1 household can visit you at your home as part of the social bubble.

You **cannot** have a single social bubble and a different household social bubble.
How can I make sure my social bubble is safe?

You might be at risk of serious complications from coronavirus if you

● are elderly

or

● have other health conditions.

There are other ways to connect with people.

For example

● video calls

● phone calls

● social media.
If anyone in your social bubble feels sick they should

- **not** visit the other person

- get tested for coronavirus

- stay at home until they are **not** sick anymore.
Can I have a social bubble if I am single but live with people in a disability residential service?

Yes you can make a social bubble.

You can visit the person in your social bubble at their home or outside.

You can visit the person in your social bubble with your support worker.

You can ask the person in your social bubble to visit you at your home.

If they visit you at your home you must stay in your private space.

They should not use shared places at your home.
Can I take my children with me when I visit in my social bubble?

Yes. If you have a child with disability under 18 years old you can take them with you to visit the person in your social bubble.

You can only take them with you if you cannot make other plans for their care.

If your child has health issues that make it easier for them to get very sick make sure you stay safe in your social bubble.

You can talk to your doctor about how you can stay safe in your social bubble.
Other ways you can stay connected

There are other ways to connect with people if

- you do **not** have a person in your social bubble
  For example, family member or friend

- you do **not** know who to choose to be in your social bubble

- your family member or friend lives too far away.

If you feel lonely and need someone to talk to contact the Red Cross COVID CONNECT service.

Call 1800 733 276
To find out about activities in your local area talk to a Red Cross community connector.

A community connector is someone who can help you get support that is

- safe

and

- close to your home.

Call 1800  675  398

Then press 3

Then press 4.

You can contact your local council about programs and activities in your local area.
More information

For more information about social bubbles
Go to the DHHS website.

Metropolitan Melbourne social bubbles.

Regional Victoria social bubbles.

For information about restrictions
Go to the DHHS website.

For information about the coronavirus

Call the Coronavirus Hotline.

1800 675 398

If there is an emergency

Call Triple Zero.

000

If you need help with English

Contact the Telephone Interpreting Service.

131 450
If you need information in another language

Go to the DHHS website.


If you need help to speak or listen

Use the National Relay Service.

Website

nrschat.nrscall.gov.au/nrs/internetrelay

Call 1300 555 727

Give the relay officer the phone number you want to call.