

determining personal boundaries during COVID-19

IMPORTANT, READ FIRST:

The safest way to prevent the spread of COVID-19 is to isolate completely at all times.

Even if you or your loved ones do not have complex health conditions, others you come into contact with might.

For up-to-date recommendations, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

___ I feel okay spending time with people besides housemates *inside*.

(If no, skip to next section).

Where? _____

How many at a time, max? _____

Who? _____

With whom am I NOT comfortable spending time inside? _____

What are my expectations of myself and those with whom I spend time with inside?

___ Stay 6 feet apart

___ Fist bumps are okay

___ Brief hugs are okay

___ Wear masks unless eating/drinking

___ Wear masks at all times

___ Get tested negative beforehand

___ Quarantine beforehand. *If so, for how long, minimum?* _____

___ Frequent handwashing

___ Washing objects and surfaces frequently

___ I feel okay spending time with people besides housemates *outside*.

How many at a time, max? _____

Who? _____

With whom am I NOT comfortable spending time outside? _____

What are my expectations of myself and those with whom I spend time with outside?

___ Stay 6 feet apart

___ Fist bumps are okay

___ Brief hugs are okay

___ Wear masks unless eating/drinking

___ Wear masks at all times

___ Get tested negative beforehand

___ Quarantine beforehand. *If so, for how long, minimum?* _____

___ Frequent handwashing

___ Washing objects and surfaces frequently

