



# Single social bubbles

What people with disability should know

## Single social bubbles – what people with disability should know

The single social bubble is a way to support people who may be feeling isolated while balancing the coronavirus (COVID-19) transmission risk.

If you live alone or are a single parent/guardian in metropolitan Melbourne and want to form a single social bubble, here is what you need to know.

- If you live alone, you can form a single social bubble with one other person.
- If you are a single parent/guardian, with children under the age of 18, or you care for a person with a disability or illness who is over the age of 18, you can form a single social bubble with one other person.
- The person you form a single social bubble with can visit you at your home.
- You can visit the person in your single social bubble at their home.
- If the person in your single social bubble lives with someone else, then you can only visit them when they are at home alone.
- The person in your single social bubble must be the same person the whole time. You cannot change the person that you have started your single social bubble with.
- The person in your single social bubble can't form a single social bubble with someone else.
- If you have complex needs, your carer or support worker can be with you during a visit to or from the person in your single social bubble.
- A fitted face mask must be worn during visits with the person in your single social bubble unless you have a lawful reason not to.
- You can only form a single social bubble with someone who lives in metropolitan Melbourne. You cannot be in a single social bubble with someone who lives in regional Victoria if you live in metropolitan Melbourne.
- You can travel more than 5km from your home to visit the person in your single social bubble.

For more information about single social bubbles in metropolitan Melbourne, visit

[Social gatherings: Metropolitan Melbourne Second Step](https://www.dhhs.vic.gov.au/social-gatherings-metropolitan-melbourne-second-step-covid-19)

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## 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 form a **household bubble** with another household.

Up to five people from that household can visit you at your home as part of the bubble.

The household bubble allows Victorians to start seeing friends or family while balancing the coronavirus (COVID-19) transmission risk.

If the person that you have formed a single social bubble with lives with other people, then you can choose to expand your bubble to the members of their household.

You cannot have a single social bubble and a different household bubble. The person or people in your bubble must be from the one household.

If you live in regional Victoria, you can only form a bubble with a household who lives in regional Victoria. You cannot be in a bubble with someone who lives in metropolitan Melbourne if you live in regional Victoria.

For more information on social bubbles in regional Victoria, visit [Social gatherings: Regional Victoria Third Step](https://www.dhhs.vic.gov.au/social-gatherings-regional-victoria-third-step-covid-19) <<https://www.dhhs.vic.gov.au/social-gatherings-regional-victoria-third-step-covid-19>>.

## How can I keep myself and my social bubble safe?

When you form a social bubble with a person or household, it is even more important you take extra steps to keep each other safe.

If you are more vulnerable to serious complications because of coronavirus (COVID-19), you should think about other ways you can stay connected – including video calls, phone calls or social media.

If anyone within your social bubble feels unwell, they should immediately get tested and isolate at home. You should not visit that person or have that person over to visit if anyone in your social bubble is unwell.

In metropolitan Melbourne, a fitted face mask must be worn during visits with your social bubble, unless you have a lawful reason not to.

## Things to think about when choosing your bubble buddy

When choosing the person to be in your single social bubble think about whether they, or the people they live with, need care or support because of:

- their age
- disability
- a medical condition
- an unsafe family environment.

It is important to choose a person that you have a good relationship with.

You should also think about the following questions.

- Are they an important person in your life?
- How long you have known the person and if they are close to you, your family and friends?
- Do you enjoy spending time with them?
- Do you feel safe when you are with them?
- Do they understand what is important to you and make you feel comfortable when you are around them?
- Where do they live? If you live in metropolitan Melbourne, you can form a single social bubble with someone who lives 5km beyond your home, but you cannot form a single social bubble with someone in regional Victoria.

## Support with choosing your bubble buddy

If you need help choosing who you should create a single social bubble with, you can talk to your family, carer, friends or people you trust to help you make the right decision.

If you need more support, contact:

- Women's Information and Referral Exchange ([WIRE](https://www.wire.org.au) <https://www.wire.org.au>) for general support and help with relationships including friendships for women, nonbinary and gender-diverse people. They have online chat function and phone support on **1300 134 130**.
- [MensLine Australia](https://mensline.org.au) <https://mensline.org.au> for help with relationships, including emotional health. They have online chat and video chat function. Call **1300 78 99 78**.

## I am single but live with other people in a disability residential service. Can I have a single social bubble?

Yes, you can form a single social bubble. You can:

- visit the person in your bubble at their home or outdoors
- visit the person in your bubble with your support worker/s (This is permitted and falls under 'care giving' reasons for leaving home)
- ask them to visit you at your home, as long as the visit can be confined to your private space and complies with the [Care Directions](https://www.dhhs.vic.gov.au/visiting-care-facilities-covid-19) <https://www.dhhs.vic.gov.au/visiting-care-facilities-covid-19>.

If the person in your single social bubble visits you, they should avoid using any shared facilities where possible.

## I am a parent with a child or children with disability. Can I take them with me when I visit the person in my single social bubble?

Yes. If no suitable care arrangements (such as respite) can be made, you can take your child or children with you to visit the person in your single social bubble.

If your child has health issues that could be impacted by coronavirus (COVID-19), please speak to your doctor or health care professional about how you can stay safe in your single social bubble.

Also consider other ways you can stay connected – including video calls, phone calls or social media.

## What are some other ways I can stay connected to others?

There are other ways to connect with people if:

- you do not have a single social buddy
- you feel unsure about who to choose to be in your single social bubble or
- your relatives, friends or partner lives too far away.

If you are feeling lonely and need someone to talk to, for a friendly chat contact the Red Cross COVID CONNECT service by calling **1800 733 276** during business hours.

If you would like to get involved in activities happening in your local area either online or over the phone, you can:

- speak to a Red Cross community connector by calling **1800 675 398** and press 3 and then 4
- contact your local council about events, programs and activities in your local area.

**For more information about single social bubbles, visit [Social gatherings: Metropolitan Melbourne Second Step](https://www.dhhs.vic.gov.au/social-gatherings-metropolitan-melbourne-second-step-covid-19) <<https://www.dhhs.vic.gov.au/social-gatherings-metropolitan-melbourne-second-step-covid-19>>**

**If you need an interpreter, call TIS National on 131 450**

**If you are Deaf or hard of hearing, contact the Red Cross or local council through the National Relay Service or NRS. Call the NRS Help desk on 1800 555 660.**

For any questions

**Coronavirus hotline 1800 675 398 (24 hours)**

Please keep Triple Zero (000) for emergencies only

To receive this document in another format phone 1300 651 160 using the National Relay Service 13 36 77 if required, or [email Emergency Management Communications <COVID-19@dhhs.vic.gov.au>](mailto:COVID-19@dhhs.vic.gov.au).

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