

# Support bubble



If you live alone you can now visit friends or family in one other house. This is called your **support bubble**.



This is only for people who live on their own



and single parents



It is not for people who are shielding



You have to choose just one house to visit



But you can go indoors and even stay the night



**If any of you get coronavirus symptoms  
You must all stay home for 14 days**