PartySafe: Healthy Pandemic Practices
Use this resource to get what you want socially (connection, belonging, fun, relaxation) without what you don’t want.

Everyday Actions to Socialize Safely
Learn and apply these City of Berkeley Public Health Directives to every gathering you plan to attend or host.

Remember, Bears Protect Bears! At UC Berkeley:
- There are currently no campus/student organization gatherings allowed on campus.
- Stay current about surveillance testing for students on and off campus.

We are Accountable to Each Other
Joining a community comes with benefits and responsibilities. The Berkeley Campus Code of Student Conduct outlines student responsibilities and consequences for violating them. COVID-19 related updates include:
- COVID-19 Health & Safety Response - Failure to wear face coverings and maintain social distancing can be charged as a Code violation. Use the Incident Report form to report a possible violation.
- 102.28 Temporary Provisions, Misconduct Related to COVID-19 - for individual and Student Organizations
- You can now be fined up to $100 in the city of Berkeley for not wearing a mask. The Berkeley city council has approved an ordinance that allows city staff to issue citations to individuals and businesses that are in violation of the city's COVID-19 public health orders.

Social Bubbles
City of Berkeley defines a “Social Bubble” as a stable group of up to 12 people from mixed households who can socialize together outdoors using everyday COVID-19 safety actions. “Stable” means the membership does not change for a three-week period. Members of shared households are part of the same social bubble, even if larger than twelve people. Review and address congregate living issues for your situation.

Key to successful social bubbles is ongoing communication about:
- Your Priorities: “My humanity, my studies and my health guide all my choices and actions right now.”
- Your Expectations & Agreements: “I’m glad we made time to talk and agree about (limits on guests, cleaning & disinfecting practices, safe & essential outings, surveillance testing, symptom management & medical consultation) and that we’ll speak up if we notice we're getting off track.”
- Your Observations and Feedback: Use these guidelines to prevent small issues from becoming big.
  - Notice and express concern: “I noticed you (forgot your mask, brought a friend to your room). I feel worried about forgetting our community agreements and priorities we shared. How about you?”
  - Acknowledge, explain don’t defend: “True, I've been getting tired of all the limits and rules - I just want life to be normal again. I lost track of those things by accident, not on purpose.”
  - Summarize/reflect and invite to continue communicating (being appropriate, not laughing it off): “It’s tiring for me too. Since I know neither of us wants to get sick let’s talk about the priorities and agreements we set and see if they still make sense or should change.”
Remote Gatherings - No masks required!
- See and talk with friends outside your daily social bubble
- Use dating apps to find platonic friends and interest networks.
- Audio only is great -- especially while out walking, shopping or doing other activities.
- Parallel play: watch movies; sports; cook; play music; exercise; puzzles; sex (with consent!)
- Parties: Themes! Invite the right number of people. Consider time zones and screen fatigue. Hosts actively facilitate. Set up multiple rooms and rotate every 15 minutes. Make alcohol or other substances optional, not featured in event title or description.

In-Person Gatherings - As Permitted
- Check and uphold local guidelines before planning or attending a gathering.
- Choose outdoor over indoor spaces. Picnics, hikes, movies, concerts, games that allow for physical distancing. If indoors, ensure it’s well-ventilated.
- Make it small and short. Longer periods with more people create greater potential for transmission.
- Share your safety precautions in advance (e.g. masks required - provided for those who forget, staggered arrivals and departures, bring own food and beverages, no sharing cups, pipes, bongs, vape devices).
- Use basic PartySafe risk management to keep intoxication at levels that allow hosts and guests to adhere to public health, substance use and social health “best practices.”
- During event, kindly and firmly remind people to follow the precautions.
- Provide necessary supplies (masks, hand sanitizer, tissues, distance & designated area markers) at logical times & locations (at entrance, before touching food, in restrooms, etc.)
- Use effective practices for cleaning and disinfecting before, during and after a gathering.
- If after the event anyone has symptoms or tests positive, support contact tracing efforts.

Resources
Rely only on trusted sources as WHO, CDC, City of Berkeley, and UHS-Tang for ongoing information.

University Health Services (Tang Center)
- COVID-19 Information & Services
- Alcohol and Other Drug Information
- Alcohol and Other Drug Counselors
- Student Mental Health

City of Berkeley
- Health Officer’s Order/Guidelines

Centers for Disease Control
- COVID-19 Guidance for Shared or Congregate Housing
- COVID-19 Questions and Answers: For People Who Use Drugs or Have Substance Use Disorder

World Health Organization
Alcohol and Covid-19 fact sheet

National Institute on Drug Abuse
COVID-19 Resources on Drug Abuse

uhs.berkeley.edu/covidgatherings