

Social Distancing/Isolation Have You Down?

“Companion Cohorts” (aka, “social bubbles” or “quaranteams”)—where people (especially folks that live alone and/or high-risk individuals) come to agreements on consistent COVID-19 precautions in order to create small groups or “cohorts”. Once safety practices are agreed upon and implemented, a two-week isolation period would begin. Afterwards, they can interact with each other like family units. *I.e.*, they would be able to gather without masks or social distancing, have dinner together, walk together, *etc.* There is a short PBS Newshour segment (4:49 length) on this idea titled [*How to form a COVID-19 social “bubble” or “quaranteam”*](#) in which MIT Technology Review’s Gideon Lichfield—author of [*A guide to negotiating a covid “bubble”*](#)—describes the idea and references some guidelines for organizing such a group.