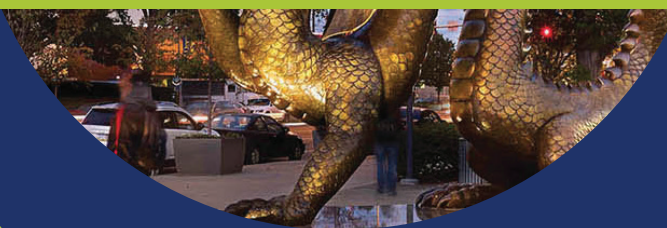




A GUIDE TO FORMING YOUR POD



drexel.edu/coronavirus





FORMING YOUR POD

Bringing students together in consistent cohorts, or pods, can help limit the spread of COVID-19 on campus and make it easier to manage contact tracing if you or your friends test positive for COVID-19. Your pod should include about six students who share agreed-upon practices. This is effectively your trusted "household" while you're at Drexel, whether you live on or off campus.

When forming your pod, aim to choose members of your community who provide you with social support and observe similar public health practices as you do. While there is currently no scientific guidance for how large a social group should be, public health leaders have indicated that reducing social contact through pods and other means may be an effective strategy for curbing the spread of illness. This exercise will help you decide how to form your pod.

PART I: IDENTIFY YOUR PUBLIC HEALTH PRACTICES

The Drexel community is committed to taking care of each other by following the core public health guidance on the **Dragon Pledge [PDF]**. Core practices are always wearing a mask on campus, maintaining at least 6 feet of distance from others, and washing your hands frequently. What other concerns and behaviors inform your public health practices?

Are you considered healthy, i.e., you are not at risk for severe illness and do not have underlying medical conditions?

NO	YES	MAYBE	DON'T KNOW
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Do you hold an essential role that may require you to be in regular contact with people outside of your pod?

NO	YES	MAYBE	DON'T KNOW
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Are you likely to dine in at local restaurants at least once a week?

NO	YES	MAYBE	DON'T KNOW
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Do you plan to participate in organized social gatherings, such as club meetings, , sporting events, or other events that involve long conversation, physical exertion, or singing?

NO	YES	MAYBE	DON'T KNOW
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Are you likely to attend informal social gatherings of up to 15 people?

NO	YES	MAYBE	DON'T KNOW
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Do you plan to work out in a gym or fitness studio at least once a week?

NO	YES	MAYBE	DON'T KNOW
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Are you likely to shop in person at local retail stores at least once a week?

NO	YES	MAYBE	DON'T KNOW
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Are you likely to leave campus regularly for self-care appointments, such as haircuts, manicures or health visits?

NO	YES	MAYBE	DON'T KNOW
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If most of your answers are in the first column (no), you have a lower risk tolerance. This means you are not comfortable with personal behaviors that assume a range of acceptable risks.

If most of your answers are in the second column (yes), you have a high risk tolerance. This means you are comfortable with personal behaviors that assume a range of acceptable risks.

If your answers fall across a range of columns or include mostly “maybes,” you have a medium risk tolerance. This means that you may be comfortable with some behaviors that assume health risks, but not others.

What is your risk tolerance: high, low or medium?

Ask potential pod members to fill out this rubric so you can share and discuss risk tolerance. Members of a pod should agree on risk and safety practices.

PART II: MAP YOUR SOCIAL SUPPORT NETWORK

Your social well-being depends upon the quality and diversity of your support network. When forming your pod, consider people from whom you receive each of these types of social support:

- Emotional support meets an individual’s emotional needs. It bolsters self-esteem and the ability to overcome challenges.
- Practical help tangibly assists an individual in completing tasks in their daily life, such as cooking and studying.
- Sharing points of view affirms an individual’s perspective and shares ideas on how to handle a present situation or task.
- Sharing information enables an individual to make the best decisions moving forward.

Which people in your campus network provide you with each of these four types of support? In what ways?

<p>EMOTIONAL SUPPORT</p>	<p>PRACTICAL HELP</p>
<p>SHARING POINTS OF VIEW</p>	<p>SHARING INFORMATION</p>

You may have others, including those outside your campus network, who provide these supports virtually.



PART III: CREATING YOUR POD

Once you have identified potential pod members, plan to have a group conversation. Pod success depends on honest and frequent communication, so consider how you will talk about risk and the use of primary prevention strategies. Together, your pod should come to an agreement about the strategies that you will use.

Based on public health practices, risk tolerance and social support needs, who are the potential members of your pod?

What form of social support do you offer each other?

What shared public health practices have you agreed upon?
