



Social Distancing with your Host Family

Social distancing is for the benefit of everyone who lives in your community starting with yourself, your host parents, friends and anyone you may normally have contact with. We all must do our part, even if you are young, or otherwise healthy, your activities can increase the risk for others. As au pairs it is important to remember the following:

- The White House announced new guidelines for the next two weeks, urging people to avoid gathering in groups of more than 10 people; to avoid optional travel, shopping trips, or social visits; and not to go out to restaurants or bars.
- Practice good hygiene –avoid touching your face, wash your hands, especially after touching any frequently used item or surface, sneeze or cough into a tissue, or the inside of your elbow.
- All Au Pair in America regulations still apply for your childcare schedule.
- Discuss the schedule with your host parents and clearly define what is child care for you and what is personal/family time.
- Talk with your family about social distancing. Everyone in the household must agree to practice social distancing in the same way.
- It is important that you follow the rules in place for your household, not doing so may put your match in jeopardy.
- Social distancing does not mean social isolation. With online and social media tools we can all stay connected.
- Contact your counselor if you need advice about how to stay connected with friends and other au pairs.
- This is a temporary situation, if we all practice social distancing now, it will benefit all of us and bring social distancing to an end sooner.

We are all in this together!