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. Even if you are young, or otherwise healthy and you or people around you may be vaccinated, your activities can increase the risk for others. As guidelines may vary in different areas of the country it is important to discuss any changes to the social distancing recommendations in your state, city or town with your host family. As au pairs it is important to remember the following:

•   Keep a distance of at least 6 feet (nearly 2 meters) from others when in public.

•   Avoid large and small gatherings in private places and public spaces as necessary.

•   Cover your mouth and nose with a cloth face cover as required.

•   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.

•   There will most likely be a continuation of certain aspects of social distancing for the coming months, even after the more strict guidelines are lifted and more people are vaccinated. If we all practice social distancing as directed, it will benefit all of us and allow more of the normal day to day activities to come back and continue.

We are all in this together!