setting boundaries during COVID-19

set yourself up for success

- **Before spending time with anyone, have a conversation about your expectations.**
    - "I want to make sure we all feel safe. So before I see you on Saturday, can we talk about how we're taking precautions?"
    - If they are not willing to have the conversation, that is a **huge red flag.**
- **State your wishes clearly and firmly.**
    - "I'd like everyone to get tested before the holiday party."
    - "I want to make sure you are willing to wear a mask."
- **Elicit a confirmation that they understand and agree.**
    - "So just to double check... you'll get tested first?"
    - "You're okay with wearing a mask *the whole time*?"

enforce boundaries

- **If you notice people aren't abiding by the predetermined boundaries, first assume it is an honest mistake, and correct.**
    - This could be as subtle as a tug on your own mask to remind them to pull their mask over their nose...
    - ...or as direct as, "Karen! Mask on, please!"
- **If it's hard for you to be direct, pepper jokes in.**
    - "There will be no rona in my house!"
- **If people are repeatedly ignoring the guidelines, directly point this out, and clarify the consequence.**
    - "No one is following our agreement to stay 6 feet apart."
    - "If this continues, I'm going to have to leave / ask you to leave."
- **Follow through with the consequences you've warned about.**
    - If people are repeatedly ignoring your boundaries, this is the only way to protect them and get people to take you seriously.