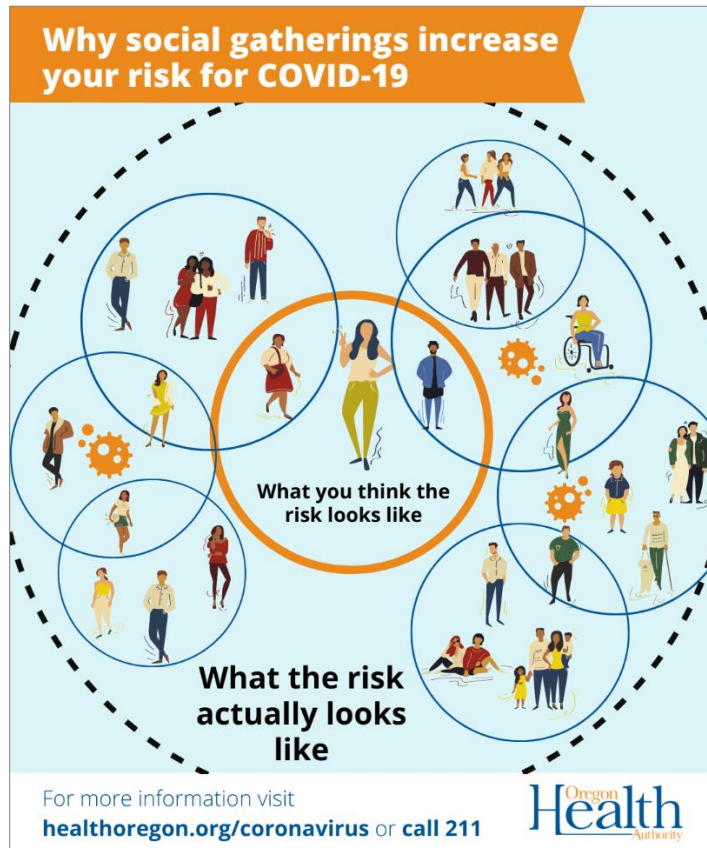


Excerpt from Marissa Madrigal, Metro COO email to all employees on Friday, Dec. 11.

### How small is your bubble really?

A COVID bubble (not an official public health term!) is how a lot of us are describing the group of people in and outside our household that we spend time with right now. And, we know that limits on gatherings and exposures recommend those bubbles stay small. How big we think our “bubble” may be and what the risk is can be very different. Oregon Health Authority helps us think about it visually:



### Considering risk with what experts tell us

Yep, learning about a new virus that has spread across the globe is a little messy. Science continues to evolve and here at Metro we are following the advice of federal and local health agencies. Here is a sample of data from recent research on virus transmission:

- **40% of COVID-19 cases** are estimated to be *asymptomatic* where the infected person does not experience any symptoms of the illness but can still transmit it to others.
- **50% of COVID-19 spread** is estimated to occur when someone is *not showing symptoms*. That means the person who has COVID-19 and can infect others, but is not yet showing any symptoms, or may not ever show symptoms.

So when we think about this research\* and our “bubble”, it begins to make a little more sense why tests can say negative but you can still have the disease and why we see spread among people and small groups where everyone “feels ok”. We also can understand more on why gatherings over the holidays are risky and a quarantine after travel may be a good idea.

\* Sources: CDC. [COVID-19 Pandemic and Planning Scenarios](#). Sept. 2020

Learn more about this data: CNN. [Most coronavirus cases are spread by people without symptoms, CDC now says](#). Nov. 2020