

*Excerpt from Marissa Madrigal, Metro COO email to all employees on Thursday, Dec. 17.*

### **Having conversations about COVID-19 safety with those you care about**

We talked about our “COVID bubbles” last week and dug a little deeper into how the virus can be spread and “I feel fine right now” isn’t a safe way to think about COVID-19 safety. We have a couple more holidays coming up and want to share with you tips for having a COVID-19 safety conversation with someone you care about. This isn’t necessarily easy and don’t be hard on yourself not knowing where to start!

This helpful article from John Hopkins University provides practical tips and conversation starters for different scenarios we might encounter and how to come from a place of care while making thoughtful decisions that keep everyone’s safety first and foremost: [How Can I Ask My Friends to Wear Masks? Talking to Friends, Family, Kids, and Coworkers about COVID-19 Safety, August 2020.](#)

While we can’t control the behavior of others, one thing we can control is planning ahead for the conversation. Give yourself some space to plan for the conversation and even take notes to remind yourself on some tips and why COVID-19 safety is important to you.

Taking the time to understand the other person’s perspective on the COVID-19 safety decisions they are making and communicating that your safety decisions are because you care about the other person can go a long way in making these conversations a bit easier. Recognizing the other person’s frustration or disappointment when you have to decide to cancel plans or decline invitations is also helpful. Using what are called “I statements” is key here: “I get worried when I hear about you spending so much time indoors with others”, or “I hear you and I am disappointed too.”