

BE INFORMED:

Know Your Risk During COVID-19

On a scale of 1 to 10, how risky is...

Ranked by physicians from the TMA COVID-19 Task Force and the TMA Committee on Infectious Diseases.

Please assume that participants in these activities are following currently recommended safety protocols when possible.



Physicians Caring for Texans.

2 Playing tennis

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- Going camping
- Grocery shopping

Opening the mail

Pumping gasoline

Getting restaurant takeout

- Going for a walk, run, or bike ride with others
 - Playing golf
 - Staying at a hotel for two nights
 - Sitting in a doctor's waiting room
 - Going to a library or museum
 - Eating in a restaurant (outside)
 - Walking in a busy downtown
 - Spending an hour at a playground
 - Having dinner at someone else's house Attending a backyard barbecue
 - Going to a beach
 - Shopping at a mall
 - Sending kids to school, camp, or day care
 - Working a week in an office building
 - Swimming in a public pool
 - Visiting an elderly relative or friend in their home
 - Going to a hair salon or barbershop
 - Eating in a restaurant (inside)
 - Attending a wedding or funeral
 - Traveling by plane
 - Playing basketball
 - Playing football
 - Hugging or shaking hands when greeting a friend
- 8 Eating at a buffet
 - Working out at a gym
 - Going to an amusement park
 - Going to a movie theater
- Attending a large music concert
- Going to a sports stadium
 - Attending a religious service with 500+ worshipers
 - Going to a bar

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