with others



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	Going camping
3	Grocery shopping
3	Going for a walk, run, or bike ride
3	Playing golf
4	Staying at a hotel for two nights
4	Sitting in a doctor's waiting room
4	Going to a library or museum
4	Eating in a restaurant (outside)
4	Walking in a busy downtown
4	Spending an hour at a playground

2

2

2

Opening the mail

Pumping gasoline

Playing tennis

Getting restaurant takeout

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5	Shopping at a mall
6	Sending kids to school, camp, or day care
6	Working a week in an office building
6	Swimming in a public pool
6	Visiting an elderly relative or friend in their home
6	Working a week in an office building Swimming in a public pool

Attending a backyard barbecue

Going to a beach

Having dinner at someone else's house

7	Going to a hair salon or barbershop
7	Eating in a restaurant (inside)
7	Attending a wedding or funeral
7	Traveling by plane
7	Playing basketball
7	Playing football
7	Hugging or shaking hands when greeting a friend
8	Eating at a buffet
8	Working out at a gym
8	Going to an amusement park
8	Going to a movie theater
9	Attending a large music concert
9	Going to a sports stadium

Going to a bar

@wearetma

Attending a religious service with 500+ worshipers

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