COVID-19
CORONAVIRUS DISEASE

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 Infections Diseases.

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

TEXAS MEDICAL ASSOCIATION
Physicians Caring for Texans

LOW RISK

1. Opening the mail
2. Getting restaurant takeout
3. Pumping gasoline
4. Playing tennis
5. Going camping
6. Grocery shopping
7. Going for a walk, run, or bike ride with others
8. Playing golf
9. Staying at a hotel for two nights
10. Sitting in a doctor’s waiting room
11. Going to a library or museum
12. Eating in a restaurant (outside)
13. Walking in a busy downtown
14. Spending an hour at a playground

LOW-MODERATE RISK

1. Having dinner at someone else’s house
2. Attending a backyard barbecue
3. Going to a beach
4. Shopping at a mall
5. Sending kids to school, camp, or day care
6. Working a week in an office building
7. Swimming in a public pool
8. Visiting an elderly relative or friend in their home
9. Going to a hair salon or barbershop
10. Eating in a restaurant (inside)
11. Attending a wedding or funeral
12. Traveling by plane
13. Playing basketball
14. Playing football
15. Hugging or shaking hands when greeting a friend
16. Eating at a buffet
17. Working out at a gym
18. Going to an amusement park
19. Going to a movie theater
20. Attending a large music concert
21. Going to a sports stadium
22. Attending a religious service with 500+ worshipers
23. Going to a bar

MODERATE RISK

1. Going to a hair salon or barbershop
2. Eating in a restaurant (inside)
3. Attending a wedding or funeral
4. Traveling by plane
5. Playing basketball
6. Playing football
7. Hugging or shaking hands when greeting a friend
8. Eating at a buffet
9. Working out at a gym
10. Going to an amusement park
11. Going to a movie theater
12. Attending a large music concert
13. Going to a sports stadium
14. Attending a religious service with 500+ worshipers
15. Going to a bar

MODERATE-HIGH RISK

1. Going to a hair salon or barbershop
2. Eating in a restaurant (inside)
3. Attending a wedding or funeral
4. Traveling by plane
5. Playing basketball
6. Playing football
7. Hugging or shaking hands when greeting a friend
8. Eating at a buffet
9. Working out at a gym
10. Going to an amusement park
11. Going to a movie theater
12. Attending a large music concert
13. Going to a sports stadium
14. Attending a religious service with 500+ worshipers
15. Going to a bar

HIGH RISK

1. Going to a hair salon or barbershop
2. Eating in a restaurant (inside)
3. Attending a wedding or funeral
4. Traveling by plane
5. Playing basketball
6. Playing football
7. Hugging or shaking hands when greeting a friend
8. Eating at a buffet
9. Working out at a gym
10. Going to an amusement park
11. Going to a movie theater
12. Attending a large music concert
13. Going to a sports stadium
14. Attending a religious service with 500+ worshipers
15. Going to a bar

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