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 Infectious Diseases

Texas Medical Association
Physicians Caring for Texans

1	Opening the mail	LOW RISK
2	Getting restaurant takeout	
2	Pumping gasoline	
2	Playing tennis	
2	Going camping	
3	Grocery shopping	MODERATE-LOW
3	Going for a walk, run, or bike ride with others	
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	
5	Having dinner at someone else's house	MODERATE RISK
5	Attending a backyard barbecue	
5	Going to a beach	
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	
7	Going to a hair salon or barbershop	MODERATE-HIGH
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	HIGH RISK
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	
9	Attending a religious service with 500+ worshipers	
9	Going to a bar	

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