

## **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

		Coming ourinping
	3	Grocery shopping
•	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

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Opening the mail

Pumping gasoline

Playing tennis Going camping

Getting restaurant takeout

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) 7 Attending a wedding or funeral

Having dinner at someone else's house

Attending a backyard barbecue

Traveling by plane 7 Playing basketball Playing football 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

Going to a sports stadium Attending a religious service with 500+ worshipers Going to a bar

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