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.

1. Opening the mail
2. Getting restaurant takeout
2. Pumping gasoline
2. Playing tennis
2. Going camping
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
5. Having dinner at someone else’s house
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
6. 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
8. Attending a large music concert
8. Going to a sports stadium
8. Attending a religious service with 500+ worshipers
9. Going to a bar

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