**COVID-19 is here, and so is the flu.**

**Smart choices promote #HealthyHolidays**

---

Example activities ranked by physicians from the TMA COVID-19 Task Force and the TMA Committee on Infectious Diseases.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Risk Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shopping for gifts online</td>
<td>LOW RISK</td>
</tr>
<tr>
<td>Doing a virtual turkey trot or holiday run</td>
<td>LOW RISK</td>
</tr>
<tr>
<td>Watching holiday movies at home with your household</td>
<td>LOW RISK</td>
</tr>
<tr>
<td>Viewing holiday lights with your family in your car</td>
<td>LOW RISK</td>
</tr>
<tr>
<td>Building a snowman with your household</td>
<td>LOW RISK</td>
</tr>
<tr>
<td>Mailing a letter to Santa</td>
<td>LOW RISK</td>
</tr>
<tr>
<td>Donating canned food</td>
<td>LOW RISK</td>
</tr>
<tr>
<td>Joining a physically distanced outdoor scavenger hunt</td>
<td>LOW-MODERATE</td>
</tr>
<tr>
<td>Having Thanksgiving dinner with family or household members</td>
<td>LOW-MODERATE</td>
</tr>
<tr>
<td>Traveling by car to visit family or friends</td>
<td>LOW-MODERATE</td>
</tr>
<tr>
<td>Doing an in-person turkey trot or holiday run (outdoors)</td>
<td>MODERATE</td>
</tr>
<tr>
<td>Decorating a gingerbread house with another household</td>
<td>MODERATE</td>
</tr>
<tr>
<td>Attending an outdoor public tree lighting ceremony</td>
<td>MODERATE</td>
</tr>
<tr>
<td>Ice skating at an outdoor rink</td>
<td>MODERATE</td>
</tr>
<tr>
<td>Attending an outdoor sports event</td>
<td>MODERATE</td>
</tr>
<tr>
<td>Going on a hayride</td>
<td>MODERATE</td>
</tr>
<tr>
<td>Attending an outdoor cultural or religious celebration</td>
<td>MODERATE</td>
</tr>
<tr>
<td>Traveling by plane to visit family or friends</td>
<td>MODERATE</td>
</tr>
<tr>
<td>Attending a holiday parade</td>
<td>MODERATE-HIGH</td>
</tr>
<tr>
<td>Ice skating at a public rink indoors</td>
<td>MODERATE-HIGH</td>
</tr>
<tr>
<td>Watching a public fireworks display</td>
<td>MODERATE-HIGH</td>
</tr>
<tr>
<td>Visiting someone in assisted living</td>
<td>MODERATE-HIGH</td>
</tr>
<tr>
<td>Taking photos with Santa</td>
<td>MODERATE-HIGH</td>
</tr>
<tr>
<td>Attending an indoor holiday craft fair or market</td>
<td>MODERATE-HIGH</td>
</tr>
<tr>
<td>Attending an indoor sports event</td>
<td>MODERATE-HIGH</td>
</tr>
<tr>
<td>Attending a Super Bowl party</td>
<td>MODERATE-HIGH</td>
</tr>
<tr>
<td>Shopping in-person on Black Friday</td>
<td>MODERATE-HIGH</td>
</tr>
<tr>
<td>Caroling with a group</td>
<td>MODERATE-HIGH</td>
</tr>
<tr>
<td>Hosting a holiday party with friends and family</td>
<td>MODERATE-HIGH</td>
</tr>
<tr>
<td>Attending an indoor cultural or religious event</td>
<td>MODERATE-HIGH</td>
</tr>
<tr>
<td>Attending a homecoming dance</td>
<td>MODERATE-HIGH</td>
</tr>
<tr>
<td>Attending a college house party</td>
<td>MODERATE-HIGH</td>
</tr>
<tr>
<td>Attending a large indoor celebration with singing</td>
<td>MODERATE-HIGH</td>
</tr>
<tr>
<td>Celebrating New Year’s Eve at a bar or nightclub</td>
<td>HIGH RISK</td>
</tr>
</tbody>
</table>

---

Please assume participants in these activities are following currently recommended safety protocols, including social distancing, mask wearing, and washing hands frequently. The more people, the closer together, the fewer the masks, the more mingling indoors, the longer the time, the more singing and voice projection, and the more alcohol – the greater the risk.

---

This chart provides general information regarding exposure risks related to certain activities. It does not constitute medical advice and does not substitute for the advice of your physician. Consulting your personal physician is recommended when assessing your risks taking into consideration your medical condition.