

# COVID-19

CORONAVIRUS DISEASE

## KNOW YOUR RISK THIS HOLIDAY SEASON

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

Smart choices promote #HealthyHolidays ❄️

On a scale of 1 to 10, how risky is...

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



LOW RISK

LOW-MODERATE

MODERATE RISK

MODERATE-HIGH

HIGH RISK

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.

Texas Medical Association | 401 W. 15th St. | Austin, TX 78701-1680

[www.texmed.org](http://www.texmed.org)

@texmed

@wearetma

#HealthyHolidays