



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



1	Opening the mail	LOW RISK
2	Getting restaurant takeout	LOW RISK
2	Pumping gasoline	LOW RISK
2	Playing tennis	LOW RISK
2	Going camping	LOW RISK
3	Grocery shopping	MODERATE-LOW
3	Going for a walk, run, or bike ride with others	MODERATE-LOW
3	Playing golf	MODERATE-LOW
4	Staying at a hotel for two nights	MODERATE-LOW
4	Sitting in a doctor's waiting room	MODERATE-LOW
4	Going to a library or museum	MODERATE-LOW
4	Eating in a restaurant (outside)	MODERATE-LOW
4	Walking in a busy downtown	MODERATE-LOW
4	Spending an hour at a playground	MODERATE-LOW
5	Having dinner at someone else's house	MODERATE RISK
5	Attending a backyard barbecue	MODERATE RISK
5	Going to a beach	MODERATE RISK
5	Shopping at a mall	MODERATE RISK
6	Sending kids to school, camp, or day care	MODERATE RISK
6	Working a week in an office building	MODERATE RISK
6	Swimming in a public pool	MODERATE RISK
6	Visiting an elderly relative or friend in their home	MODERATE RISK
7	Going to a hair salon or barbershop	MODERATE-HIGH
7	Eating in a restaurant (inside)	MODERATE-HIGH
7	Attending a wedding or funeral	MODERATE-HIGH
7	Traveling by plane	MODERATE-HIGH
7	Playing basketball	MODERATE-HIGH
7	Playing football	MODERATE-HIGH
7	Hugging or shaking hands when greeting a friend	MODERATE-HIGH
8	Eating at a buffet	HIGH RISK
8	Working out at a gym	HIGH RISK
8	Going to an amusement park	HIGH RISK
8	Going to a movie theater	HIGH RISK
9	Attending a large music concert	HIGH RISK
9	Going to a sports stadium	HIGH RISK
9	Attending a religious service with 500+ worshippers	HIGH RISK
9	Going to a bar	HIGH RISK