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.

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