

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.



Physicians Caring for Texans

1	Shopping for gifts online
1	Doing a virtual turkey trot or holiday run
1	Watching holiday movies at home with your household
1	Viewing holiday lights with your family in your car
1	Building a snowman with your household
1	Mailing a letter to Santa
1	Donating canned food
2	Joining a physically distanced outdoor scavenger hunt
3	Having Thanksgiving dinner with family or household members
3	Traveling by car to visit family or friends
4	Doing an in-person turkey trot or holiday run (outdoors)
4	Decorating a gingerbread house with another household
4	Attending an outdoor public tree lighting ceremony
4	Ice skating at an outdoor rink
5	Attending an outdoor sports event
5	Going on a hayride
5	Attending an outdoor cultural or religious celebration
5	Traveling by plane to visit family or friends
6	Attending a holiday parade
6	Ice skating at a public rink indoors
6	Watching a public fireworks display
6	Visiting someone in assisted living
7	Taking photos with Santa
7	Attending an indoor holiday craft fair or market
8	Attending an indoor sports event
8	Attending a Super Bowl party
8	Shopping in-person on Black Friday
8	Caroling with a group
8	Hosting a holiday party with friends and family
8	Attending an indoor cultural or religious event
9	Attending a homecoming dance
10	Attending a college house party
10	Attending a large indoor celebration with singing
10	Celebrating New Year's Eve at a bar or nightclub

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.

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#HealthyHolidays