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

**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

- Low Risk
- Moderate-Low Risk
- Moderate Risk
- High Risk
- Very High Risk

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