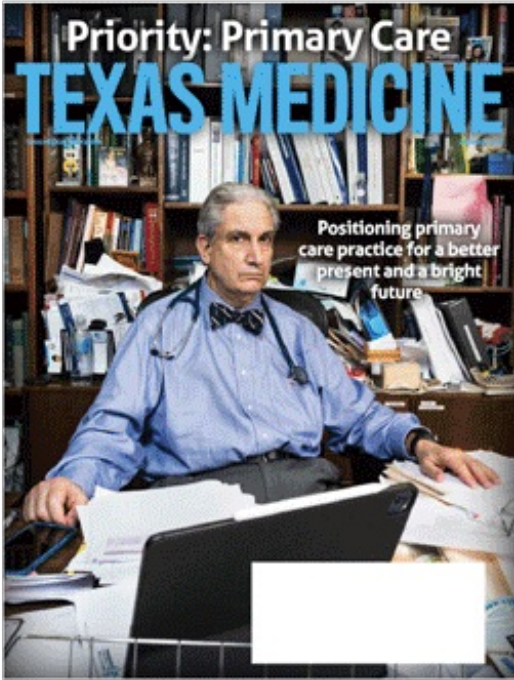


Which is Riskier: Building a Snowman or Celebrating New Year's Eve at a Bar? By David Doolittle

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The holidays are normally a time for gathering with family and friends – at houses, skating rinks, even on hayrides. It’s also a time for shopping at stores and craft markets, attending sports events and religious ceremonies, and watching holiday films and fireworks displays.

But because of the COVID-19 pandemic – and the social distancing recommended to stop its spread – this holiday season will be anything but normal.

So how will your patients know which activities are riskier for catching and spreading COVID-19 than others?

To help shed some light on that question, the Texas Medical Association has created a chart that ranks various holiday traditions and activities based on how risky they are.

Among the least risky items on the chart are shopping for gifts online, building a snowman with your household, and donating canned food. The riskiest activities include attending a homecoming dance, attending a college house party, and celebrating New Year’s Eve at a bar or nightclub.

The chart, also available in black and white for printing, is similar to one TMA created earlier this year that shows which common activities put people at greater risk of COVID-19.

Spanish-language versions also are available in color and black and white.

“Please assume participants in these activities are following currently recommended safety protocols, including social distancing, mask wearing, and washing hands frequently,” the holiday risk chart says. “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.”

But that’s not all.

TMA also has published a TMA [Practice Well podcast episode](#) that features Trish Perl, MD, discussing how to safely enjoy the holidays with family and other loved ones.

Dr. Perl is chief of the division of infectious diseases at UT Southwestern Medical Center in Dallas and a member of the [COVID-19 Task Force](#).

Find the Holiday Risk Chart and the podcast episode on the TMA [COVID-19 Resource Center](#), which is continually updated with the latest news, tools and resources.

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.



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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Last Updated On

November 25, 2020

Originally Published On

November 17, 2020

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