

Name:		Age (only use if 18 years or older)	
Job role:			

COVID-age factors*			
Sex:	Male	No change	
	Female	- 5	
Ethnicity:	Asian or Asian British	+ 4	
	Black	+ 5	
	Mixed	+ 3	
	Other non-white	+ 3	
	White	No change	
BMI: (Calculator: https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/)	Under 30	No change	
	30 – 34.9	+ 3	
	35 – 39.9	+ 5	
	40+	+ 9	
Respiratory disease	Mild asthma • no requirement for oral corticosteroids in past year	+ 1	
	Severe asthma • requiring oral corticosteroids in past year	+ 3	
	Chronic respiratory disease (excluding asthma)	+ 6	
Type 1 Diabetes	Well controlled	+ 7	
	Poorly controlled	+ 12	
Type 2 Diabetes (and other forms)	Well controlled	+ 4	
	Poorly controlled	+ 8	
Heart disease	Heart failure	+ 8	
	Other chronic heart disease	+ 3	
High blood pressure (according to actual age)	Age 20 – 40	+ 11	
	Age 41 – 60	+ 8	
	Age 61 – 74	+3	
	Age 75 +	No change	
Neurological disease	Cerebrovascular disease (e.g. stroke / TIA / dementia)	+ 8	
	Other chronic neurological disease*	+ 9	
Chronic kidney disease	Mild or moderate chronic kidney disease	+ 4	
	Severe / end-stage chronic kidney disease	+ 13	

Haematological cancer	Diagnosed less than a year ago	+ 10	
	Diagnosed 1 – 5 years ago	+ 9	
	Diagnosed > 5 years ago	+ 5	
Cancer	Diagnosed less than a year ago	+ 5	
	Diagnosed 1 – 5 years ago	+ 2	
	Diagnosed > 5 years ago	No change	
Other conditions	Liver disease	+ 6	
	Organ transplant	Seek advice from your transplant team	
	Spleen dysfunction / splenectomy	+ 3	
	Rheumatoid / lupus / psoriasis	+ 2	
	Other immunosuppressive condition*	+ 6	
Total COVID age factor 'years' to be added/subtracted			

Add the COVID age factor 'years' to your own age =>	'COVID-age'	
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* More detailed information on conditions can be found here:

<https://alama.org.uk/covid-19-medical-risk-assessment/>

Additional Notes:

Your COVID-age	Your risk	Things to think about when getting ready to return to work
Very high COVID-age 80 to 85 and above	You're at very high risk from COVID-19. You must take great care when leaving your home, making careful choices about what you do.	<ul style="list-style-type: none"> Ideally you should work from home and not go into a workplace. If you do go into work, your employer should try to make the risk of being at work no greater than the risk within your own home. Maintain strict physical distancing. Ensure you can maintain good personal hygiene with low likelihood of coming into contact with objects and surfaces that may transmit COVID-19. Occupational Health Assessment may be required.
High COVID-age around 70 to 85	You're at high risk from COVID-19.	<ul style="list-style-type: none"> You are OK to attend work. You should maintain strict physical distancing. If you cannot physically distance, you should keep the risk in your workplace as low as you can by making changes to the type of work you do, where possible, or by wearing personal protective equipment (PPE). Clinical work, care work and working closely with others (such as teaching, sharing a vehicle, using public transport) may be possible, but you should protect yourself by wearing a face covering, using screens or wearing PPE. If you're a key worker, you may be asked to accept a higher risk where there's a good reason. After discussion you may agree to accept this risk.
Moderate COVID-age around 50 to 70	You're much less likely to develop severe disease if COVID-19 infection occurs.	<ul style="list-style-type: none"> You can attend work Clinical work, care work and working closely with others (such as teaching, sharing a vehicle, using public transport) may be possible, but you may want to protect yourself by wearing a face covering, using screens or wearing PPE. A slightly higher risk of infection may be accepted in the workplace, if it's hard to reduce any risks to you because of the type of work you do. This is because there is much less likelihood of you becoming very ill after getting COVID-19. This includes clinical work with higher hazard and risk levels, or roles where physical control or restraint is required.
Low COVID-age below around 50	You're at very low risk from COVID-19	<ul style="list-style-type: none"> Increased risk of infection may be accepted - the likelihood of you becoming very ill from COVID-19 is low.
Pregnancy	There's no current evidence that you or your baby are at any increased risk from COVID-19, unless you have an underlying health condition.	<ul style="list-style-type: none"> You should keep any risk as low as you can by physically distancing from others and regularly washing your hands. You should also have some choice about whether to attend work, or whether you can change the type of work you do at work to keep risks low. You can find out more from the Royal College of Obstetricians and Gynaecologists. You're advised to try and avoid roles where a degree of risk cannot be avoided, such as clinical work, care work and working closely with others.
Vulnerability group selected after discussion with the worker:		Very high
		High
		Moderate
		Low
Agreed course of action, including any control measures needed:		
Name of manager:		Signature of manager:
Date of assessment:		Signature of staff member: