**My COVID-19 Self-Assessment**

We *(insert name of the organisation*) are currently looking at how we ensure that our team of staff and volunteers is as safe as possible on return to work or activities. As part of this process we need to ensure that we look at anything we need to put in place for individuals to ensure that we make things as safe as possible.

As you will be aware from the media, some people are more at risk of harm from Covid 19 than others and we would like to ensure that we know if we need to put any additional measures in place for any of our staff and volunteers to ensure that they are safe as possible. So, we are asking everyone to complete a short self–assessment form that will help *(insert* *named individual here)* to manage your return to work or volunteering. The form has been adapted from the NHS Salford CCG and Salford City Council ‘Individual Risk Assessment Toolkit’.

This self-assessment will help us to **protect you, your family or household and the team**. The information given by you is absolutely confidential and will not be used for any other purpose than assessing what we need to do to keep you safe. Completing the form is optional but you will need to tell us formally if you do not wish to complete this.

Please circle all the boxes that relate to you

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Age** (please circle ) | 1 | 2 | 3 | 4 | 5 |
| Under 49 | 50-59 | 60-69 |  | 70 and above |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **My ethnicity** | 1 | 2 | 3 | 4 | 5 |
| White  Chinese  Mixed origin | Indian | Bangladeshi  Pakistani  Middle East | Black |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Gender** | 1 | 2 |  |  |  |
| Female | Male |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **BMI**  Please calculate [HERE](http://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) | 1 | 2 | 3 | 4 | 5 |
| Over 23 |  |  | Over 30 | Over 40 |

If you don’t know your weight, the NHS says that your waist measurement may be used instead - 80cm (31.5 inches) for women, 94 cm ( 37 in.) for men will give a score of 4, and greater than 88 cm (34.5 inches) for women or 102 cm (40 inches) for men will give a score of 5

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Are you pregnant?** | 1 | 2 | 3 | 4 | 5 |
|  | Under 28 weeks |  |  | Over 28 weeks |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Relevant Medical Conditions \*** | 1 | 2 | 3 | 4 | 5 |
| One condition |  |  | Two | Three or more |

\* For example: - high blood pressure, cardiovascular disease, diabetes, chronic kidney disease, liver disease, chronic obstructive airway disease (COPD), severe asthma, neurological disease (epilepsy, stroke, etc.)

Have you been contacted by your GP or other health specialist and told that you are clinically extremely vulnerable\* to Covid-19 (very high risk), and that you are in the category of people who are currently/ were (prior to 1st August) shielding.

**Yes No (delete as applicable)**

\* The Government guidance on who is clinically extremely vulnerable to Covid-19 is [HERE](https://bit.ly/3ejTwGi)

Further NHS guidance on who is at moderate risk [HERE](https://www.nhs.uk/conditions/coronavirus-covid-19/)

Has anyone in your ‘household’\*\* been contacted by their GP and told that you are clinically extremely vulnerable\* to Covid-19 (very high risk), and that you are in the category of people who are currently/ were (prior to 1st August) shielding.

**Yes No (delete as applicable)**

\*\*For the purposes of this assessment your household is your family unit or the people you live with

**Assessor Guide**

Please add the scores from all the lines.

**Significant (High) Risk: please complete an Individual Risk Assessment where**

* A score of 13 or more indicates a significant risk
* A BMI of 40+
* Where an individual says that they have been told by a health professional that they are ‘clinically extremely vulnerable’\* to Covid-19
* They are over 28 weeks pregnant

**Moderate risk i.e. a score between 9 and 12, you should consider completing an individual Risk Assessment.**

Assessors should check Government Guidance regularly as this changes frequently.