

COVID-19 Personal Risk

This Risk Assessment Matrix is designed to understand if you are at higher risk of developing more serious symptoms if you come into contact with the COVID-19 virus. The results of which will allow us to make any necessary adjustments to your placements.

Please consider the tables below and;

1. Check your risk by scoring yourself against table 1: Scoring your Risk
2. Understand your risk by referring to the risk matrix in table 2: Risk Stratification
3. Complete the declaration at the bottom of this form
4. Email the completed form to info@excellencecareservices.co.uk

Scoring your Risk

Please read the questions, do not mark the table, just add up your score and complete in the section below.

Risk Factor		Score
Age: COVID-19 seems to have a bigger impact on people who are older		
- If you are aged between 50-59		1
- If you are aged between 60-69		2
Sex at birth: COVID -19 seems to have a bigger impact on males than females		
- Male		1
Ethnicity: COVID -19 seems to have a bigger impact on people from some ethnicities		
- Do you identify as one of the BAME or Mixed Race groups? Click here for clarification		1
Existing health conditions (Comorbidity): COVID-19 seems to have a bigger impact if you already have		
Other pre-existing health conditions. You may want to speak to your GP if you are not sure about these questions.		
- Cardiovascular disease: Are you on any treatment for Hypertension (high blood pressure), Atrial Fibrillation (irregular heart rate), Heart Failure, Previous MI (has a heart attack), had a stroke, or Transient Ischemic Attack (mini stroke)		1
- Diabetes Mellitus Type 1 or 2		1
- Chronic Lung Disease (including asthma, COPD, interstitial lung disease)		1
- Chronic kidney disease (any stage 1-5)		1
- Sickle cell trait, Thalassaemia trait or other haemoglobinopathy		1
Obesity: COVID-19 seems to have a bigger impact if you are overweight		
- BMI is more than 30 (click here for guidance on working out your BMI) Or - Your waist circumference is; - South Asian female more than 33 inches (84 cm) - Other BAME or white female more than 34.5 inches (88cm) - South Asian male more than 35 inches (89cm) - Other BAME or white male more than 4 inches (102cm)		1
Family history: COVID-19 seems to have a family susceptibility for some people, especially twins		
- Has a member of your immediate family (parent under 70, sibling, child) been in ITU or died with Covid-19.		1

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Risk Stratification

0-3 Low risk: Continue current duties with adherence to best infection control practice

4-6 High risk: Consider enhanced PPE and modification of duties

>7 Very High-Risk: Work from home/ non patient facing roles

Current Duties	Score		
	0-3 Low risk	4-6 High risk	7 or more Very high risk
Community	Continue with caution	Modified duties or enhanced PPE	Very High risk, Work from home/non patient facing
Primary care	Continue with caution	Modified duties or enhanced PPE	Very High risk, Work from home/non patient facing
Secondary care Non AGP	Continue with caution/Enhanced PPE	Modified duties or enhanced PPE	Very High risk, Work from home/non patient facing
Secondary care with AGP	Review PPE and training for PPE	Redeploy out of AGP areas	Very High risk, Work from home/non patient facing

Declaration

By completing this declaration, you are providing Excellence Care Services with consent to share your Individual total risk score with placements to allow for any adjustments to be considered.

Name: <i>(please print)</i>	
Total Score:	
Date:	

Once completed, please email to info@excellencecareservices.co.uk

Should you record a score of 7 or over, we will be in touch to discuss next steps.

Thank you for your time.