

Age 30-39

Use this form if you are between the ages of 30 and 39.

Name:		Age	
Job role:			
Work location:			

If you are being asked to return to the workplace after a period of shielding, self-isolation or other reason, please consider each of the factors in the tables below and write the number which applies to you in the box at the right hand side.

If you need confidential assistance to complete this form, please feel free to contact our Helpline on 01698 454010

COVID-age factors*			
Sex:	Male	No change	
	Female	- 5	
Ethnicity:	Asian or Asian British	+ 5	
	Black	+ 7	
	Mixed	+ 5	
	Other non-white	+ 4	
	White	No change	
BMI: (Calculator: https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/)	Under 30	No change	
	30 – 34.9	+ 6	
	35 – 39.9	+ 16	
	40 +	+ 20	
Respiratory disease	Mild asthma • no requirement for oral corticosteroids in past year	+ 1	
	Severe asthma • requiring oral corticosteroids in past year	+ 13	
	Chronic respiratory disease (excluding asthma)	+ 15	
Type 1 Diabetes	Well controlled	+ 22	
	Poorly controlled	+ 26	
Type 2 Diabetes (and other forms)	Well controlled	+ 19	
	Poorly controlled	+ 21	
Heart disease	Heart failure	+ 22	
	Other chronic heart disease	+ 17	
	High blood pressure	+ 11	

Neurological disease*	Cerebrovascular disease (e.g. stroke / TIA / dementia)	+ 16	
	Other chronic neurological disease*	+ 21	
Chronic kidney disease	Moderate chronic kidney disease	+ 30	
	Severe / end-stage chronic kidney disease	+ 42	
Haematological cancer	Diagnosed less than a year ago	+ 29	
	Diagnosed 1 – 5 years ago	+ 27	
	Diagnosed > 5 years ago	+ 19	
Cancer	Diagnosed less than a year ago	+ 27	
	Diagnosed 1 – 5 years ago	+ 20	
	Diagnosed more than 5 years ago	+ 14	
Other conditions	Liver disease	+ 25	
	Organ transplant	+ 23	
	Spleen dysfunction / splenectomy	+ 12	
	Rheumatoid / lupus / psoriasis	+ 2	
	Other immunosuppressive condition*	+ 23	
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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*This has been simplified to make it more accessible. More detailed information on conditions can be found here: <https://alama.org.uk/covid-19-medical-risk-assessment/>

Additional Notes:

What does your Covid-age mean?

Your COVID-age	Your risk	Things to think about and discuss with your manager when getting ready to return to work
Very high COVID-age above 85	You're at very high risk from COVID-19. You must take additional, sensible precautions when leaving your home to minimise your risk of contracting COVID-19 as much as possible.	<ul style="list-style-type: none"> • Ideally you should work from home where possible. • If there is no alternative to attending the workplace, a very detailed personal infection risk assessment should be undertaken and controls should be implemented. These controls may need to be in excess of the controls used in the workplace for lower COVID-19 vulnerability groups to reflect the level of personal vulnerability. • 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 between 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 sharing a vehicle, using public transport) may be possible, but you should protect yourself by using screens or wearing PPE. • If you're a key worker, you may be asked to accept a higher risk and agree to do so where there's a good reason.
Moderate COVID-age between 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 sharing a vehicle, using public transport) may be possible, but you may want to protect yourself by 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 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 Gynaecologist (https://www.rcog.org.uk/coronavirus-pregnancy/) • 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:		Very high
		High
		Moderate
		Low

Thank you for completing this form.

You should now complete Part 2 of the Form and email a copy of that to your line manager/Headteacher who will arrange to have a supportive discussion with you about your covid risk and what measures are already in place or what additional measures can be adopted to ensure your safety.

If you need this information in a different language or format, phone 0303 123 1015 or email equalities@southlanarkshire.gov.uk