

Covid-19 Risk Factors Self Screening Questionnaire

Please note that the below questionnaire is not a medical assessment. If you have any health concerns or questions about your health that arise from reviewing this form you should contact your GP or healthcare professional.

The questionnaire is in two parts. The first part helps you to calculate your Covid risk without taking any pre-existing medical conditions that you might have into account.

The second part is a screening tool to help you understand which medical conditions may further affect your Covid vulnerability and/or might require further assessment and investigation to enable you to safely work or study on campus.

Once you have taken the test you can see what your estimated Covid vulnerability might mean in terms of your vulnerability to suffering more serious symptoms should you contract the virus.

PART 1: How to calculate your Covid vulnerability without considering any pre-existing health conditions (co-morbidities)

Question	Answer	Number of years to add or subtract to find your Covid vulnerability (delete as applicable and use a calculator as required)
1. What is your current age in years?	<i>Please state number of years in column to the right</i>	[please add]
2. What was your gender at birth?	Male	0
	Female	-5
3. What is your ethnic origin?	Asian or Asian British	+4
	Black	+6
	Mixed	+5
	Other(non-white)	+3
	White	0
4. What is your body mass index BMI? If you don't know what your BMI is you can calculate it here: https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/	BMI of under 30 BMI of 30-34.9 BMI of 35-39.9 BMI of 40 and above	0 +4 +5 +10
5. What is your total Covid vulnerability without considering your pre-existing health conditions [please add up all the numbers in the right-hand column that apply to you]?		

PART 2: How to identify if you have a pre-existing health condition that could increase your Covid vulnerability and/or mean you need extra support to safely work or study on campus

Question	Answer	Next Steps
1. Are you pregnant?	Yes/No	If yes, please seek further advice from your GP or midwife.
2. Do you – or anyone living in your household- have a shielding letter?	Yes/No	If yes, then return to campus may not be advised at this time. Please advise your line manager or course leader if you would like to work and/or study at home.
3. Do you have any of the following conditions that could increase your Covid-age? <ul style="list-style-type: none"> a) Heart disease b) Kidney disease c) Respiratory disease including asthma (** see below for mild asthma) d) Liver disease e) Neurological problems f) Immune therapy or immune disorder g) Diabetes h) Any other condition that you believe makes you more vulnerable to Covid-19 	Yes/No	If yes to any of these, please contact your HR Business Partner for a referral to occupational health if required (staff only) or talk to your course leader (students)
4. Do you have a mental health problem or diagnosed neurodiversity that may mean you require extra support to be able to return to campus	Yes/No	If yes, please contact your HR business partner (staff only) so that they can refer to occupational health to clarify needs; or talk to your course leader (students) for referral to student welfare and support.

** If you have “mild asthma” you can add 1 to your Covid vulnerability above. “Mild asthma” is defined by ALAMA as asthma that has not required oral steroids (tablets) in the last 12 months. If you are not sure if your asthma is mild or not then you can contact your GP for further advice.

Background Notes and References

The above questionnaire was adapted from the <https://alama.org.uk/covid-19-medical-risk-assessment/> At the time of producing this questionnaire ALAMA had categorised Covid risk into the following four tiers of vulnerability. **Please note: while the ALAMA toolkit and guidance is a useful resource for managers and individual to assess COVID vulnerability, it is not a substitute for medical assessment.**

Vulnerability level	Definition	Workplace considerations
Very High 80 to 85 and above	High risk of death if infection occurs. Those who must take great care when they leave the security of their own home.	Ideally work from home. If attending work, the risk should not be significantly greater than the risk within their own home. Ensure low likelihood of anyone breaching social distancing. Ensure they can maintain good personal hygiene with low likelihood of contacting contaminated objects and surfaces.
High around 70 to 85	High risk of becoming hospitalised and seriously ill if infection occurs. Those can leave their home to go shopping or for a walk in the park, and associate freely with other members of their household.	OK to attend work if the risk of doing so is no greater than the risk of shopping in the local supermarket, or social distancing in the streets, parks and countryside. Keep the risk in the workplace as low as reasonably practicable by redeployment or controls including PPE. Clinical work, care work and working closely with others (such as teaching, sharing a vehicle, using public transport) may be possible provided controls (e.g. screens, PPE) are effective in managing the risk. Some individuals in essential roles may be asked to accept a higher risk and agree to do so where this can be justified.
Moderate around 50 to 70	Those who are much less likely to develop severe disease if infection occurs	A moderately increased risk of infection may be accepted where there are no reasonably practicable means of reducing it further. Includes clinical work with higher hazard and risk levels, or roles where physical control or restraint is required, or where additional risk has to be accepted and can be justified.
Low below around 50	Those who are very unlikely to develop serious disease if infection occurs	Increased risk of infection may be accepted where there are no reasonably practicable means of reducing it further.
Pregnancy	No current evidence of significantly increased risk to mother or baby unless mother has significant medical problems	Current advice is to minimise the risk to pregnant women, while allowing them to choose whether to attend work and what role to undertake at work. Risk should be reduced as far as reasonably practicable. Advised to avoid roles where a degree of risk cannot be avoided, such as clinical work, care work and working closely with others

Please note: The information contained in this document is subject to change as we continue to learn more about Covid 19. This tool will be reviewed monthly under the leadership of the Human Resources Director. It is next due to be reviewed on 30 April 2021.