## Appendix 4 – Assessment ‘Tool’ for individual and group health risks

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| **Risk Factor** | | **Total Score** |
| **Age** | 50-59  60-69  70-79  80 and over | 1  2  4  6 |
| **Sex at birth** | Male | 1 |
| **Ethnicity** | Caucasian  Black African Descent Indian Asian Descent Filipino Descent  Other (including mixed race) | 0  2  1  1  1 |
| **Diabetes & Obesity** | Type 1 & 2  Diabetes Type 1 & 2 with presence of microvascular complications or HbA1c≥64mmol/mol  Body Mass Index greater than or equal to 35 kg/m2  online BMI calculator: [**http://www.nhs.uk/live-well/**](http://www.nhs.uk/live-well/) **healthy-weight/bmi-calculator** | 1  2  1 |
| **Cardiovascular disease** | Angina, previous heart attack, stroke or cardiac intervention  Heart Failure | 1  2 |
| **Pulmonary (lung) disease** | Asthma  Non-asthma chronic pulmonary disease  Either of the above requiring oral corticosteroids in the last year | 1  2  1 |
| **Malignant neoplasm (cancer)** | Active malignancy  Malignancy in remission | 3  1 |
| **Rheumatological conditions** | Active treated conditions | 2 |
| **Immunosuppressant therapies** | Any indication | 2 |
| **Total Score** | |  |

The assessment ‘tool’ below helps you to see how different risk factors may combine to give serious health complications should you catch the Covid-19 virus. It does not include the factors that may make you clinically extremely vulnerable, where you should be following the guidance for those who are ‘shielding’ (see section 7.1). It includes the factors where there is significant statistical evidence but does not include any rarer conditions which you may have, so this only offers a starting point. You may want to discuss the results with your doctor or with those who have expectations about your involvement with church life.

This should be read alongside the full text of the Church of Scotland’s “Covid-19 (Coronavirus) Reopening of Church Buildings” which includes guidance about minimising risks in the church context, and other government or local advice about staying safe. We are not claiming medical expertise in sharing this way of scoring your risk but giving

a way to show how serious catching the virus may be for you or the groups using your church building(s).

Circle the score next to each one that applies to you and add up your score.

A score of…….. TO BE FINISHED