

## My COVID-19 Self-Assessment

Salford CVS are committed to ensuring that our team of staff and volunteers are as safe as possible on return to the workplace / external activities.

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 you to complete a short self-assessment form that will help to manage your return to the workplace / external activities.

This 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 CVS team**. The information given by you will be treated as confidential and will not be used for any other purpose than assessing what we need to do to keep you safe. Completing this form is optional, but you will need to tell us formally (in writing) if you do not wish to complete.

**YOUR NAME:**

Please circle or highlight all of 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 / dual heritage	Indian	Bangladeshi Pakistani Middle East	Black	

Sex	1	2			
	Female	Male			

BMI Please calculate <a href="#">HERE</a>	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*

	1	2	3	4	5
<b>Are you pregnant? Y / N</b>		Under 28 weeks			Over 28 weeks

	1	2	3	4	5
<b>Relevant Medical Conditions *</b>	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 were (prior to 1<sup>st</sup> August 2020) shielding.

**Yes No (delete as applicable)**

*\*\* The Government guidance on who is clinically extremely vulnerable to Covid-19 is [HERE](#). Further NHS guidance on who is at moderate risk is [HERE](#)*

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 1<sup>st</sup> 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*

Do you Smoke? **Yes No (delete as applicable)**

Would you like support to stop smoking? **Yes No (delete as applicable)**

Would you like Salford CVS to arrange an NHS Health Check for you?

**Yes No (delete as applicable)**

## **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
- Offer free Health Check (see below)

Smokers should be considered to have a moderate risk.

**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.

All staff should be made aware of Salford free Health Checks for key workers, which includes Salford CVS staff.

The checks take around 20 mins and are bookable through the Spirit of Salford helpline 0800 952 1000 (option 2). Staff may complete these during the working day.