

## **Covid-age self-assessment tool for assessing your vulnerability for campus based**

If you are required to be on campus or if you would like to attend campus, we realise that you may be concerned about your personal vulnerabilities in relation to Covid-19 and how best to protect yourself. Some individuals may potentially be more at risk to serious illness from Covid-19 due to factors such as age, sex, ethnicity, weight, and underlying health conditions.

The evidence about these heightened risk factors is still developing and this tool is for identifying your personal risk and ensuring relevant adjustments are made where possible. It does not replace the compassionate and considerate discussion that may be needed between you and your academic team or other members of professional services, as appropriate. You may of course discuss your outcome with trusted individuals, however please note that this tool is for self-assessment purposes only and intended to help you to make the best decision(s) relating to your health. You may recomplete this process at any time, if your health or circumstances change.

**Please note that if you, or someone you share a household with, receive a positive COVID-19 result or instruction to isolate/quarantine, you should inform us immediately by using this short form (and informing your halls team, if applicable) so that we can advise you on the steps you need to take in relation to your studies and wellbeing.**

Please keep up to date with the latest about the University's response to Covid-19 [on this dedicated UniHub page](#).

We recognise that completing a self-assessment and considering your health at this time can be stressful. We want to remind you of the support available to you through the university, including support available from the Counselling and Mental Health Service. Please do reach out to us if you need support.

### **What is this?**

This tool has been designed by the Association of Local Authority Medical Advisors (ALAMA) as a self-assessment tool to determine 'Covid-age'.

### **What is Covid-age?**

Covid-age is a simple, easy to use tool that helps assess an individual's vulnerability to Covid-19. **You can find the link to the Covid-age questionnaire it in the below table.** It is based on published evidence for the main identified risk factors. That evidence indicates that vulnerability to Covid-19 increases exponentially with age; for example, in comparison with a healthy person aged 20, a healthy person aged 60 has more than 30 times the risk of dying if they contract Covid-19.

Covid-age summarises vulnerability for combinations of risk factors including age, sex and ethnicity and various health problems. It works by "translating" the risk associated with each factor into years which are added to (or subtracted from) an individual's actual age. This then gives a single overall measure of vulnerability. It can be used in people with no underlying medical conditions or multiple medical conditions. One measure combines all of an individual's risk factors with their actual age.

Please complete the Covid age factor questionnaire linked below to the best of your knowledge and interpret the results and other questions in the tables below.

Covid Age factor					
<a href="#">Click here to calculate your COVID age</a> Use the matrix guide to the right to assess your level of individual risk. Please follow the guidance for your risk level. Contact your Programme Leader if you have any concerns, and the <a href="#">Disability and Dyslexia Service</a> if you have a long term health condition or disability.	Matrix guide for estimation of your overall risk pre-and post-vaccination				
Campus based or workplace based risk	Covid-age Adjusted for immunity	1-9/100,000 viral prevalence per week*	10-99/100,000 viral prevalence per week*	100-999/100,000 viral prevalence per week*	1000+/100,000 viral prevalence per week*
<b>Medium</b> High number of different face-to-face contacts. e.g. healthcare/clinical settings, care homes, social care, hairdressing, teaching, supermarket staff. Commute by public transport	85 & above	Orange	Orange	Red	Red
	70-84	Yellow	Yellow	Orange	Orange
	50-69	Green	Green	Yellow	Yellow
	Under 50	Green	Green	Green	Green
<b>Low</b> Good social distancing, ventilation and hygiene measures e.g. call centre work, office work, in-home utility and repair work. Commuting by car, bicycle and walking.	85 & above	Green	Yellow	Orange	Red
	70-84	Green	Green	Yellow	Orange
	50-69	Green	Green	Green	Yellow
	Under 50	Green	Green	Green	Green
Studying from home	All ages	Green	Green	Green	Green

\* Individual Government websites provide current viral prevalence rates, although this can also be accessed [on the BBC website](#)

## Highlight key

Red	<p>Overall risk is <b>very high</b>. You should study and work remotely and not attend campus activities. Ensure that there is a low likelihood of anyone around you breaching social distancing. Ensure that you can maintain good personal hygiene with a low likelihood of contacting contaminated objects and surfaces or being in poorly ventilated spaces with people you do not live/are bubbled with. Contact your Programme Leader to discuss implications for your studies.</p> <p>Contact the <u>Disability and Dyslexia Service</u> (if you have a disability or long term health condition) or <u>wellbeing@mdx.ac.uk</u> if you have any concerns or require further support.</p> <p>We recognise that you may find this result worrisome. We want to remind you of the <u>support</u> available to you through the university, including support available <u>from Counselling and Mental Health</u>. Please do reach out to us if you need support.</p>
Yellow	<p>Overall risk is <b>high</b>, only undertake this activity if it is essential and cannot be avoided. For example, it is OK to attend campus 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.</p> <p>Keep the risk as low as possible by wearing a face covering at all times, regularly washing/sanitising your hands after touching any surfaces, and not being in situations where you are in close proximity/poorly ventilated spaces with those you do not live with.</p> <p>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. However, if you have an option to reach campus using a private vehicle, <u>look into this</u> and apply for special consideration to park on campus.</p> <p>Contact your Programme Leader, the <u>Disability and Dyslexia Service</u> (if you have a disability or long term health condition) or <u>wellbeing@mdx.ac.uk</u> if you do not if you have any concerns or require further support. We recognise that you may find this result worrisome. We want to remind you of the <u>support</u> available to you through the university, including support available <u>from Counselling and Mental Health</u>. Please do reach out to us if you are struggling.</p>
Light Yellow	<p>Overall risk is <b>moderate</b>, avoid if the activity is unnecessary. A moderately increased risk of infection may be accepted where there are no reasonably practicable means of reducing it further. If you are a student that is engaged in clinical work, please discuss any concerns with your Programme Leader. If you have a disability or a long term health condition, contact the <u>Disability and Dyslexia Service</u>.</p>
Light Green	<p>Overall risk is <b>low</b>, no requirement for any additional adjustments or controls. Though a lower risk of infection is identified, you should continue to follow all <u>Government and University guidelines</u> and adopt an approach that protects yourself and others.</p>

<p><b>Are you pregnant and have been asked to return to campus?</b></p>	<p><b>Yes/No</b></p>	<p>If yes to any options, contact the <a href="#">Disability and Dyslexia Service</a> (if you have been told to shield, have a long term health condition or disability), or wellbeing (<a href="mailto:wellbeing@mdx.ac.uk">wellbeing@mdx.ac.uk</a>) and your Programme Leader if you are pregnant or would like to discuss anything else. There is more information about support available to pregnant students <a href="#">here</a>, including a separate risk assessment which pregnant students can complete with Programme Leaders.</p>
<p><b>Do you, or someone in your household, have a shielding letter, shielding condition or vulnerable condition?</b></p>	<p><b>Yes/No</b></p>	<p>Information about support available to pregnant students <a href="#">here</a>, including a separate risk assessment which pregnant students can complete with Programme Leaders.</p>
<p><b>Are there any other factors that you would like to discuss as part of the return to campus?</b></p>	<p><b>Yes/No</b></p>	<p>Current advice is to minimise the risk to <b>pregnant women</b>, 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. You are advised to avoid roles where a degree of risk cannot be avoided, such as clinical work, care work and working closely with others. There is more information about support available to pregnant students <a href="#">here</a>, including a separate risk assessment which pregnant students can complete with Programme Leaders.</p>
<p><b>Have you been fully vaccinated against Covid-19?</b></p>	<p><b>Yes/No</b></p>	<p>Being fully vaccinated (two doses) against Covid-19 reduces your chances of becoming seriously unwell if you contract Covid-19. Please take this into consideration, along with your Covid age score, when deciding whether it is appropriate for you to attend campus. You should still follow all Government advice to ensure that you keep others safe. If you take <b>immune suppressant</b> medication or have a condition which <b>affects immunity</b> such as HIV or cancer, where you may not respond so well to vaccines, please contact the <a href="#">Disability and Dyslexia Service</a>.</p>