

Guidance on Vulnerable Workers with Asthma

The Government have issued guidance on social distancing which is strongly recommended for people with certain underlying health conditions. One of these conditions is “chronic (long-term) respiratory diseases such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis.” Following consultation with the Public Health team at NHS Shetland, we have been advised that references to asthma refer to moderate or severe asthma, and those employees with controlled intermittent or mild asthma **do not** have to be included within this risk group.

Asthma is classified in the following way:

	Classification of Asthma			
	Intermittent	Persistent		
		Mild	Moderate	Severe
Symptoms	≤2 days per week	>2 days per week but not daily	Daily	Throughout the day
Night Time Awakenings	≤2 per week	3/4 times per month	>1 per week but not nightly	Often 7x per week
Use of Reliever/Rescue treatment	≤2days per week	>2 days per week but not more than 1 per day	Daily	Several times per day
Limitations of Activities	None	Minor limitation	Some limitation	Severe limitation
Asthma attacks needing corticosteroid tablets	0-1 per year	≥2 per year		