# AGE 18 – 29

Use this table if the employee is between the ages of 18 and 29

|  |  |  |  |
| --- | --- | --- | --- |
| **Name:** |  | Age  (only use if 18 years or older) |  |
| **Job Role:** |  |
| **COVID-age factors\*** | | | |
| **Sex:** | Male | No change |  |
| Female | - 5 |  |
| **Ethnicity:** | Asian or Asian British | + 5 |  |
| Black | + 7 |  |
| Mixed | + 5 |  |
| Other non-white | + 4 |  |
| White | No change |  |
| **BMI:**  (Calculator: [https://www.nhs.](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) [uk/live-well/healthy-weight/](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) [bmi-calculator/](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/)) | Under 30 | No change |  |
| 30 – 34.9 | + 7 |  |
| 35 – 39.9 | + 18 |  |
| 40+ | + 24 |  |
| **Respiratory disease** | Mild asthma   * no requirement for oral corticosteroids in past year | + 1 |  |
| Severe asthma   * requiring oral corticosteroids in past year | + 15 |  |
| Chronic respiratory disease (excluding asthma) | + 17 |  |
| **Type 1 Diabetes** | Well controlled | + 24 |  |
| Poorly controlled | + 28 |  |
| **Type 2 Diabetes (and other forms)** | Well controlled | + 21 |  |
| Poorly controlled | + 22 |  |
| **Heart disease** | Heart failure | + 25 |  |
| Other chronic heart disease | + 20 |  |
| High blood pressure | + 12 |  |
| **Neurological disease** | Cerebrovascular disease (e.g. stroke / TIA / dementia) | + 17 |  |
| Other chronic neurological disease\* | + 22 |  |
| **Chronic kidney disease\*** | Moderate chronic kidney disease | + 38 |  |
| Severe / end-stage chronic kidney disease | + 50 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Haematological cancer** | Diagnosed less than a year ago | + 32 |  |
| Diagnosed 1 – 5 years ago | + 30 |  |
| Diagnosed > 5 years ago | + 21 |  |
| **Cancer** | Diagnosed less than a year ago | + 32 |  |
| Diagnosed 1 – 5 years ago | + 24 |  |
| Diagnosed > 5 years ago | + 17 |  |
| **Other conditions** | Liver disease | + 30 |  |
| Organ transplant | + 24 |  |
| Spleen dysfunction / splenectomy | + 13 |  |
| Rheumatoid / lupus / psoriasis | + 2 |  |
| Other immunosuppressive condition\* | + 28 |  |
| Total COVID age factor ‘years’ to be added/subtracted | | |  |
|  | | | |
| **Add the COVID age factor ‘years’ to your own age** | | **‘COVID-age’** |  |

\* This has been simplified to make it more accessible. More detailed information on conditions can be found here:

<https://alama.org.uk/covid-19-medical-risk-assessment/>

**Additional Notes:**

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**AGE 30 – 39**

Use this table if the employee is between the ages of 30 and 39

|  |  |  |  |
| --- | --- | --- | --- |
| **Name:** |  | Age  (only use if 18 years or older) |  |
| **Job Role:** |  |
| **COVID-age factors\*** | | | |
| **Sex:** | Male | No change |  |
| Female | - 5 |  |
| **Ethnicity:** | Asian or Asian British | + 5 |  |
| Black | + 7 |  |
| Mixed | + 5 |  |
| Other non-white | + 4 |  |
| White | No change |  |
| **BMI:**  (Calculator: [https://www.nhs.](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) [uk/live-well/healthy-weight/](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) [bmi-calculator/](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/)) | Under 30 | No change |  |
| 30 – 34.9 | + 6 |  |
| 35 – 39.9 | + 16 |  |
| 40+ | + 20 |  |
| **Respiratory disease** | Mild asthma   * no requirement for oral corticosteroids in past year | + 1 |  |
| Severe asthma   * requiring oral corticosteroids in past year | + 13 |  |
| Chronic respiratory disease (excluding asthma) | + 15 |  |
| **Type 1 Diabetes** | Well controlled | + 22 |  |
| Poorly controlled | + 26 |  |
| **Type 2 Diabetes (and other forms)** | Well controlled | + 19 |  |
| Poorly controlled | + 21 |  |
| **Heart disease** | Heart failure | + 22 |  |
| Other chronic heart disease | + 17 |  |
| High blood pressure | + 11 |  |
| **Neurological disease** | Cerebrovascular disease (e.g. stroke / TIA / dementia) | + 16 |  |
| Other chronic neurological disease\* | + 21 |  |
| **Chronic kidney disease\*** | Moderate chronic kidney disease | + 30 |  |
| Severe / end-stage chronic kidney disease | + 42 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Haematological cancer** | Diagnosed less than a year ago | + 29 |  |
| Diagnosed 1 – 5 years ago | + 27 |  |
| Diagnosed > 5 years ago | + 19 |  |
| **Cancer** | Diagnosed less than a year ago | + 27 |  |
| Diagnosed 1 – 5 years ago | + 20 |  |
| Diagnosed > 5 years ago | + 14 |  |
| **Other conditions** | Liver disease | + 25 |  |
| Organ transplant | + 23 |  |
| Spleen dysfunction / splenectomy | + 12 |  |
| Rheumatoid / lupus / psoriasis | + 2 |  |
| Other immunosuppressive condition\* | + 23 |  |
| Total COVID age factor ‘years’ to be added/subtracted | | |  |
|  | | | |
| **Add the COVID age factor ‘years’ to your own age** | | **‘COVID-age’** |  |

\* This has been simplified to make it more accessible. More detailed information on conditions can be found here:

<https://alama.org.uk/covid-19-medical-risk-assessment/>

**Additional Notes:**

**AGE 40 – 49**

Use this table if the employee is between the ages of 40 and 49

|  |  |  |  |
| --- | --- | --- | --- |
| **Name:** |  | Age  (only use if 18 years or older) |  |
| **Job Role:** |  |
| **COVID-age factors\*** | | | |
| **Sex:** | Male | No change |  |
| Female | - 5 |  |
| **Ethnicity:** | Asian or Asian British | + 5 |  |
| Black | + 7 |  |
| Mixed | + 5 |  |
| Other non-white | + 4 |  |
| White | No change |  |
| **BMI:**  (Calculator: [https://www.nhs.](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) [uk/live-well/healthy-weight/](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) [bmi-calculator/](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/)) | Under 30 | No change |  |
| 30 – 34.9 | + 5 |  |
| 35 – 39.9 | + 13 |  |
| 40+ | + 16 |  |
| **Respiratory disease** | Mild asthma   * no requirement for oral corticosteroids in past year | + 1 |  |
| Severe asthma   * requiring oral corticosteroids in past year | + 11 |  |
| Chronic respiratory disease (excluding asthma) | + 13 |  |
| **Type 1 Diabetes** | Well controlled | + 20 |  |
| Poorly controlled | + 24 |  |
| **Type 2 Diabetes (and other forms)** | Well controlled | + 18 |  |
| Poorly controlled | + 20 |  |
| **Heart disease** | Heart failure | + 19 |  |
| Other chronic heart disease | + 14 |  |
| High blood pressure | + 9 |  |
| **Neurological disease** | Cerebrovascular disease (e.g. stroke / TIA / dementia) | + 15 |  |
| Other chronic neurological disease\* | + 20 |  |
| **Chronic kidney disease\*** | Moderate chronic kidney disease | + 21 |  |
| Severe / end-stage chronic kidney disease | + 33 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Haematological cancer** | Diagnosed less than a year ago | + 27 |  |
| Diagnosed 1 – 5 years ago | + 23 |  |
| Diagnosed > 5 years ago | + 16 |  |
| **Cancer** | Diagnosed less than a year ago | + 22 |  |
| Diagnosed 1 – 5 years ago | + 16 |  |
| Diagnosed > 5 years ago | + 10 |  |
| **Other conditions** | Liver disease | + 20 |  |
| Organ transplant | + 21 |  |
| Spleen dysfunction / splenectomy | + 11 |  |
| Rheumatoid / lupus / psoriasis | + 2 |  |
| Other immunosuppressive condition\* | + 18 |  |
| Total COVID age factor ‘years’ to be added/subtracted | | |  |
|  | | | |
| **Add the COVID age factor ‘years’ to your own age** | | **‘COVID-age’** |  |

\* This has been simplified to make it more accessible. More detailed information on conditions can be found here:

<https://alama.org.uk/covid-19-medical-risk-assessment/>

**Additional Notes:**

**AGE 50 – 59**

Use this table if the employee is between the ages of 50 and 59

|  |  |  |  |
| --- | --- | --- | --- |
| **Name:** |  | Age  (only use if 18 years or older) |  |
| **Job Role:** |  |  |
| **COVID-age factors\*** | | | |
| **Sex:** | Male | No change |  |
| Female | - 5 |  |
| **Ethnicity:** | Asian or Asian British | + 5 |  |
| Black | + 7 |  |
| Mixed | + 5 |  |
| Other non-white | + 4 |  |
| White | No change |  |
| **BMI:**  (Calculator: [https://www.nhs.](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) [uk/live-well/healthy-weight/](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) [bmi-calculator/](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/)) | Under 30 | No change |  |
| 30 – 34.9 | + 4 |  |
| 35 – 39.9 | + 10 |  |
| 40+ | + 12 |  |
| **Respiratory disease** | Mild asthma   * no requirement for oral corticosteroids in past year | + 1 |  |
| Severe asthma   * requiring oral corticosteroids in past year | + 8 |  |
| Chronic respiratory disease (excluding asthma) | + 11 |  |
| **Type 1 Diabetes** | Well controlled | + 16 |  |
| Poorly controlled | + 20 |  |
| **Type 2 Diabetes (and other forms)** | Well controlled | + 14 |  |
| Poorly controlled | + 16 |  |
| **Heart disease** | Heart failure | + 16 |  |
| Other chronic heart disease | + 12 |  |
| High blood pressure | + 7 |  |
| **Neurological disease** | Cerebrovascular disease (e.g. stroke / TIA / dementia) | + 13 |  |
| Other chronic neurological disease\* | + 18 |  |
| **Chronic kidney disease\*** | Moderate chronic kidney disease | + 14 |  |
| Severe / end-stage chronic kidney disease | + 27 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Haematological cancer** | Diagnosed less than a year ago | + 22 |  |
| Diagnosed 1 – 5 years ago | + 20 |  |
| Diagnosed > 5 years ago | + 11 |  |
| **Cancer** | Diagnosed less than a year ago | + 17 |  |
| Diagnosed 1 – 5 years ago | + 10 |  |
| Diagnosed > 5 years ago | + 6 |  |
| **Other conditions** | Liver disease | + 14 |  |
| Organ transplant | + 18 |  |
| Spleen dysfunction / splenectomy | + 8 |  |
| Rheumatoid / lupus / psoriasis | + 2 |  |
| Other immunosuppressive condition\* | + 13 |  |
| Total COVID age factor ‘years’ to be added/subtracted | | |  |
|  | | | |
| **Add the COVID age factor ‘years’ to your own age** | | **‘COVID-age’** |  |

\* This has been simplified to make it more accessible. More detailed information on conditions can be found here:

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**Additional Notes:**

# AGE 60 – 69

Use this table if the employee is between the ages of 60 and 69

|  |  |  |  |
| --- | --- | --- | --- |
| **Name:** |  | Age  (only use if 18 years or older) |  |
| **Job Role:** |  |
| **COVID-age factors\*** | | | |
| **Sex:** | Male | No change |  |
| Female | - 5 |  |
| **Ethnicity:** | Asian or Asian British | + 5 |  |
| Black | + 7 |  |
| Mixed | + 5 |  |
| Other non-white | + 4 |  |
| White | No change |  |
| **BMI:**  (Calculator: [https://www.nhs.](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) [uk/live-well/healthy-weight/](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) [bmi-calculator/](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/)) | Under 30 | No change |  |
| 30 – 34.9 | + 2 |  |
| 35 – 39.9 | + 7 |  |
| 40+ | + 9 |  |
| **Respiratory disease** | Mild asthma   * no requirement for oral corticosteroids in past year | + 1 |  |
| Severe asthma   * requiring oral corticosteroids in past year | + 4 |  |
| Chronic respiratory disease (excluding asthma) | + 8 |  |
| **Type 1 Diabetes** | Well controlled | + 12 |  |
| Poorly controlled | + 16 |  |
| **Type 2 Diabetes (and other forms)** | Well controlled | + 10 |  |
| Poorly controlled | + 12 |  |
| **Heart disease** | Heart failure | + 12 |  |
| Other chronic heart disease | + 7 |  |
| High blood pressure | + 4 |  |
| **Neurological disease** | Cerebrovascular disease (e.g. stroke / TIA / dementia) | + 11 |  |
| Other chronic neurological disease\* | + 15 |  |
| **Chronic kidney disease\*** | Moderate chronic kidney disease | + 9 |  |
| Severe / end-stage chronic kidney disease | + 20 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Haematological cancer** | Diagnosed less than a year ago | + 17 |  |
| Diagnosed 1 – 5 years ago | + 16 |  |
| Diagnosed > 5 years ago | + 8 |  |
| **Cancer** | Diagnosed less than a year ago | + 12 |  |
| Diagnosed 1 – 5 years ago | + 7 |  |
| Diagnosed > 5 years ago | + 2 |  |
| **Other conditions** | Liver disease | + 9 |  |
| Organ transplant | + 13 |  |
| Spleen dysfunction / splenectomy | + 5 |  |
| Rheumatoid / lupus / psoriasis | + 2 |  |
| Other immunosuppressive condition\* | + 10 |  |
| Total COVID age factor ‘years’ to be added/subtracted | | |  |
|  | | | |
| **Add the COVID age factor ‘years’ to your own age** | | **‘COVID-age’** |  |

\* This has been simplified to make it more accessible. More detailed information on conditions can be found here:

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**Additional Notes:**

**AGE 70 – 75**

Use this table if the employee is between the ages of 70 and 79

|  |  |  |  |
| --- | --- | --- | --- |
| **Name:** |  | Age  (only use if 18 years or older) |  |
| **Job Role:** |  |
| **COVID-age factors\*** | | | |
| **Sex:** | Male | No change |  |
| Female | - 5 |  |
| **Ethnicity:** | Asian or Asian British | + 5 |  |
| Black | + 7 |  |
| Mixed | + 5 |  |
| Other non-white | + 4 |  |
| White | No change |  |
| **BMI:**  (Calculator: [https://www.nhs.](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) [uk/live-well/healthy-weight/](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) [bmi-calculator/](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/)) | Under 30 | No change |  |
| 30 – 34.9 | + 1 |  |
| 35 – 39.9 | + 4 |  |
| 40+ | + 6 |  |
| **Respiratory disease** | Mild asthma   * no requirement for oral corticosteroids in past year | + 1 |  |
| Severe asthma   * requiring oral corticosteroids in past year | + 2 |  |
| Chronic respiratory disease (excluding asthma) | + 6 |  |
| **Type 1 Diabetes** | Well controlled | + 9 |  |
| Poorly controlled | + 12 |  |
| **Type 2 Diabetes (and other forms)** | Well controlled | + 6 |  |
| Poorly controlled | + 9 |  |
| **Heart disease** | Heart failure | + 9 |  |
| Other chronic heart disease | + 4 |  |
| High blood pressure | + 1 |  |
| **Neurological disease** | Cerebrovascular disease (e.g. stroke / TIA / dementia) | + 9 |  |
| Other chronic neurological disease\* | + 12 |  |
| **Chronic kidney disease\*** | Moderate chronic kidney disease | + 4 |  |
| Severe / end-stage chronic kidney disease | + 16 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Haematological cancer** | Diagnosed less than a year ago | + 13 |  |
| Diagnosed 1 – 5 years ago | + 12 |  |
| Diagnosed > 5 years ago | + 5 |  |
| **Cancer** | Diagnosed less than a year ago | + 8 |  |
| Diagnosed 1 – 5 years ago | + 3 |  |
| Diagnosed > 5 years ago | No change |  |
| **Other conditions** | Liver disease | + 6 |  |
| Organ transplant | + 9 |  |
| Spleen dysfunction / splenectomy | + 2 |  |
| Rheumatoid / lupus / psoriasis | + 2 |  |
| Other immunosuppressive condition\* | + 6 |  |
| Total COVID age factor ‘years’ to be added/subtracted | | |  |
|  | | | |
| **Add the COVID age factor ‘years’ to your own age** | | **‘COVID-age’** |  |

\* This has been simplified to make it more accessible. More detailed information on conditions can be found here:

<https://alama.org.uk/covid-19-medical-risk-assessment/>

**Additional Notes:**