# NNUH COVID-19 Worker Risk Assessment Matrix (18/5/2020)

## Co-Morbidities

### Underlying Health conditions:
- If you have received an NHS letter advising you to shield you must follow this advice and do not need to contact WHWB. If you do not consider the information or advice in your shielding letter is accurate please check with your GP and then contact WHWB if further workplace guidance is required. [See pre-existing health conditions below](#).

### Age Over 70:
- Aged 70 or older (regardless of medical conditions) Restriction advised-Non patient facing/ non clinical areas- social distancing measures– NNUH Blue Zone

### BMI Over 40:
- A BMI over 40 puts you in the ‘increased risk’ group and the advice is:-
  - You will need to inform your manager that the current advice is that you fall within a high risk group and should be working in a non-clinical/non-patient area – Blue Zone. Additional Considerations for BMI>40 (If co-morbidities may need to be elevated to Homeworking or Special leave - White Zone)

### Personal Status Co-Factors
- **Male over 50**
  - If you have more than 1 of these **Co - Factors** please contact WHWB for a risk assessment at

- **BMI over 30**
  - If you have more than 1 of these **Co - Factors** please contact WHWB for a risk assessment at

- **Black Asian or Ethnicity other than white European/British**
  - If you have more than 1 of these **Co - Factors** please contact WHWB for a risk assessment at

- **Age over 60**
  - If you have more than 1 of these **Co - Factors** please contact WHWB for a risk assessment at

- **Pregnancy**

- **Pregnancy Prior to 28 weeks Gestation**
  - Advise Non COVID 19 Clinical Areas Only and NO AGP as highest zone however requires line manager led risk assessment after consideration of relevent information which can be obtained by contacting WHWB for a risk assessment at

- **Pregnancy After 28 weeks Gestation or with underlying health conditions**
  - Advise Non Patient Facing./Non Clinical Areas and Implement Social Distancing – alternative duties to minimise expsoure i.e work from home or special leave after consideration of relevent information which can be obtained by contacting WHWB for a risk assessment at
GUIDE TO CONDITIONS AND SITUATIONS THAT ALLOW A ZONE TO BE AUTOMATICALLY ALLOCATED WITHOUT NEEDING AN INDIVIDUAL RISK ASSESSMENT.

WHITE ZONE

Pre-existing Health Conditions that are required to implement social isolation/ working from home

- People with cancer who are undergoing active chemotherapy or radical radiotherapy for lung cancer
- People with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
- People having immunotherapy or other continuing antibody treatments for cancer
- People having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors.
- People who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs.
- People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe COPD
- People with rare diseases and inborn errors of metabolism that significantly increase the risk of infections (such as SCID, homozygous sickle cell)
- People on immunosuppression therapies sufficient to significantly increase risk of infection
- People who are pregnant with significant congenital heart disease i.e. significant congenital or acquired heart disease
- Solid Organ Transplant recipients
- Very Severe Asthma- Those individuals who have received notice from their GP or treating clinician that their asthma places them in the group that needs to shield
- Unstable Type 1 diabetes and other diabetes related complications advised to shield

This group does not need to contact WHWB for risk assessment; you must shield as per:

BLUE ZONE (individuals can contact WHWB for a risk assessment at if required)

Pre-existing Health Conditions that are required to implement social distancing - Restriction advised-Non patient facing/ non clinical areas- social distancing measures

- chronic (long-term) respiratory diseases, such as asthma other than very severe (see white) or mild (see yellow), chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- chronic heart disease, such as heart failure
- chronic kidney disease
- chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson’s disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
- diabetes- Type 1 - Insulin controlled – Greater risk
- problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
- a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets immunosuppressive medications or chemotherapy
- being seriously overweight (a BMI of 40 or above)

BLUE/GREEN ZONE (Will require indvidual risk assessment via WHWB (OH) to advise on zone if risk assessment no previoulsy carried out or needs review)

- chronic (long-term) respiratory diseases, such as asthma other than very severe (see white) or mild (see yellow), chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- hypertension other than stable on medications

YELLOW ZONE

The following condition can work - PPE must be worn for all for all AGP procedures as per Trust COVOID-19 Policy as long as no co-factors are present and otherwise must complete the risk assessment tool.

- **Asthma- Mild** Those who are the same risk as the normal population people who have a Ventolin inhaler which they use periodically during the hay fever season only or when they exercise. These people would be considered as mild if they have not used and are not using any other treatment, have never been admitted to hospital due to asthma nor used oral steroids (prednisolone).
- **Hypertension stable on medications.** Single treatment agent, compliant with review and no other co-factors or conditions- all other to complete the risk assessment tool.

All other staff with underlying health conditions should undergo a risk assessment via WHWB if they have not already done so previously e.g. those with Asthma or other conditions that do not fall into the automatic categories above. If in any doubt staff are advised to request a risk assessment by contacting WHWB for a risk assessment at