

Appendix 4 – Assessment ‘Tool’ for individual and group health risks

The assessment ‘tool’ below helps you to see how different risk factors may combine to give serious health complications should you catch the COVID-19 virus. It does not include the factors that may make you clinically extremely vulnerable, where you should be following the guidance for those who are ‘shielding’. It includes the factors where there is significant statistical evidence but does not include any rarer conditions which you may have, so this only offers a starting point. You may want to discuss the results with your doctor or with those who have expectations about your involvement with church life.

This should be read alongside the full text of the Church of Scotland’s “Covid-19 (Coronavirus) Reopening of Church Buildings” which includes guidance about minimising risks in the church context, and other government or local advice about staying safe. We are not claiming medical expertise in sharing this way of scoring your risk but giving a way to show how serious catching the virus may be for you or the groups using your church building(s).

Circle the score next to each one that applies to you and add up your score.

Risk Factor		Score
Age	50-59	1
	60-69	2
	70-79	4
	80 and over	6
Sex at birth	Male	1
Ethnicity	Caucasian	0
	Black African Descent	2
	Indian Asian Descent	1
	Filipino Descent	1
	Other (including mixed race)	1
Diabetes & Obesity	Type 1 & 2	1
	Diabetes Type 1 & 2 with presence of microvascular complications or HbA1c \geq 64mmol/mol	2
	Body Mass Index greater than or equal to 35 kg/m ²	1
	online BMI calculator: http://www.nhs.uk/live-well/healthy-weight/bmi-calculator	
Cardiovascular disease	Angina, previous heart attack, stroke or cardiac intervention	1
		2
	Heart Failure	
Pulmonary (lung) disease	Asthma	1
	Non-asthma chronic pulmonary disease	2
	Either of the above requiring oral corticosteroids in the last year	1
Malignant neoplasm (cancer)	Active malignancy	3
	Malignancy in remission	1
Rheumatological conditions	Malignancy in remission	2
Immunosuppressant therapies	Any indication	2
Total Score		



Pulteneytown & Thrumster Church

On the other side of this page is an “assessment tool” produced by the Church of Scotland, based upon a recent article on the British Medical Association website.¹ We have included it with our reopening plans to help each individual decide their level of involvement with the services and other activities that we will begin from 9th August. I want to stress that the decision to come to our church buildings is for each individual to make, and that **the Elders will not be asking anyone to show their results.**

To use this tool, score yourself according to the criteria overleaf and consider what you should do in light of the score. **A score of under 3** indicates a lower risk, but you should still be following the guidance for staying safe. **A score of 3-5** suggests a greater risk and you should consider ways of reducing your risk by taking additional precautions or avoiding some activities. **A score of 6** or more suggests a high risk, and indicates that you should continue to work or participate in church life from your home.

I recognise that it might be discouraging to have to make the decision that you shouldn't attend church for the moment. If this is the conclusion that you come to after using the tool, please remember what makes you part of the church is not your attendance at events or a building, but your faith in Christ. In Him we are united together to form a spiritual body of believers who are called together to live a whole life of worship and service. While it is best for Christians to meet together in worship as we normally do, in these strange times we have to be wise in how we approach living out our faith. If you don't think you should attend our buildings for the next while, why not try and meet with others to watch the Sunday video? At the time of writing (July 2020) the Scottish Government allows us to meet with up to two other households at a time (while maintaining social distancing). This could be a great encouragement to one another at this time. If you do this, **please note that you should not join in singing with folks from another household.**

Also, even if you cannot come to our buildings, I still want to encourage you to keep in touch with folks from the church. Many of the commands of the New Testament are “one another commands”. Even if we are not meeting together, we are very blessed in our day with technology that can help us in these “one another” commands. We can *greet, encourage, love, be at peace with, be devoted to, honour, accept, bear with and serve one another* in lots of ways. Even if we are not meeting physically we can still *live in harmony...carrying one another's burdens...being kind and compassionate...in humility considering others better than ourselves...spurring one another on to good deeds*. As we do this we can *fulfil the law of Christ*. As we continue to live in the way Jesus calls us, we can trust *it is better to give than to receive and that His grace is sufficient for us* in all these things.

Please also keep in touch with me, Rob and the Elders to let us know how you are getting on. It is never an inconvenience to hear from folks from the church. We care for you all and want to fulfil the calling God has given us to love, shepherd and care for you all.

¹ Risk Stratification tool for Healthcare workers during the CoViD-19 Pandemic; using published data on demographics, co-morbid disease and clinical domain in order to assign biological risk: David Strain, Janusz Jankowski, Angharad Davies, Peter English, Ellis Friedman, Helena McKeown, Su Sethi, Mala Rao
medRxiv 2020.05.05.20091967; doi:
<https://doi.org/10.1101/2020.05.05.20091967>