

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 online BMI calculator: http://www.nhs.uk/live-well/healthy-weight/bmi-calculator	1
Cardiovascular disease	Angina, previous heart attack, stroke or cardiac intervention	1
	Heart Failure	2
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		

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.

Interpreting Your 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.

The scoring is based on an article from the British Medical Association website.

Returning to Church

We will officially start worship services at 11am on Sunday 30th August. The Kirk Session would invite you to seriously consider your score and then make an informed decision as to whether or not you consider it right to return to Church – if you are in any doubt and wish to discuss the matter further please phone the Minister.

There will be between a maximum of 41-46 spaces available [we are not allowed more than 50 in any given church]. If it is your intention to attend please phone Irene Cunningham on 01383 731947 on Monday mornings between 10-12 am in the first place to book a spot.

Please come prepared with a face mask. You will be asked to hand sanitise when you come in and the church will be laid out to reflect social distancing. Family members can sit together. There will, initially, be no singing but we will use YouTube for Worship.

The Service will be available for those on Zoom who wish to use that format and cannot come to church and it will be live-streamed through Facebook on the church's Facebook page [this can also be picked up later].

All of this is very far removed from our normal experience and so if you have any questions please do not hesitate in calling the Minister.