|  |  |  |
| --- | --- | --- |
| **Current Medical Details of Employee** | | |
| **Full Name:** | | |
| **Current Contact Number:** | | |
| **Please read the lists below and tick anything that is applicable to you** | | |
| You are aged 70 or over | |  |
| You have chronic (long-term) respiratory diseases, such as [asthma](https://www.nhs.uk/conditions/asthma/), [chronic obstructive pulmonary disease (COPD)](https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/), emphysema or [bronchitis](https://www.nhs.uk/conditions/bronchitis/) | |  |
| You have chronic heart disease, such as [heart failure](https://www.nhs.uk/conditions/heart-failure/) | |  |
| You have [chronic kidney disease](https://www.nhs.uk/conditions/kidney-disease/) | |  |
| You have chronic liver disease, such as [hepatitis](https://www.nhs.uk/conditions/hepatitis/) | |  |
| You have chronic neurological conditions, such as [Parkinson’s disease](https://www.nhs.uk/conditions/parkinsons-disease/), [motor neurone disease](https://www.nhs.uk/conditions/motor-neurone-disease/), [multiple sclerosis (MS)](https://www.nhs.uk/conditions/multiple-sclerosis/), a learning disability or cerebral palsy | |  |
| You have [diabetes](https://www.nhs.uk/conditions/diabetes/) | |  |
| You have problems with your spleen – for example, [sickle cell](https://www.nhs.uk/conditions/sickle-cell-disease/) disease or if you have had your spleen removed | |  |
| You have a weakened immune system as the result of conditions such as [HIV and AIDS](https://www.nhs.uk/conditions/hiv-and-aids/), or medicines such as [steroid tablets](https://www.nhs.uk/conditions/steroids/) or [chemotherapy](https://www.nhs.uk/conditions/chemotherapy/) | |  |
| Are you pregnant | |  |
| You have been informed by your doctor that you are in the high risk Category | |  |
| **NONE OF THE ABOVE** | |  |
| **Sign:** | **Date:** | |

***Once Completed please return this form to Head Office for the attention of Joanne Chambers***

If you have ticked any of the above health issues apart from “NONE OF THE ABOVE”, then you are considered at increased risk from severe illness from COVID-19.

Anyone at increased risk must be very stringent in following social distancing measures.

Social distancing measures are steps you can take to reduce the social interaction between people. This will help reduce the transmission of coronavirus (COVID-19). The steps are:

1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
2. Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible
3. Work from home, where possible. Your employer will inform you if this is a possible for your job role.
4. Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs
5. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media
6. Use telephone or online services to contact your GP or other essential services

Everyone should be trying to follow these measures as much as is practicable.