

JOINT DIRECTOR OF HEALTH SERVICES

CACHAR :: SILCHAR

Email :- jointdhs.cachar@gmail.com

No. :

11495

Dated : Silchar the 15th September, 2020

ADVISORY FOR RISK ASSESSMENT & EARLY DETECTION OF COVID-19

Whereas it has been observed that people with comorbidities are prone to COVID-19 infection and subsequently to death, it is advised that individuals undergo self assessment of severity of covid-19 (impact of disease on person if infected) going through the following test.

Part A : Risk Assessment

	Range	Circle Any	Write Score
1. What is your age ? (in complete years)	30-39 years	0	
	40-49 years	1	
	> 50 years	2	
2. Do you smoke or consume smokeless products such as gutka or khaini ?	Never	0	
	Used to consume in the past/ sometimes now	1	
	Daily	2	
3. Do you consume alcohol daily	No	0	
	Yes	1	
4. Measurement of waist (in cm)	Female	Male	
	80 cm or less	90 cm or less	0
	81-90 cm	91-100 cm	1
	More than 90 cm	More than 100 cm	2
5. Do you undertake any physical activities for minimum of 150 minutes in a week ?	At least 150 minutes in a week	0	
	Less than 150 minutes in a week	1	
6. Do you have a family history (any one of your parents or siblings) of high blood pressure, diabetes and heart disease ?	No	0	
	Yes	2	
7. Do you have any ailment related to kidney?	No	0	
	Yes	2	
8. Do you have any ailment related to Heart?	No	0	
	Yes	2	
9. Are you suffering from Tuberculosis ?	No	0	
	Yes	2	
10. Have you ever been detected with HIV Infection ?	No	0	
	Yes	2	
Total Score :			

A score of 4 or more indicates that the person is at a higher risk for COVID-19. He/she needs to get himself/herself tested at the nearest COVID Screening Centre for test voluntarily.

Part B : Early Detection

1. Are you suffering from fever for atleast 2 days	Yes/No	
2. Shortness of Breath	Yes/No	
3. Are you suffering from bodyache	Yes/No	
4. Are you suffering from lack of smelling sensation ?	Yes/No	
5. Are you suffering from lack of taste.	Yes/No	

If someone is suffering from one or more above symptoms, he/she may get themselves tested for COVID-19 immediately.

For further assistance/information COVID-19 Control Room may be contacted by call/Whatsapp @ 97071-07616

15/9/2020

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