

Caring for adults and children in the community with COVID-19

Standard clinical assessment and risk of deterioration assessment

This document is to be used with *Caring for adults in the community with COVID-19: Flow chart and care protocols*. It is for use by all clinicians or other staff involved in the care of COVID-positive patients in the community in NSW, including local health districts, specialty health networks, primary care providers, Healthdirect and third-party providers.

Clinical assessment

ASYMPTOMATIC / MILD

Adult symptoms and signs

Patient has no symptoms OR:

- Mild cough or upper respiratory tract symptoms (incl. sore throat)
- Nausea, loss of appetite, vomiting but tolerating fluids/food
- Loss of smell/taste
- Headache, body ache

Child symptoms and signs

Patient has no symptoms OR:

- Mild upper respiratory tract infection or cough
- Mildly reduced fluid/oral intake
- Mild vomiting or diarrhoea
- Mild headache, body aches, fatigue

MODERATE**Adult symptoms and signs**

- Persistent fever >39 C
- Marked cough
- Haemoptysis
- Mild breathlessness
- Mild chest pain
- Diarrhoea
- Abdominal pain
- Vomiting
- Reduced fluid intake but >50% normal
- Dizziness on standing up

Child symptoms and signs

- Persistent fever >39 C and not responding to treatment
- Mild breathlessness
- Coughing up blood
- Reduced fluid intake, but >50% normal over last 24 hours
- Reduced urine output but >50% normal over last 24 hours
- Moderate vomiting and/or diarrhoea
- Unable to stand or walk

SEVERE**Adult symptoms and signs**

- Shortness of breath / difficulty breathing
- Confused or drowsy
- Unable to stand
- Fluid intake <50% normal
- Chest pain lasting >10 mins
- Pale, clammy, mottled skin

Child symptoms and signs

- Moderate to severe breathlessness / difficulty breathing
- Severely reduced fluid intake (<50% normal over last 24 hours)
- Severely reduced urine output (<50% normal over last 24 hours)
- Reduced level of consciousness (including drowsiness, confusion, floppiness), seizures
- Age under 1 month (corrected) with temperature over 38 degrees
- Any other severe symptom

Risk of deterioration

High-risk medical history

- Chronic lung disease
- Cardiovascular disease, including hypertension
- Active cancer
- Immunosuppression
- Chronic kidney disease
- Transplant
- Diabetes
- Liver disease
- Frailty
- Disability (physical or intellectual)
- Significant mental illness
- Significant drug and alcohol dependence
- Pregnancy
- Obesity
 - BMI >30 in adults
 - >95th centile for age and sex in children
- Aboriginal and/or Torres Strait Islander
- Pasifika background
- Age under 3 months (corrected)

Note: stable intermittent/episodic asthma or mild developmental delay are considered low risk

High-risk social factors

- Geographical remoteness from higher level care
- Concerns about access to housing, food, medication or other care at home
- Concerns about personal safety at home, including violence, abuse and neglect
- Caring for other household members
- Financial concerns

Additional social risk factors for children

- Parent/carer at high social risk (domestic abuse and family violence, neglect, abuse, drug or alcohol use)
- No identified carer
- Parent/carer has a major medical or mental illness

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