# Applying new COVID-19 Health and Safety Regulations for Field Staff

## Contents

## Overview of COVID-19

SARSCoV2 coronavirus:

* + - Biological hazard
    - How virus is spread and infect human to human
    - Personal COVID-19 risk assessment
    - COVID-19 Signs and symptoms
    - Daily screening for COVID-19 signs and symptoms
    - Recording daily COVID-19 screening
    - What to do if COVID-19 signs and symptoms develop
    - When to seek medical attention
    - National and provincial COVID-19 hotline numbers
    - Sales representative’s COVID-19 survival kit

## COVID-19 Mitigating factors

* + Social and physical distancing
  + Face masks
  + Coughing and sneezing etiquette
  + Managing waste products
  + Quarantine
  + Isolation
  + Self-isolation
  + Contact tracing
  + Returning to work after having COVID-19 symptoms and/or tested positive
  + Record keeping of details of those in contact with
  + New lifestyle (newusual)

## Sanitising and disinfecting:

* + Hands
  + Surfaces
  + Spaces
  + Vehicle
  + Using Public Transport

## A day in the life of a sales representative:

Applying COVID-19 mitigating principles practically to daily activities

* Workplace COVID-19 risk assessment
* Detailed application of COVID-19 mitigating principles