# 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