

# SAFETY ALERT

REF:  
DOS-SA-034/22

Safety Alerts inform or remind you of hazards that you may face and how YOU can minimise harm to yourself and others. Remain vigilant, take action and speak up if you feel that something isn't right.

## Returning to Physical Activity post COVID-19

NZDF Physical Training Instructors, with the support of NZDF Health, have implemented a phased return to physical activity (RPA) plan for personnel recovering from COVID-19. Following confirmation of a positive result, a graduated return to activity will occur over stages. PTIs will use this plan to assist you with each stage.

**Ask for advice for your own return to physical activity if you are recovering from COVID-19.**

Unite  
against  
COVID-19

Stage 1 in the plan is your initial Rest and Recovery period, seen in the table below:

Severity Level	Rest and Recovery Period
<b>Asymptomatic</b> - Positive but experiencing no symptoms	7-days following positive test
<b>Mild</b> - Low grade fever, cough, mild fatigue, nasal congestion, sore throat. Possible other symptoms (e.g. nausea, vomiting, diarrhoea)	10-days from symptom onset and 7-days symptom free
<b>Moderate</b> - High fever, persistent fatigue (>7-days), chest pain, shortness of breath, faints	10-days from symptom onset and 7-days symptom free
<b>Severe</b> - Hospitalisation	On advice from the MO

❖ Remember, your 10-days from symptom onset and 7-days symptom free are consecutive.

Two red flags to be aware of are **chest pain** and **shortness of breath**. If you experience either of these symptoms at any time throughout your recovery, please consult with a medical officer or Defence Health immediately.



**Move on to the next stage only if you remain symptom free and can cope with the output. If symptoms occur, seek medical advice.**

**Remember PTIs and Human Performance Specialists are there for advice and to assist you with your PT programme. Always consult with a professional if you need help.**

### Reporting Safety Events and Concerns

- ✓ Report safety concerns, events or feedback in the *Safety Event Management Tool (SEMT)*
- ✓ Navy personnel to use form RNZN 001 for reporting when there is no DIXS access to the SEMT
- ✓ Call your local Safety Advisor or Service/portfolio safety unit or email the Directorate of Safety: [NZDFSafety@nzdf.mil.nz](mailto:NZDFSafety@nzdf.mil.nz)