



Chisago County Health and Human Services Public Health Division



FOR IMMEDIATE RELEASE

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Working from Home during COVID-19

****MEDIA ADVISORY****

Minnesota Governor Walz recently signed Executive Order 20-40, which allows workers in certain non-critical sectors to return to safe workplaces. Non-Critical Exempt Businesses covered by this order are limited to industrial and manufacturing office-based businesses. Before workers may return to work at a Non-Critical Exempt Business under this executive order, the Non-Critical Exempt Business must establish and implement a COVID-19 Preparedness Plan. Each plan must detail the business' implementation of Minnesota OSHA Standards and MDH and CDC Guidelines in their workplaces. These requirements are available at <https://mn.gov/deed/safework>.

The caveat to this order is that workers who can continue to work from home should do so. For these individuals, there are ways to maximize productivity and efficiency.

- Keep a regular schedule and routine. Give yourself a designated space to work and learn. Don't forget to include periodic breaks!
- Encourage clear communication. This is especially important with a boss or supervisor. You should know what's expected of you during your time at home. Set clear expectations for communication day to day.
- Stay connected with coworkers and colleagues through regular phone calls or virtual hangouts. Maintaining team comradery is vital for the health and well-being of your organization.
- Set boundaries. It can be tempting to work outside of normal hours when working from home, as the line is so blurred. However, maintaining boundaries is important for your well-being and overall family functioning.
- Encourage online training(s). Now is as good of time as ever to ensure that your professional knowledge continues to expand in a meaningful way.
- Reach out! Ask for suggestions and advice from coworkers, friends, and family in similar situations. Chances are that you are not the only one feeling absent or unproductive in this newness. If you've found things that have worked for you, share these tips and suggestions with your team.

It is unusual to see so many working from home, but COVID-19 has pushed many to isolation from their colleagues. This could potentially impact morale and productivity. Setting a routine and keeping some normalcy in your work life, with exceptions, can help maintain a positive attitude toward the important work you do in our community.

For COVID-19 health concerns and questions, call the Chisago County COVID-19 Support Line at 651-257-1300, or visit @ChisagoCountyPublicHealth on Facebook.