

Nate's Computer Services

<https://www.natesservices.com>

essential service / CoVId-19 pandemic business action plan

March 25, 2020 [Nathan Steffenson](#)

My business and all of its services appears to be considered an essential service according to <http://www.cisa.gov> in the category **Communications and information technology** at this time.

Much of my work is done remotely (usually at home). However, I do record video and photograph for some news stories for my web site. I also occasionally go to businesses and perform computer upgrades or maintenance.

For all customers: anything that can be supported by my web site, remote screen sharing, email, or phone should be done that way.

For businesses: If on site service is needed beyond what can be done through remote means. I will have gloves and mask with me (will wear if other people are in room) and ask that everyone stays at least 6 feet away when working.

For digitizing remote media: Can pick up and returned by my bicycle if local. I have capability to get a lot on my bicycle and can go to Brainerd Baxter Merrifield or Nisswa. You can also ship it to me by mail, UPS, or FedEx and I can return it that way. Drop off is not available since I work from home and there are many people that live at my apartment building.

I may also accept laptops or portable devices if they can be picked up by bicycle from homes and businesses and returned locally. This is only the problem cannot be solved through remote support. I cannot carry much weight and am not willing to go inside of homes at this point. Drop off is not available since I work from home and there are many people that live at my apartment building

I will take precautionary measures and ask that all customers also take precautionary measures. I have made a [summarized list of basic precautions for this pandemic](#).

Digital photography shoots with other people (senior portraits, wedding engagement pics) that might not be considered essential communication related should be postponed if possible until stay at home order is lifted. Event photography should only be those events that are allowed by the order.

Minnesota Governor Walz issued a stay at home order

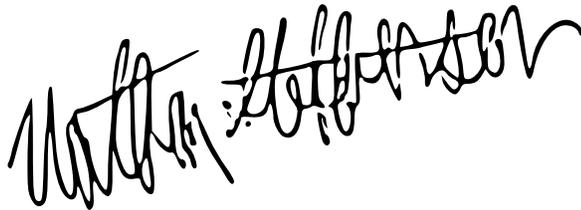
11:59pm on Friday, March 27 and extended at 5:00pm on May 18 2020

<https://mn.gov/governor/news/#/detail/appId/1/id/424820>

https://mn.gov/governor/assets/EO%2020-20%20FINAL_tcm1055-424864.pdf.

This post has been updated on May 4, 2020 to reflect Minnesota Governor Walz's extension of the stay at home order and to make this my business action plan.

/signed/ Nathan Steffenson May 4 2020

A handwritten signature in black ink, appearing to read 'Nathan Steffenson', written in a cursive style.

Summarized list of precautions

<https://mn.gov/covid19/>

<https://www.health.state.mn.us/diseases/coronavirus/index.html>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

- frequently with soap and water
- Keep at least **6 to 12 foot distance** from other people when possible. wearing masks is not a substitute for this.
- Stay at home when sick
- avoid unnecessary travel and **avoid large groups**
- cover your cough/sneeze - wash hands
- Don't touch your face, since that moves germs in your hands go to your face
- Governor Walz has mentioned although traffic is down, fatal traffic crashes are up for this time of year. This is most likely due to speeding. People are reminded to be safe for essential travel.
- Medical Problems/needs: When possible call first or use telemedicine/ online visits when being treated for anything that isn't an emergency/urgent
- Do whatever you can from home - classes, work, virtual support groups if these help you, video/online religious services if this is suitable for you, etc.
- Remember basic things to stay healthy-

- **Stay hydrated** - drinking enough water
- eat healthy foods
- get plenty of rest/sleep
- get **exercise** and fresh air
- exercising every day -- walking, running, or biking can help build lung capacity
- Don't be sedentary. Sitting or laying in place too long can cause **blood clots**. Most people have stopped sitting in cars or planes so this solves one problem. Avoid sitting too long doing distance learning, telecommuting, watching tv and avoid laying too long recovering from an illness. Blood clots are associated with people ill from the coronavirus.
- avoid drinking alcohol since this will make you dehydrated and make it harder for your body to fight off infections
- avoid smoking and avoid vaping since it will make you and others more susceptible to getting ill.
- good oral hygiene- brushing teeth and flossing and rinsing
- stay up to date with vaccinations for other illnesses and wellness checks including for children.
-
- Keep things clean and sanitary -clean surfaces, wash dishes, rinse and take out recycling, take out garbage (This does NOT mean leaving big items that you have been waiting to get rid of at the curb), wash clothes, shower/bathe(this is not a substitute for frequent hand washing)
- Update:masks are suggested by CDC in public such as grocery shopping. This is suggested since some people may not have symptoms and can still spread. It is for the person wearing the mask not to spread to others. Wear [protective gear](#) when necessary including masks and gloves
- people with breathing trouble, or other problems caused by wearing it, or under age 2 should not wear masks
- If wearing cloth masks be sure to keep it clean/laundered as germs are likely to build up on it.
- Medical masks are asked to be saved for for care providers/medical professionals and those that are sick, or when it is required for your work(dust). Since these are limited in supply if you do not need it for these reasons cloth masks or other masks that are not in short supply can be used.
- More information at: <https://mn.gov/covid19/>
<https://www.health.state.mn.us/diseases/coronavirus/index.html>
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
originally published March 30 2020. Several updates after.

Nathan Jefferson