

# WORKER RESOURCE GUIDE



The state of Minnesota is committed to helping its workers in the processing and manufacturing plants safely return to work.

## MINNESOTA DEPARTMENT OF HUMAN SERVICES (DHS)

DHS helps provide essential services to Minnesota's most vulnerable residents. Working with many others, including counties, tribes and nonprofits, DHS helps ensure that Minnesota seniors, people with disabilities, children and others meet their basic needs and have the opportunity to reach their full potential. [mn.gov/dhs](https://mn.gov/dhs)

Minnesota's income assistance programs help families with low income move to financial stability through work. These programs include the Minnesota Family Investment Program (MFIP) and the Diversionary Work Program (DWP). Families and pregnant women who qualify for these programs also may get help with food, child care, health care and other basic needs.

For more information: [mn.gov/dhs/people-we-serve/children-and-families/economic-assistance/income](https://mn.gov/dhs/people-we-serve/children-and-families/economic-assistance/income)

Minnesota Health Care Programs Overview website provides information on Medical Assistance, MinnesotaCare, Medicare Savings programs and more. [mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/overview.jsp](https://mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/overview.jsp).

For many people, the pandemic is a stressful time filled with worry about our community, loved ones and our own health. Resources are available to help people who are struggling with anxiety, depression and other mental health issues, maybe for the first time, due to the COVID-19 pandemic. Resources can be found at [mn.gov/dhs/crisis](https://mn.gov/dhs/crisis).

Many Minnesotans are finding themselves without adequate food for themselves and their families due to the COVID-19 pandemic. Visit our emergency food support website at [mn.gov/dhs/food-emergency](https://mn.gov/dhs/food-emergency). For help applying or additional food resources, contact the Food Helpline at 1-888-711-1151 or visit Hunger Solutions at [hungersolutions.org/programs/mn-food-helpline](https://hungersolutions.org/programs/mn-food-helpline).

### Public Charge

In immigration law, "public charge" describes certain immigrants who use certain government programs. You may have heard that public

charge rules can affect your immigration status if you use programs like Medical Assistance (MA), SNAP or the Minnesota Family Investment Program (MFIP). If you want to know if these rules apply to you, talk to a lawyer. U.S. Citizen and Immigration Services (USCIS) **issued a notice** ([uscis.gov/greencard/public-charge](https://uscis.gov/greencard/public-charge)) that testing, treatment, and preventive care related to COVID-19 **will not** be included in public charge determinations. Public charge does not apply to all immigrants or all government programs.

For free, confidential legal advice in English, Spanish, Somali and other languages, call:

**Mid-Minnesota Legal Aid:** 800-292-4150

**Southern MN Regional Legal Services:** 888-575-2954

## MINNESOTA DEPARTMENT OF EMPLOYMENT AND ECONOMIC DEVELOPMENT (DEED)

DEED has several programs to help workers who are experiencing a layoff or reduction of hours.

### CareerForce

Individuals looking for temporary or additional employment or needing job search assistance can access **Minnesota's CareerForce** system ([careerforcemn.com](https://careerforcemn.com)) for many employment services such as free resume review, online workshops and additional job search assistance. These services are currently being offered online and by phone. Call 651-259-7501 or email [CareerForce@state.mn.us](mailto:CareerForce@state.mn.us).

### Dislocated Worker Program

A dislocated worker is anyone who has been permanently (or more than six months) laid off from their job through no fault of their own. The program provides **one-on-one career planning, job search assistance, support services (financial resources), and training** to those who qualify.

Dislocated workers and anyone looking for job search assistance should go to [careerforcemn.com/locations](https://careerforcemn.com/locations) to search by your zip code to find a location near you. Call or email them for personalized assistance.

## Unemployment Insurance

If you have been recently laid off or your hours have been **reduced below 32 hours a week**, and you haven't already done so, **please apply for unemployment benefits by going online to: [uimn.org](http://uimn.org)**. The website can accept applications 6 a.m. – 8 p.m and the day you apply is based on the last number of your Social Security number.

For assistance with applying in Spanish, Hmong, Somali, or any other language, call:

- Twin Cities area: 651-296-3644
- Greater Minnesota: 1-877-898-9090
- TTY users: 1-866-814-1252

## MINNESOTA DEPARTMENT OF LABOR AND INDUSTRY (DLI)

### Reporting health and safety concerns at work

Contact Minnesota OSHA Compliance at [osha.compliance@state.mn.us](mailto:osha.compliance@state.mn.us), 651-284-5050 or 877-470-6742 with questions.

### Workers' Compensation Employee Information Sheet

([dli.mn.gov/sites/default/files/pdf/wceeinfo.pdf](http://dli.mn.gov/sites/default/files/pdf/wceeinfo.pdf)) – This is a general overview about the Minnesota workers' compensation system. If an employee has questions about workers' compensation law, he or she should contact DLI at 800-342-5354, press 3, or consult a lawyer for legal advice.

### First Report of Injury (FROI)

([dli.mn.gov/sites/default/files/pdf/fr01.pdf](http://dli.mn.gov/sites/default/files/pdf/fr01.pdf)) – If you are injured on the job, notify your employer and seek medical attention, if needed. Report your injury to your supervisor as soon as possible. You may lose the right to workers' compensation benefits if you do not report the injury within timeframes set by law. Employers need to complete this FROI form, which helps determine liability and entitlement to benefits. Employers also must file this form with their insurer and give a copy to the employee and the employee's local union office. If the employee's disability lasts for more than three calendar-days, the insurer must file the FROI form with DLI.

### Frequently asked questions for employers and employees related to COVID-19 ([dli.mn.gov/sites/default/files/pdf/Employer\\_and\\_employee\\_questions\\_related\\_to\\_COVID\\_19.pdf](http://dli.mn.gov/sites/default/files/pdf/Employer_and_employee_questions_related_to_COVID_19.pdf))

### COVID-19 Health and Safety Guidelines for the Meatpacking Industry ([dli.mn.gov/sites/default/files/pdf/COVID\\_19\\_meatpacking\\_guidance.pdf](http://dli.mn.gov/sites/default/files/pdf/COVID_19_meatpacking_guidance.pdf))

## MINNESOTA DEPARTMENT OF AGRICULTURE (MDA)

MDA has created and compiled information related to the coronavirus (COVID-19) pandemic and food and agriculture. Information can be found at: [mda.state.mn.us/covid-19-agriculture](http://mda.state.mn.us/covid-19-agriculture).

## Additional Resources

MDA COVID Question Line: [mdaresponds@state.mn.us](mailto:mdaresponds@state.mn.us)

- Food & Feed Safety Main Line: 651-201-6027 or email [MDA.FFSD.Info@state.mn.us](mailto:MDA.FFSD.Info@state.mn.us)
- MN Farm and Rural Helpline: 1-833-600-2670
- Rural Finance Authority Office: 651-201-6004

## MINNESOTA DEPARTMENT OF PUBLIC SAFETY (DPS)

DPS has some answers to commonly asked questions regarding the Stay Home Order. These can be found at: [dps.mn.gov/Pages/default.aspx](http://dps.mn.gov/Pages/default.aspx)

### *Will we need documentation or a letter to be outside of our homes?*

You are not required to carry any paperwork when you are traveling to and from your place of employment, or anywhere else. All Minnesotans are urged to voluntarily comply with the stay at home order.

### *When is it okay for me to leave my home?*

Minnesotans may leave their homes to pick up essential items such as groceries or food, prescriptions, and gas, to relocate for safety reasons, or go to work if their job is deemed essential in a sector. If you leave your home, practice social distancing measures and keep six feet between you and those around you. Everyone is encouraged to stay active outside during this time, provided they practice safe social distancing.

## MINNESOTA DEPARTMENT OF HEALTH (MDH)

MDH is working with local health officials to prevent the spread of COVID-19 in the community. The best ways to protect yourself, the people you live with, and your community are to stay home as much as possible, wash your hands, cover your cough, and clean surfaces and objects you touch a lot.

You can learn more about COVID-19, including what symptoms you should watch for, what to do if you are sick, and when you should see a doctor, on the health department's website at [health.mn.gov](http://health.mn.gov). You can also call our hotline if you have health questions about COVID-19. Call 1-800-657-3903.

## MINNESOTA DEPARTMENT OF HUMAN RIGHTS (MDHR)

The Minnesota Department of Human Rights is the state's civil rights enforcement agency. We investigate claims of discrimination in employment, housing, and other areas based on disability, race, national origin, sex, and other protected classes. Minnesotans can call the Discrimination Helpline at 1-833-454-0148 or complete and submit this online form for assistance at [mn.gov/mdhr/intake/consultationinquiryform](http://mn.gov/mdhr/intake/consultationinquiryform). Translation services are available. [mn.gov/mdhr/intake/discrimination-helpline.jsp](http://mn.gov/mdhr/intake/discrimination-helpline.jsp)