

# Keep Calm & Wash Your Hands

As we continue to face the COVID-19 crisis, we hope you and your families are staying safe and healthy, both physically and emotionally. We are here to offer weekly tips and suggestions on how to do this, as well as engage employees and boost morale whether you have employees at home or still reporting to an office location.

- It's important to move, and it can be as simple as [taking 10 minutes each day](#).
- When scheduling those virtual meetings or happy hours, remember to:
  - Be careful with backgrounds
  - Start on mute, video off (until you're ready)
  - Test your Wi-Fi before
  - [Not do this](#)
- It's okay to not be okay. We are all facing unique needs and concerns. NAMI of Erie County (PA) has created an [online support group weekdays at noon](#) to help folks coping with COVID-19

## Fast Facts

- As of writing this, National Fuel has no confirmed cases of COVID-19.
- Although the new federal [Families First Coronavirus Response Act \(FFCRA\)](#) applies only to companies that employ less than 500 employees, we are extending equivalent FFCRA leave benefits to all eligible employees. After expending the original 40 hours of family care time at full pay, employees can then receive 2/3 of their pay for any additional family care time off needed (up to a total of 12 weeks).
- The NY Call Center has expanded into Tops Friendly Markets' former space on the second floor at the Main Office to further enable social distancing.

## Faces of Fuel

In this week's [Fueling Conversations](#), Dave spoke about spreading kindness, demonstrating unity, and showing gratitude for essential workers and their families during this time. Whether it's writing a message on the sidewalk or leaving a note in your window, let's see your photos! Please email Jessica Reagan in Corporate Communications at [ReaganJ@natfuel.com](mailto:ReaganJ@natfuel.com).

"You will learn a lot about yourself if you stretch in the direction of goodness, of bigness, of kindness, of forgiveness, of emotional bravery. Be a warrior for love."  
-Cheryl Strayed

**COVID-19 COPING SKILLS**  
by Erin Cornelius, PhD

MANAGE YOUR NEWS CONSUMPTION

STAY SOCIALLY DISTANT WHILE REMAINING EMOTIONALLY CONNECTED

GET FRESH AIR WHILE STAYING AWAY FROM OTHERS

CREATE A RHYTHM TO YOUR DAY

SET GOALS FOR YOUR TIME

TAKE ADVANTAGE OF THIS TIME

STAY POSITIVE

ENGAGE IN HEALTHY LIFESTYLE BEHAVIORS

FIND THINGS TO LAUGH ABOUT

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From the desk  
of Amy Shiley