

Keep Calm & Wash Your Hands

With two weeks into our new normal of working from home (for many of us), we hope that all of you and your families are staying healthy and fit, both physically and emotionally. As this is new for all of us, we are here to offer weekly tips and suggestions on how to stay healthy, engage employees, and boost morale whether you have employees at home or still reporting to an office location.

- Stay up-to-date on Company news and encourage your employees (especially the deskless ones!) to do the same by visiting the [Employee/Retiree Portal](#).
- If scheduling [Zoom meetings](#), please use a password and the waiting room option to ensure you are following the recommended cybersecurity guidelines from IT.
- Speaking of virtual meetings, we don't recommend [turning yourself into a potato](#) but if it speaks to you and your team, we won't hold you back.
- We want to ensure our employees are taking care of their physical and mental health during this stressful time. Here are a [few practical tips to stay healthy](#) while working from home.

Fast Facts

- As of writing this, National Fuel has no confirmed cases of COVID-19. All tests that have been provided to various employees have come back negative.
- The New York Call Center is now taking emergency calls for operations on weekdays until midnight and weekends from 8 a.m. – 4 p.m. The Pennsylvania Call Center will begin a weekend schedule on April 4 from 8 a.m. – 4 p.m.
- HR implemented a hotline this week – 716-857-7099 – for employees to use to call with COVID-19 concerns and/or to disclose illness whether with themselves or family members.

Faces of Fuel

This week we are focusing on how our Faces of Fuel are working from home. We want to share pictures of our employees in their new offices. This could be a couch, the kitchen table, the basement, etc. Don't forget to show us your new "coworkers," too! Please email Jessica Reagan in Corporate Communications at ReaganJ@natfuel.com.



Pictured: Donna DeCarolis, Utility President, making the best of her home office with her coworker, Lucy.

"You can't stop the waves but you can learn to surf." –John Kabat-Zinn

April 1, 2020

From the desk
of Amy Shiley