

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 how to stay connected with your colleagues whether you are at home or still reporting to an office location.

- At the end of the day, take [10 minutes to stretch your muscles](#).
- Call 211 if you need help. This is a vital service available 24/7/365 that connects millions of people each year to expert help. Visit 211.org for more information or simply call 211 to speak with a highly trained service professional in your area. All calls are confidential.
- Govs. Tom Wolf (PA) and Andrew Cuomo (NY) both issued new orders recently about face coverings. Consequently, we have secured a supply of surgical-type masks for your use while working.
 - [How to Use a Face Mask Correctly](#)
 - [What Not To Do](#)

Fast Facts

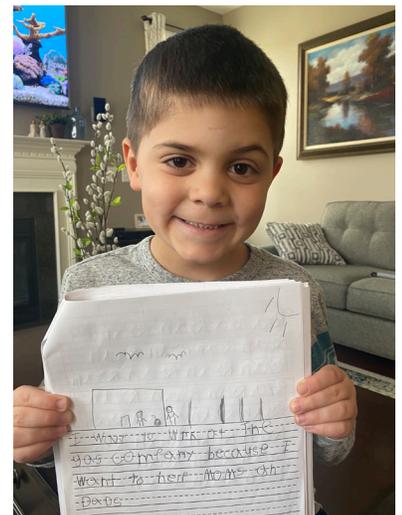
- On Monday, we received news of our first two positive employee diagnoses of COVID-19 at National Fuel. They did not have employee or customer contact in more than 14 days, and both are isolated at home and in good condition. Our thoughts are with our colleagues at this time.
- We continue to implement additional safety measures and protocol to adhere to the ever changing guidelines set forth by federal, state, and local governments.
 - The Erie County Department of Health (NY) announced the expansion of its testing categories for people with COVID-19 symptoms. A test is now available to those experiencing symptoms and who are currently working in essential industries, including utilities. [Click here](#) for more information.
 - Gov. Wolf is now requiring temperatures to be taken following a positive case at a site. We are developing a plan on how to accomplish this and will update you as soon as possible.
- Vanguard is offering additional webinars through May 29. Please [click here](#) for more information.

Faces of Fuel

Here are [8 Ways to Thank and Support Frontline and Essential Workers Right Now](#) or you can [send a virtual thank you](#).

Pictured: Rebecca Hillery, Chief Auditor, snapped a pic of her son, Ryan, showing off his writing assignment on what he wants to be when he grows up and why. He wrote, "I want to work at the gas company because I want to help moms and dads."

Show us how you're spreading hope and positivity and send your photos to Jessica Reagan in Corporate Communications at ReaganJ@natfuel.com.



"Courage is contagious. Every time we choose courage, we make everyone around us a little better and the world a little braver." –Brené Brown

April 22, 2020

From the desk
of Amy Shiley