

# 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.

- When working from home, it's important to [create the habit of going to and leaving work](#).
- Don't forget to laugh. Enjoy complimentary programs from the [National Comedy Center](#).
- Get creative and enter the Albright-Knox's annual Art Alive contest for a chance to win cash prizes. [Click here](#) to learn more and/or check out current submissions.

## Fast Facts

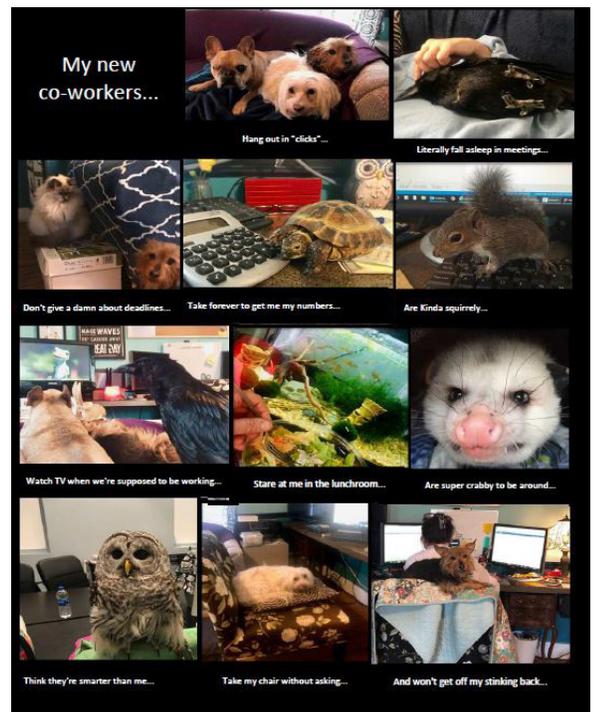
- NFG's Food it Forward initiative in New York is extended through May 1. For more information, please contact Karen Merkel in Corporate Communications at [merkelk@natfuel.com](mailto:merkelk@natfuel.com).
- The [NYS CARES Child Care Scholarship](#) is now available to essential employees.
- As many of us wait to receive stimulus checks, be on the lookout for phishing attempts on every medium, including social media. Here are some helpful tips from the [IRS](#) and the [Texas A&M Division of IT](#).

## Faces of Fuel

Social distancing and the actions you take at home are just as important as the safety procedures National Fuel has implemented in the workplace. This applies to your interactions with everyone outside of your household, including relatives who do not live with you. We know these are challenging times, but we encourage you to try using technology to find no-contact ways to visit with your family. Remember, the actions you take at home and the decisions you make regarding social distancing will have a DIRECT impact on your coworkers and in keeping our workplace safe.

**Pictured:** Margie Hanrahan, Senior Gas Accountant, can't wait to be back with her human coworkers at Mineral Springs Building 5.

If you're struggling to find balance with your new coworkers, we want to see your photos! Email them to Jessica Reagan in Corporate Communications at [ReaganJ@natfuel.com](mailto:ReaganJ@natfuel.com).



**"The pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sails." –John Maxwell**

April 29, 2020

From the desk  
of Amy Shiley