

# 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.

- [Sleep is just as important for your health](#) as eating healthy and exercising.
- Former President George W. Bush recently shared a [video encouraging Americans to be their best selves](#) during the coronavirus pandemic.
- We're all [starting to crack](#) but don't forget Sunday is Mother's Day. School is out and kids aren't coming home with cute handmade gifts so it's [time to get out the glue](#). May the [odds be ever in your favor!](#)

## Fast Facts

### Pennsylvania

- Infrared thermometers have been purchased for worksites. Per state regulations, as soon as there is a positive diagnosis at a site, all employees must be pre-screened every day before work.
- Per a recent amendment to the Executive Order dated March 19, 2020, regarding the "Closure of All Businesses That Are Not Life Sustaining," National Fuel established requirements for its construction sites, effective May 1. Supplemental procedures and guidance for these requirements are published on the InfoNet under [COVID-19 Safety Information for Operations](#).

### New York

- As the state aggressively expands COVID-19 diagnostic testing capacity, the Department of Health has increased testing for essential workers, including National Fuel employees. To view the protocol for testing and learn more, please [click here](#).
- HEAP has been extended to June 30. For more information on National Fuel's payment assistance programs, please visit [HEAPhelps.com](#).

### Company-wide

- For purposes of your health, workplace safety, and the health of others, at the beginning of each work shift, you are required to [review these worksite screening questions](#).
- The Employee Town Hall Gatherings initially scheduled for this May and June are now postponed with new dates to be announced.
- As a reminder, each week, you can find opportunities in both [New York](#) and [Pennsylvania](#) listed on the [Employee and Retiree Portal](#) for ways to give back from the safety of your home.

## Faces of Fuel

Across the Company's subsidiaries in New York, Pennsylvania, Texas, and California, our Faces of Fuel have never worked harder. During these unprecedented times, we want to continue to demonstrate to the communities in which we operate that National Fuel employees are also Faces of the Frontline, continuing to safely and reliably provide natural gas service, operate our extensive network of transportation, compression and gathering infrastructure, and produce critical natural gas supplies.



Help us continue to build this collage by emailing your workplace selfies to Corporate Communications at [corpcomm@natfuel.com](mailto:corpcomm@natfuel.com).

**"Keep your face to the sunshine and you cannot see the shadows." – Helen Keller**

May 6, 2020

From the desk  
of Amy Shiley