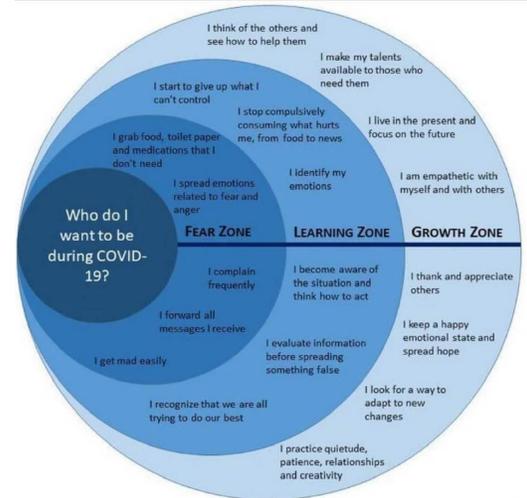


Keep Calm & Wash Your Hands

With three weeks into our new normal of working from home (for many of us), we hope that you and your families are staying healthy and fit, both physically and emotionally. 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 office locations.

- While we might not have everything we would have at work, there are [steps we can take to protect our bodies from ergonomic issues](#) like neck, back, or wrist pain.
- Here are some [tips to help manage a remote team](#).
- Technology is helping us stay connected but it doesn't have to be strictly business. Schedule a [virtual happy hour](#) with your colleagues.
- Share good news! Oh, to be a [squirrel eating nuts at a squirrel-sized picnic table...](#)



Fast Facts

- As of writing this, National Fuel has no confirmed cases of COVID-19. The pre-emptive steps we took early on in March to minimize the impact on our employees have been working but we need to stay vigilant.
- April is Safe Digging Month. We're all for planting trees and other outdoor home improvements during this time but it's still important to remember to [Call 811 Before You Dig](#).
- Reimbursements for expense reports, received after April 1, 2020, will be sent via U.S. mail to each employee's home address.

Faces of Fuel

This week we continue to focus 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: Sarah Mugel, an executive in the Legal and Risk departments, working from home. **Not pictured:** Her dogs, Cinnamon and Shadow, reviewing very important documents from the comfort of the floor and couch, respectively.

"Happiness can be found even in the darkest of times if one only remembers to turn on the light." –Albus Dumbledore

April 8, 2020

From the desk
of Amy Shiley