



The FFH Team Wishes You the Best of Health!



Jen brought her kids to visit their grandparents from over 6 feet away, Kaiya and her daughter went on a quarantine stroll, Clare took a social distancing hike, Laura caught up on her pandemic reading, and Barry worked in social isolation on his garden. How are you staying healthy?

Updated data on Covid-19

COVID 19 STATS of Nine States with Highest Number of Cases as of Monday 04/20/2020

STATES	New York	New Jersey	Pennsylvania	Massachusetts	California
State total #cases	256,272	88,806	34,528	39,643	33,897
State total #deaths	19,693	4,753	1,564	1,809	1,227
Counties/Cities with most COVID-19 Cases	Bronx – 25,932 Kings (Brooklyn)– 33,521 Queens – 37,918 Suffolk – 24,182 Westchester – 21,828 Manhattan – 18,699	Bergen – 11,409 Hudson – 9,165 Essex – 9,084 Union – 7,904 Passaic – 7,317	Philadelphia – 9,038 Montgomery – 3,040 Delaware – 2,484 Lehigh – 2,245 Berks – 1945	Middlesex – 8297 Suffolk (Boston)– 7,696 Essex – 4,914 Norfolk – 3,659 Plymouth – 2,688	Los Angeles – 13,823 Riverside – 2,638 San Diego – 2,268 Santa Clara – 1,870 Orange – 1,676

STATES	Illinois	Florida	Michigan	Connecticut
State total #	31,508	27,495	32,000	19,815
Counties/Cities with most COVID-19 Cases	Chicago – 13,013 Cook – 9,088 Lake – 2,216 Will – 1,692 DuPage 1,761	Dade – 9,657 Broward – 4,078 Palm beach – 2,260 Orange – 1,216 Hillsborough – 973	Detroit City – 7,736 Wayne – 6,176 Oakland -6,178 Macomb – 4,425 Genesee- 1,256	Fairfield – 6,480 Hartford – 2,570 New Haven – 3,758 Litchfield County - 490 Middlesex County - 379

Coronavirus/Covid-19



What do Covid-19 and the Tiger King Have in Common?

Excess quarantine time and binge-watching reality TV is not the only connection between Joe Exotic and the Pandemic...[Read More](#)



FFH's Unofficial, Unverified Coronavirus Hacks

These immune-building hacks are not scientifically researched or medically approved, just suggestions from us...[Read More](#)



Coping Strategies for the Involuntary Shut-In

Many of us have recognized the need to develop some stress management techniques during



Ableism Puts Lives at Risk During Pandemic

"It's scary to know that because I have a disability, my life may not

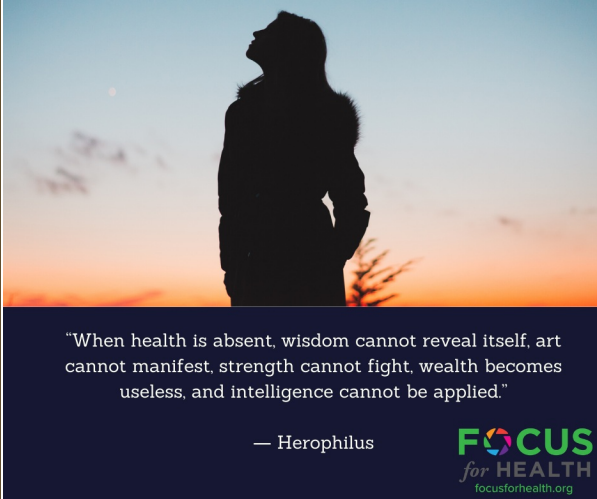
home isolation. Here are some ideas...[Read More](#)

be valued as highly as the person in the bed next to me"...[Read More](#)

Stay active and healthy during these unique times.

Here are some ideas to break up your days and maintain the good habits that keep you feeling well...

[Click Here for More Strategies](#)



Social Distancing Health Bingo

PREPARE YOUR HEALTHY MEALS IN ADVANCE	TAKE A WALK	PHONE A FRIEND	READ A SELF-HELP BOOK	MAINTAIN A WAKE-UP AND BEDTIME ROUTINE
DEEP CLEAN YOUR CLOSETS	MAINTAIN A REGULAR EATING SCHEDULE	USE A FITNESS APP TO TRACK YOUR STEPS	HOST A VIRTUAL HAPPY HOUR MEETING	TAKE A VIRTUAL YOGA CLASS
CHALLENGE YOUR HOUSEHOLD TO A CHILI COOK-OFF	SPEND TIME IN YOUR YARD OR GARDEN	FREE	MAKE HOMEMADE MASKS FOR YOUR LOCAL HOSPITAL	COMPLETE A PUZZLE
LEARN A NEW RECIPE	START A JOURNAL	TRY A MINDFULNESS TECHNIQUE	ORGANIZE YOUR FINANCES	EXERCISE 3 DAYS A WEEK
PLAY WITH YOUR KIDS	SNUGGLE WITH YOUR PETS	PICK UP A NEW HOBBY	START A VIRTUAL BOOK CLUB	TRY A NEW FORM OF EXERCISE

News from Our Sister Organization:

Segal Family Foundation 



Segal Family Foundation partner & **Last Mile Health** CEO Raj Panjabi wrote the Medium article "*What If Jobless U.S. Workers Were Hired to Fight Coronavirus?*"

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