

## EWC Update for March 26

- **Boost your immunity:** Protecting yourself from COVID-19 also includes taking care of yourself by keeping healthy. Boosting your immunity makes you better equipped to fight illness – check out the **attached** poster for tips. More information can be found in the Resources section below.
- **Reminder - Elevators:** No more than 2 residents in an elevator at any time and residents must stand at opposite sides of the elevator. Please be patient and kind as you wait for the elevators and keep a safe distance away from others who are waiting.
- **Noise:** As classes resume, we are aware of noise issues from landscaping. We have asked our landscaping company to stop using leaf blowers during this period.
- **Housing Occupancy Update:** We continue to inform you of occupancy rates to support your social distancing practices. We have had a significant number of residents depart and are now at 37% occupancy across all EWC housing:
  - Hale Kuahine: Total rooms = 85. Currently occupied rooms = 41
  - Hale Manoa: Total rooms = 386. Currently occupied rooms = 159
  - Lincoln Hall: Total rooms = 93. Currently occupied rooms = 7
- **Changing Rooms to Facilitate Social Distancing:** We recognize that some areas in our housing have more residents than other areas. If you would like to move to a less densely populated area of the building for purposes of social distancing, please email [housing@eastwestcenter.org](mailto:housing@eastwestcenter.org). All requests that improve social distancing measures will be seriously considered. All decisions about moving rooms will be taken by EWC staff in the interests of protecting all residents and EWC staff.
- **Resources:**
  - EWC FAQs including what to do if you think you have been exposed to COVID-19: [Frequently Asked Questions \(FAQs\)](#)
  - CDC info about symptoms and protecting yourself: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html>
  - Hawaii Department of Health status updates: <https://hawaiiicovid19.com/>
  - **New** Information about keeping healthy and boosting your immune system <https://www.hopkinsmedicine.org/health/wellness-and-prevention>
  - EWC housing contact email, which is regularly and frequently monitored by EWC staff: [housing@eastwestcenter.org](mailto:housing@eastwestcenter.org).

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