

## EWC Update for March 29

- **Social distancing is working:** The number of COVID-19 cases in Hawai'i continues to rise. As of today (Sunday 29 March) there are 175 known cases in the State of Hawai'i, according to the Department of Health. If everyone follows the "Stay Home" order there is still a chance we can flatten the curve—and maybe even break the chain of community transmission. We must fight COVID-19 together.
- **Change your behavior. Do everything you can:** Please consider your own social distancing behavior on a daily basis. The Governor of Hawaii has ordered us all to stay at home through 30<sup>th</sup> April. So every day is it your responsibility to do everything you can to protect yourself and others. For example, do you wash your hands immediately when you return from the supermarket or other "high traffic" areas? Do you wash your hands every time you touch a door handle? Are you 6 feet apart from your friend if you are walking together to the store? Please protect yourself and other people by keeping your physical distance. Please strictly follow the new COVID-19 kitchen and elevator rules. A little inconvenience for you can make all the difference to the health and safety of fellow residents, our EWC staff, and our frontline health workers here in Hawai'i.
- **COVID-19 Information in multiple languages** The Department of Health has posted FAQs about COVID-19 [HERE](#) in Simplified Chinese, Traditional Chinese, Japanese, Ilocano, Tagalog, Korean, Chuukes, Thai, and Vietnamese.
- **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>
  - Information about keeping healthy and boosting your immune system <https://www.hopkinsmedicine.org/health/wellness-and-prevention>
  - Info about scams related to Covid-19: <https://www.us-cert.gov/ncas/current-activity/2020/03/06/defending-against-covid-19-cyber-scams>
  - Info about phishing scams, including fake CEO/Business Email Compromise emails: <https://www.consumer.ftc.gov/articles/how-recognize-and-avoid-phishing-scams>
  - Hawaii Department of Health status updates: <https://hawaiiicovid19.com/>
  - EWC housing contact email, which is regularly and frequently monitored by EWC staff: [housing@eastwestcenter.org](mailto:housing@eastwestcenter.org).

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