

EWC Update for April 2

- **Face Covering:** In light of changing expert advice about how we can prevent the spread of COVID-19 throughout our community, the East-West Center recommends that staff and housing residents use face coverings as an additional public health measure. **If you have a mask, we strongly recommend that you wear it when in public spaces.** Do not give yourself a false sense of security by wearing a mask. Wearing a mask does not replace the need for strict social distancing and frequently washing your hands with soap (see attached poster for tips). Please note that the primary purpose of the mask is to protect against virus transmission from people who could be infected but have no symptoms.
- **Face Covering: what kind of mask?** At this stage, there is no agreed or legislated “standard” for masks. Based on expert advice, EWC recommends simple cloth coverings that cover the mouth and nose. This includes “home-made” cloth masks. The cloth covering is not intended to protect the wearer - social distancing and frequent hand washing are still your best defense against getting infected - but wearing a cloth covering can help reduce the spread of the virus from yourself to others.
- **Face Covering: when should I wear them?** Please wear a mask whenever you interact with other people. For example, wear a mask when you go to the grocery store, or when using a shared kitchen at EWC housing, or when riding the bus. Remember, the mask is to supplement social distancing and frequent hand washing, not to replace them. Maintain proper social distancing and do not get close to another individual because you are wearing the mask. It does not provide complete protection for either the person you are near or for you.
- **Face Covering: what if I don’t have one?** At this stage, there is a shortage of masks in Hawaii. Both simple surgical masks and medical grade masks like the N95 are still being prioritized for frontline healthcare workers, leaving them in short supply for the public. We recommend making your own cloth covering until you are able to source a mask. We have included two references in the **Resources** section below for example, but there are also many sources on masks/covering available online.
- **East-West Center support:** Please note the EWC is working hard to source a large number of masks to make available to both staff and residents at no cost. We initially ordered masks in January but vendors have delayed our orders due to problems with supply. We will keep you updated on this as information becomes available. In the meantime, please continue to focus on strict social distancing and hygiene practices as the best way to protect yourself and everyone around you.
- **Resources:**
 - **New** Information about “DIY face masks”
<https://smartairfilters.com/en/blog/best-materials-make-diy-face-mask-virus/>

- **New** Video about making a “no sew” shop towel mask: <https://www.youtube.com/watch?v=mai-UqdNRi8>
- 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://hawaiicovid19.com/>
- EWC housing contact email, which is regularly and frequently monitored by EWC staff: housing@eastwestcenter.org.
- EWC Housing phone number ph 944-7960. For reports on matters of immediate concern, such as students not complying with social distancing rules or smoking in the building, we urge you to call rather than email, even during working hours.

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