

EWC Update for April 21

- **Stay at Home Order:** The Mayor of Honolulu has now extended the “Stay at Home Order” through to 31 May. City parks will reopen from this Saturday at 5am for running, walking, and biking. Note that group exercise and gatherings are still banned. Everyone is strongly encouraged to practice strict social distancing and wear masks when encountering other people. This includes EWC kitchens, the grocery store, on the bus, and so on.
- **New Schedule for EWC Daily Updates:** From now on, Daily Updates will be issued only on weekdays (Monday-Friday), unless urgent information becomes available during the weekend. Daily Updates will still be issued on Saturday and/or Sunday if an emergency arises. Please continue to monitor your email closely.
- **Mental Health and Wellness:** This is the fifth week of strict social distancing and teleworking. The physical isolation and challenges of trying to do work in new ways may be taking their toll. We encourage you to continue to find new ways to connect, find motivation, exercise, and relieve stress. **Attached** is a list of resources for mental health, and stress relief compiled by the EWC Participant Association. In the **Resources** section below, there is more information about keeping healthy and boosting your immune system. The UH Manoa Counseling Services is open to UH students for urgent walk-in appointments or telephone crisis consultations, Mon-Fri from 8:30am-3:30pm: <http://www.manoa.hawaii.edu/counseling/>
- **Resources:**
 - Information about keeping healthy and boosting your immune system <https://www.hopkinsmedicine.org/health/wellness-and-prevention>
 - The CDC has put together [this guide for emergency planning](#)
 - Information about “DIY masks” <https://smartairfilters.com/en/blog/best-materials-make-diy-face-mask-virus/>
 - 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>
 - 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>

- State of Hawaii Department of Health updates, resources and information (now available in 8 different languages): <https://hawaiiicovid19.com/>
- EWC Housing contact email, which is regularly and frequently monitored by EWC staff: housing@eastwestcenter.org.
- EWC Housing phone number: 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.

[ENDS]