

EWC Daily Update May 7

- **UH Dorms Closing:** UH will be closing its student dormitories on May 16th. This closure does not affect EWC Housing operations – we currently have no plans to close our residences.
- **Travel Warning:** All students who reside in EWC housing (and who are not moving out this summer), should be aware that **Housing is not currently accepting returning students to campus**. This is due to the most recent quarantine mandates from the State of Hawai'i. Thus, students who choose to leave for the summer, or travel short-term, do so at their own risk, having been advised that they may not be able to return to EWC housing during the summer or even in time for Fall semester.
- **International Restrictions:** International students wishing to return home should further weigh the fact that flight availability, quarantines, and embassy closures may make it impossible to return to Honolulu in time for Fall semester.

If you have a situation that you believe requires you to travel, please contact your program coordinator and EWC housing staff immediately to discuss your situation.

Resources

- **COVID-19 FAQs and Emergency Contacts:**
 - EWC FAQs including what to do if you think you have been exposed to COVID-19: [Frequently Asked Questions \(FAQs\)](#)
 - EWC Housing contact email, which EWC staff regularly and frequently monitor: housing@eastwestcenter.org.
 - EWC Housing phone number: 944-7960. For reports on matters of immediate concern, such as residents not complying with social distancing rules or smoking in the building, we urge you to call rather than email, even during working hours.
- **Mental Health:**
 - “How to Stay Optimistic When Everything Seems Wrong,” from the New York Times: <https://www.nytimes.com/2020/04/29/smarter-living/coronavirus-how-to-stay-optimistic-.html>

- Resources for staying well from Kaiser Permanente, with self-care tools, tips, and activities: https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources?kp_shortcut_referrer=kp.org/selfcare
- Videos with tips for staying well in different contexts: <https://www.cnn.com/specials/health/staying-well>
- Article with short, simple tips for boosting motivation: <https://open.buffer.com/increase-your-motivation-tips/>
- Information about keeping healthy and boosting your immune system: <https://www.hopkinsmedicine.org/health/wellness-and-prevention>
- EWC Participant Association mental health and stress relief list: [https://content.getrave.com/content/5958154/b0e6c8eb-04ae-4fda-8b24-c52d32318225/8d91da0e-b462-4c5b-815f-570227036179/Support Resources for EWC Students.pdf](https://content.getrave.com/content/5958154/b0e6c8eb-04ae-4fda-8b24-c52d32318225/8d91da0e-b462-4c5b-815f-570227036179/Support_Resources_for_EWC_Students.pdf)
- **Other Useful Information:**
 - Social Distancing: How to approach those not taking social distancing seriously: <https://time.com/5819816/coronavirus-social-distancing/>
 - Hawai'i: State of Hawai'i Department of Health updates, resources and information (now available in 8 different languages): <https://hawaiiicovid19.com/>
 - Hawai'i: Resource from Oahu Community Resilience with information, links, and FAQs: <https://www.oneoahu.org>
 - Symptoms: CDC information about symptoms and protecting yourself: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html>
 - Emergency Planning: The CDC has put together [this guide](#) for emergency planning
 - Cybersecurity: Info about scams related to COVID-19: <https://www.us-cert.gov/ncas/current-activity/2020/03/06/defending-against-covid-19-cyber-scams>