

EWC Daily Update May 11

- **Kitchen Policy:** The current COVID-19 kitchen policy is not being followed. This policy is in place to facilitate safe social distancing in our shared kitchens. Please take a moment to remind yourself of the COVID-19 rules for kitchen use:
 - Hale Mānoa: No more than 4 residents at any time. This applies to all kitchens.
 - Hale Kuahine: No more than 3 residents at any time in the D-Wing kitchen; no more than 2 residents in the B-Wing (Courtyard) kitchen.
 - Residents should limit their time in the kitchen to no more than 45 minutes.
 - Make sure to wipe down surfaces before and after use.

To help facilitate social distancing, we will be removing most of the tables and chairs from the shared kitchens in Hale Mānoa.

- **End of UH Semester:** Please follow strict social distancing practices as you navigate the close of the academic year, which ends May 16th. Be sure to check with your department for any end-of-semester requirements. Advise your Education Program Coordinator or EWC housing as soon as possible if your housing plans change due to COVID-19 disruptions.

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
- **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://hawaiicovid19.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>