

EWC Daily Update May 13

- **Limit Social Gatherings:** As the UH semester draws to a close, please continue to practice strict social distancing at all times. This means wearing your mask and keeping a minimum distance of 6 (six) feet between you and anyone else. In-person social gatherings of more than 3 people are not permitted in any public space.
- **Lounges:** Please take a moment to remind yourself of the COVID-19 lounge policy:
 - Open hours 7:00am to 9pm
 - No more than 2 people in the main part of the lounge and 1 person on the lanai
 - Limit your time in the lounge to no more than 1-1/2 hours.
 - You may enter the lounge to access the water fountains at any time; however, please use fountains for filling cups or water bottles. Do not drink directly.

If residents fail to take adequate protective measures to keep their distance, we will be required to close the lounge areas for the safety of our staff and students.

- **Travel Warning Reminder:** To ensure the safety of all housing residents and our staff, the EWC is not accepting new reservations or returning students to our housing facilities until further notice, except in special cases following a formal assessment process and under strict procedures. This rule applies to all travel, including short-term travel. If you are contemplating leaving O'ahu for any period of time, please note that you will not be permitted to return to your dorm after travel. If you have an urgent need to travel in the coming months, including to the Neighbor Islands, please speak to EWC Housing or your EP Coordinator before making any arrangements. We want to help and be you understand the implications of your travel plans. The stay-at-home order is still in place on O'ahu and applies to all of us. EWC Housing residents should be going out only for essential activities.

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:**
 - “How to Work from Home – Comfortably,” from the BBC: <https://www.bbc.com/worklife/article/20200508-how-to-work-from-home-comfortably-ergonomic-tips-covid-19>
 - 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>