

EWC Daily Update May 14

- **Maintain Distance:** Please continue to practice safe social distancing and avoid in-person social gatherings. Two of the largest clusters of people who became ill with COVID-19 in Hawai'i were the result of illegal gatherings. Ignoring social distancing guidelines puts members of the community at risk of infection and could prolong the stay-at-home order.
- **Online Celebration:** We understand that graduation and the end of semester are times of celebration. Almost there! Though we need to maintain physical distance, there are many ways to celebrate with friends and family online. Here are some tips for throwing online parties, taken from a variety of sources (links in the resources section):
 - **Pick a platform:** Zoom, Google hangouts, Facebook, or other
 - **Send invitations:** Include instructions for logging on
 - **Pick a theme:** Tropical, zombies, safari, outer space, under water, and more
 - **Snacks:** Suggest snacks and drinks for people to enjoy during the party
 - **Introductions:** Introduce everybody as they join
 - **Have some activities ready:** For example, everybody can bring a funny story to tell, or an interesting fact, or wear a crazy outfit and tell the story behind it, or answer a crazy question ('would you rather be covered in fur or covered in scales?'), or watch a movie together (possible via 'NetflixParty': www.netflixparty.com)
 - **Ending:** Be ready to end the party when it's time

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:**
 - “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://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>
- **NEW: Resources for Online Celebrations**
 - <https://www.businessinsider.com/how-to-throw-zoom-party-custom-background-friends-family-2020-3>
 - <https://vinepair.com/articles/how-to-host-a-virtual-happy-hour-or-party/>
 - <https://www.catchmyparty.com/blog/how-to-throw-a-fabulous-virtual-party-during-social-distancing>
 - <https://www.cnet.com/how-to/how-to-throw-a-virtual-party-during-quarantine/>
 - <https://conversationstartersworld.com/would-you-rather-questions/>