

EWC Daily Update May 15

Congratulations to those graduating and to all for finishing the semester!

- **Still safer at-home:** Hawai'i Governor David Ige announced on May 14 that the State's "safer-at-home" policy would continue through June 30. Thus, the social distancing protocol will continue: best practices include wearing masks, maintaining a distance of at least six feet, washing hands frequently, and avoiding touching the face.

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>
- **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/>