

## EWC Daily Update June 4

- Reports of new Covid-19 cases in Hawai'i have dramatically declined, but as many as 40% of infectious people may be asymptomatic. As the state continues to reopen economically, please stay safe and help other people stay healthy by wearing a mask and keeping at least 6ft between you and others. Now is not the time to relax.

## 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](mailto: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:**
  - "Mental Health Awareness: Keeping Your Screen Time Healthy," from the BBC: <https://www.bbc.com/news/newsbeat-52712532>
  - "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](https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources?kp_shortcut_referrer=kp.org/selfcare)
  - 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:**
  - Gov. Ige's reopening strategy: [https://governor.hawaii.gov/wp-content/uploads/2020/05/EMBARGOED\\_Gov\\_Reopening-Presentation-Slide-Deck\\_18-May-2020-1206-PM.pdf](https://governor.hawaii.gov/wp-content/uploads/2020/05/EMBARGOED_Gov_Reopening-Presentation-Slide-Deck_18-May-2020-1206-PM.pdf)
  - "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>