

## EWC Daily Update June 18

- **Potential Limitations on Visa Entry:** There may soon be a presidential executive order or proclamation that limits the entry of certain categories of non-immigrant visa holders to the United States. Certain types of J-1 visa holders may be included in this. If you are a J-1 visa holder, it is strongly recommended that you remain in the United States until the exact parameters of the anticipated action are known. If you travel outside of the country, there is a chance that you may be restricted from re-entering.
- **Visitors:** There have been recent instances of residents bringing outside guests into our dorms, as well as residents entering/exiting a residence hall in which they do not reside. These actions are violations of the Visitor Policy. By choosing to ignore this policy, you are putting the health and safety of the entire EWC Housing Community at risk. Failure to adhere to follow the Visitor Policy will result in disciplinary action, and may result in eviction.

Please take a moment to remind yourself of the current Visitor Policy:

- Residents are only permitted access to the residence halls in which they reside. This means that Hale Mānoa residents should not be entering Hale Kuahine, and vice versa.
- Outside visitors and/or guests are not permitted in any EWC Housing building.

If you notice someone in your building who does not appear to be a resident, please immediately notify the front desk of Hale Mānoa. Closing our buildings to all visitors is necessary to minimize exposure for residents and ensure contact-tracing measures will be effective.

We know that these restrictions are challenging, and may be causing hardships and difficult decisions. We thank you for your continued cooperation with these rules, which are in place to help keep our community safe and healthy.

## 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>

