

EWC Daily Update June 25

- **Presidential Proclamation on Visa Entry:** A presidential proclamation issued on June 22 restricts entry to the United States for certain visa holders, including H1B, L, and some J visas. The full proclamation is linked in the resources section. The J visas affected are those for interns, trainees, teachers, camp counselors, au pairs, summer work travelers, and dependents of these. Please note that the proclamation does NOT apply to other J-1 categories, such as research scholar, short-term scholar, and college and university students. Please keep these restrictions and all other considerations in mind if you are considering travel outside of the United States.
- **State Quarantine Requirement:** On June 24, Gov. David Ige announced that effective August 1, all incoming trans-Pacific travelers who wish to opt out of Hawai'i's 14-day quarantine will need to show proof that they had a negative molecular-based COVID-19 test result within 72 hours of their arrival. Please be advised that, as the State loosens restrictions, the Center may continue to opt for more stringent policies to meet its goal of taking the highest possible level of precautions to protect the health and safety of staff, housing residents, and our host community in Honolulu. **At this time, the Center has not changed its current policies regarding out-of-state travelers for August.** The Center is currently developing a comprehensive plan for students arriving and returning to the dorms for Fall semester, and will share this plan with you once it is finalized.

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:**
 - "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

- 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:**
 - **NEW:** Presidential proclamation concerning visa restrictions: <https://www.whitehouse.gov/presidential-actions/proclamation-suspending-entry-aliens-present-risk-u-s-labor-market-following-coronavirus-outbreak/>
 - **NEW:** Gov. Ige’s announcement about the altering of quarantine requirements: <https://www.civilbeat.org/2020/06/ige-hawaiis-quarantine-will-be-lifted-for-those-who-show-proof-of-negative-covid-19-test/>
 - 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>