

EWC Daily Update July 9

- **New and Returning Students:** Starting this month, the EWC will begin the process of incorporating new and returning residents into Hale Manoa and Hale Kuahine for the start of the Fall 2020 semester. To help ensure the continued health and safety of housing residents and staff, all travelers from outside of Hawaii will be required to strictly quarantine in Lincoln Hall for two weeks before admittance into the housing facilities. The first group of quarantining students will arrive on July 15 and will come in 6 waves starting on the following dates: July 15, July 20, Aug. 1, Aug. 6, Aug. 18 and Aug. 25. On-island returning and new students will be arriving in housing this month as well. They must show proof of a negative COVID-19 test before admittance. Please be prepared to welcome and accommodate these students into your units and kitchens—and to help them be mindful of current dorm rules and policies. If you would like to help support these new students as they quarantine please sign up here by Friday, July 10: <https://forms.gle/pcgwz9iRABjwSwH89>.
- **DHS Visa Restriction Announcement:** On Monday, July 6, the federal Department of Homeland Security (DHS) provided new guidance on the Student and Exchange Visitor Program (SEVP) that governs the eligibility for international students on F and M visas to remain in the United States for their studies. For Fall 2020, international students in the United States on F or M visas are not permitted to enroll in a schedule of only online courses. Please note that the announcement currently has NO impact on J visa holders. The link to the announcement is in the resources section.

The University of Hawai'i and the International Student Services Office have released statements and further details about the announcement. They write, in part: "We believe that we can enable our international students to continue their UH studies under the current guidance, even if the campus needs to revert back online. As we finalize our approach we will advise our international students accordingly." We encourage students to work with their departments and the International Students Services Office about these new requirements.

- **University of Hawai'i COVID-19 Guidelines:** The University of Hawai'i system launched a website on July 1 with COVID-19 guidelines for the Fall semester. The site is linked in the Resources section (below). It addresses many areas of operations under COVID-19, including personal safety practices, face coverings, physical distancing, communications, cleaning and disinfecting, daily health monitoring, events and more.
- **EWC Kitchen Policy:** Responsibly sharing the kitchen is critically important for everyone's health. Please take a moment to remind yourself of the COVID-19 rules for kitchen use.

- You may use only the kitchen that has been assigned to your room. Do not enter other kitchens.
- Hale Mānoa: No more than 4 residents at any time. This applies to all kitchens.
- Hale Kuahine: No more than 3 residents at any time in the D-Wing kitchen; no more than 2 residents in the B-Wing (Courtyard) kitchen.
- Residents should limit their time in the kitchen to no more than 45 minutes.
- Make sure to wipe down surfaces before and after use.
- Masks must be worn at all times while using the kitchens, except when eating.

These policies are in place to facilitate safe social distancing in our shared kitchens. A reminder that not abiding by these policies could result in a revocation of your EWC Program status and eviction from housing.

- **Spike in Cases:** Coronavirus cases in the United States now stand at more than 3 million and rising, as many mainland states experience spiking infection levels. Hawai'i's confirmed infections now exceed 1,000, and have jumped alarmingly in the past few days. Public health experts agree that the virus's spread will only be reduced and controlled if we all follow protocol: wash hands, wear masks, keep 6 feet apart indoors and outdoors.

Resources

- **COVID-19 Guidelines from UH**
 - **NEW:** These guidelines have been announced for fall 2020: <https://www.hawaii.edu/covid19-guidelines/>
- **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:** July 6 Visa Restriction Announcement: <https://www.ice.gov/news/releases/sevp-modifies-temporary-exemptions-nonimmigrant-students-taking-online-courses-during>
 - Presidential proclamation concerning visa restrictions: <https://www.whitehouse.gov/presidential-actions/proclamation-suspending-entry-aliens-present-risk-u-s-labor-market-following-coronavirus-outbreak/>
 - 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://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>