

## EWC Weekly Update July 16

**DHS Visa Restriction Update:** There has been an update to the Department of Homeland Security's directive, issued July 6, that sought to limit the eligibility of students on F and M visas to remain in the United States if their university courses were entirely online. The resolution was challenged in court, and on July 14 the administration agreed to rescind the directive and reinstate the previous guidance. At this time, foreign students may maintain their nonimmigrant visa status in the following situations:

1. If their schools close temporarily, they will be permitted to keep their status so long as they intend to resume their course of study when classes resume.
2. If their schools close temporarily but offer online instruction or other alternative learning procedures, they will be permitted temporarily to count more online classes toward meeting the "full course of study" requirement than the student visa regulations allow.
3. If their schools close temporarily but offer online instruction, they can maintain their status by taking the online courses even if they have left the United States and are taking the online courses from another country.

This may change again in the future, and if you are an international student we encourage you to stay updated on these developments.

**Quarantine Requirement:** Governor Ige has extended the requirement that arrivals to Hawai'i (not already exempted) serve a mandatory 14-day quarantine. This policy will remain in effect until September 1, and it may be extended again. To help ensure the continued health and safety of Housing residents and staff, all incoming returning and new students from outside of Hawai'i will be required to strictly quarantine in Lincoln Hall for two weeks before admittance into the Housing dormitory facilities.

## Resources

- **COVID-19 Guidelines from UH**
  - 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](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:**
  - 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:**
  - 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)
  - 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>