

EWC Weekly Update July 23

Hurricane Douglas is approaching the Islands. Action items for preparing for the storm appear at the end of this message. Residents are encouraged to monitor the status of the storm as it approaches – here are resources for doing that:

[The National Weather Service](#) in Honolulu; [National Hurricane Center](#)

Should internet and/or cell service be disrupted during the storm, listen to the radio for civil defense instructions.

- **Spike in Cases:** 55 new Covid-19 cases were reported today in Hawai'i - the highest single-day count since the start of the pandemic. Public health experts agree that the virus's spread will only be reduced and controlled if we all follow protocol: wear masks, keep 6 feet apart indoors and outdoors, wash hands. Please continue to be vigilant for the health and safety of all in our community.
- **Quarantine Requirement:** The University of Hawai'i has announced a set of policies for students newly arriving in the islands, including a "modified quarantine bubble" for those qualifying with a negative Covid-19 test. Please note that this modified quarantine protocol **IS NOT APPLICABLE** to students moving into EWC Housing facilities. To help ensure the continued health and safety of Housing residents and staff, **all returning and incoming 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.**
- **Hurricane Douglas:** As of this morning, the National Hurricane Center expects that Hurricane Douglas will move near or over portions of the Hawaiian Islands this weekend. Based on predictions from the National Weather Service in Honolulu, there is an increasing chance that strong winds, dangerous surf, and heavy rainfall could affect O'ahu starting Sunday and last through Monday.

Housing staff will take appropriate safety precautions to secure the buildings and to alert and assist guests; however, it is the responsibility of each resident to initiate emergency preparations for themselves and their property. You have time to prepare, so please start preparing now.

Preparing for a Hurricane:

- Prepare a disaster kit that includes necessary supplies and items you will need to stay safe after the hurricane passes. Items that should be included: water, food, toiletries and clothing, your face masks (you might not be let into emergency shelters without

them), prescription medication, important documents, portable radio, flashlight, extra batteries, cash.

- Plan how you will communicate with emergency services or family members if you lose power (make sure your cell phone is charged before the storm arrives).
- Prepare your room by closing and locking windows, storing items, and unplugging electronic equipment.
- All items stored on kitchen countertops must be removed and securely stored by Saturday morning.
- If you have items on top of – or adjacent to – your fridge in the Unit Entryways of Hale Mānoa, please remove and securely store these items by Saturday morning.

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.
 - 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.
- **Hurricane Information**
 - **NEW:** [National Hurricane Center](#)
 - **NEW:** [National Weather Service in Honolulu](#)
- **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
 - 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
- **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>