

EWC Weekly Update July 30

Covid-19 Infections Spike: Hawai'i had a record 124 Covid-19 infections today. State public-health officials are warning that these increasing numbers are attributable to "community spread". In other words, our failure to practice Covid-19 prevention protocols, not outsiders bringing infection, is driving the increases. While we have not identified an infection in the dorms, asymptomatic cases can cause community spread and may exist at EWC. **Only a recommitment to social distancing combined with properly worn masks and handwashing can protect others and bring the numbers down.** The good news is that we CAN do this! Now is the time to be extra vigilant and not let our guard down.

Policies for Travel in August and September: Non-essential US mainland or international travel remains strongly discouraged during the pandemic. However, we recognize that some may have a compelling need to travel in the coming months. For August and September, any students traveling outside of Hawai'i will be required to undergo a strict two-week quarantine on return. EWC will require this regardless of what policies are put in place by the State of Hawai'i in September. **Because EWC is facilitating quarantine in Lincoln Hall for new and returning students in August and September, returning travelers may take advantage of this option to fulfill their quarantine.** Please see the message sent to all EWC students via Student Programs today for more details. If you have an urgent need to travel in August or September, please contact your Program Coordinator and he or she will advise next steps.

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.
- **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
 - 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>