

EWC Weekly Update - August 6

- **Surge in new cases:** Covid-19 infections have risen by 231% in Hawai'i over the past two weeks, placing Hawai'i in the top 5 states for highest percentage increases. Sadly, three more people have died from the virus. Almost all new cases are the result of "community spread."
- **Ban on gatherings:** Honolulu Mayor Caldwell re-introduced stricter social distancing measures on Monday 3 August, notably a ban on gatherings of 10 or more people. This rule applies indoors and outdoors and is designed to reduce the spread of Covid-19 by preventing people gathering in groups. Please stay informed and watch for announcements. Please be reminded that EWC rules on social gatherings are as follows:

Social Gatherings: In-person social gatherings of more than three (3) people are not permitted in:

- Interior public spaces of the EWC (lobbies, lānai, and so on)
 - Outside areas, including Friendship Circle, the Japanese Garden, the Imin lānai, or any others.
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- **Protect yourself – practice social distancing:** The best way to protect yourself and our East-West Center 'Ohana is to practice social distancing, wear masks properly, wash your hands regularly, and avoid shared enclosed spaces where possible. As the start of the fall semester approaches, now is the time to recommit, be extra vigilant, and not let our guard down.
 - **Room changes suspended:** Due to Covid-19, the East-West Center has temporarily suspended the room change process for residents of Hale Mānoa and Hale Kuahine. This means that the Housing Office will not be processing any requests for room changes and if you submit a request to change rooms, you will not receive a response. We ask for your understanding and cooperation as we continue to take every measure to ensure our housing facilities are operating safely for all residents and staff alike.
 - **New restrictions announced today:** Just now, Hawai'i Governor David Ige announced new restrictions including park closures and reinstatement of the two-week quarantine for inter-island travel starting August 11. We encourage you to check the news for details as they are published. **We will provide another EWC update on the implications of these restrictions for our residents in due course.**

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>