

## EWC Housing Weekly Update October 1

- **Access to Hale Hālāwai:** Please remember that access to Hale Halawai is permitted only during scheduled food-pantry distribution hours. During these hours, properly worn masks (up over your nose) and social distancing are the practices that will keep us all safe.
- **UH Health Services:** For information about Covid-19 testing and for medical advice, you can call UH Health Services at 956-8965. Please call, rather than walk in, and allow them to determine if a tele-health or in-person follow-up is needed.
- **If you test positive, have symptoms, or have been exposed:** Please download or bookmark the updated version of this document: “Positive Covid-19 Test, Symptoms - Procedure for EWC Students.” It spells out the steps to take if you test positive, have symptoms or have been exposed. It can be found on the Student Portal at: <https://ewcparticipantinfo.org/covid-19/>

## Resources

- **New updated policy:** Positive Covid-19 Test, Symptoms - Procedure for EWC Students (<https://ewcparticipantinfo.org/wp-content/uploads/2020/10/Positive-Test2c-Symptoms-Procedure-for-Students-1.pdf>)
- Full text of Sept 23 City Order for Honolulu: [https://www.honolulu.gov/rep/site/may/may\\_docs/Emergency\\_Order\\_No.\\_2020-27\\_certified\\_-\\_signed.pdf](https://www.honolulu.gov/rep/site/may/may_docs/Emergency_Order_No._2020-27_certified_-_signed.pdf)
- **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: [Frequently Asked Questions \(FAQs\)](#) or the [Student Portal](#)
  - 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:**
  - Data on Covid-19 spread in Hawaii: [www.covidpau.org](http://www.covidpau.org).
  - You can track Hawai'i's Covid-19 testing and positivity rates here: <https://public.tableau.com/en-us/s/authors#!/>
  - 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>